**May Stroke Tips**

**Stroke Tip: The Shoulder in Freestyle Recovery**

In focusing on the Freestyle arm recovery, think***"Shoulder - Elbow - Hand***". Lift the shoulder out to clear the water, and lift the elbow towards the shoulder, keeping the hand low to the water and near the side of the body. This helps to create less resistance moving forward and helps to eliminate lateral movement of the hips and torso. ***Reduce Drag to Produce Speed!***

**Stroke Tip: Dolphin Kicking and What the Big Shots Do!**

What does every event in pool competition have in common? Answer - the opportunity to use dolphin kicking for a competitive advantage. Because it has been proven that this is the fastest way to move through the water for short distances, if you are not using it, you are limiting your potential.   The breaststroke events allow you one dolphin kick per dive and turn. So if you only get one, shouldn't it be a really good one?

The body dolphin-ing motion begins at the head and works it way down to the snap of the ankles and the pointing of the toes. There should be a constant flow or rolling motion as the kick moves south, much like the "crack" of a bull whip that is initiated by the movements of the handle. Press the head and chest into the water to alleviate  a lot of downward pressure on the hands when extended in front of you.

Use the abs and hips to generate the undulating movement that travels through to the feet. Do your best not to bend the knees too much, but allow the knees and feet to react to the movement of the hips. Feel the "flow" of one dolphin into the next.

If you have not done so already, begin to introduce dolphin kicks off your walls for all Freestyle, Butterfly, and Backstroke swims.