March Stroke Tips

**Attention to Detail - The Long and Short of It**

Last week we did a sprint set of very short distances, with the idea being  "The shorter the race, the more important the details.". You only have a very small window to get everything right. Missed opportunities or mistakes are not easily made up. But let's flip to the reverse scenario. " The longer the race, the more important the details." In the case of longer events, say a poor streamline and breakout, these details can cause you to lose three-tenths of a second. Maybe it doesn't seem like a big loss in a XXX yard race, but multiply that by the 39 turns in a 1,000 yard freestyle, and that translates to over eleven seconds! Many of the smaller details we need to pay attention to do not necessarily take more strength of stamina, they just require focus and repetition. That's why workouts are often referred to as***"practice".***

**Etiquette Tip:** There is more that one way to enter the water, and for many it is a ceremonial as a batter's routine before stepping into the batter's box, or the idiosyncrasies of a basketball player at the foul line. Be cognoscente of the timing of your grandiose entry as it effects not only the people in your lane, by also the lane next to you. Then - Hop on in!