**Stroke Tip - Directional Momentum:** In practice you will often here us talk in terms of "Directional Momentum", which simply means keeping things moving in the direction we want to travel, which is always forward. First and foremost this starts with the head. The body will always follow the head. Excessive motion with the head will create some sort of either side-to-side or up and down movement with the torso, and our "boat" isn't traveling on its truest course. Hand entries the should have all its energy directed forward and not towards the center-line of the body. For Freestyle and Backstroke, hands should enter the water on parallel tracks. For Butterfly, land the hands such that you are "lunging forward" and not "plunging down", or having the hands crash the center-line. On Fly and Breast, even though the head raises for breathing, keep the head on the spine-line as much as possible, enabling the body to more readily continue forward.

**Stroke Tip- 120 Opportunities**

An average WCM practice is about 3,000 yards, or 120 lengths of the 25 yard pool. As we swim deeper into the workout, it is not uncommon, in fact many times it is by design, that the body fatigues. Efficiency and speed are lost. But when the engine begins to fail, the on-board computer still has the ability to function. Switch your focus to the things that can be practiced from a mental stand point. We have talked about the "two touches" you want to feel to ensure a better streamline. Begin every repeat in a set with push-off from the wall that has relevancy to our racing. Never in competitive swimming should you leave with toes and chest pointed to the bottom. The only exception might be a back to breast summersault in an I.M. Pushing off on your side and rotating to your stomach with a pivot from your hips and a good breakout stroke is something that can be practiced more though focus than brawn. Being cognizant of where feet on the wall are in relation to hips before I push has a huge influence on my direction and ability to get to the surface in the best body posture possible. 120 walls - 120 opportunities!