

Stroke & Turn 2018 Scenarios...excellent review resource.

Click below:

[S & T Scenarios](#)

The new USA Swimming Official's Training Videos have just been released. There are 6 videos in the series and you can view them at the link below:

[USA Swimming Official's Training Videos](#)

If you prefer, click on the following link to download the videos:

[USA Swimming Official's Training Videos "DOWNLOAD"](#)

These videos are a great way to review all four strokes, relays, and individual medley!