

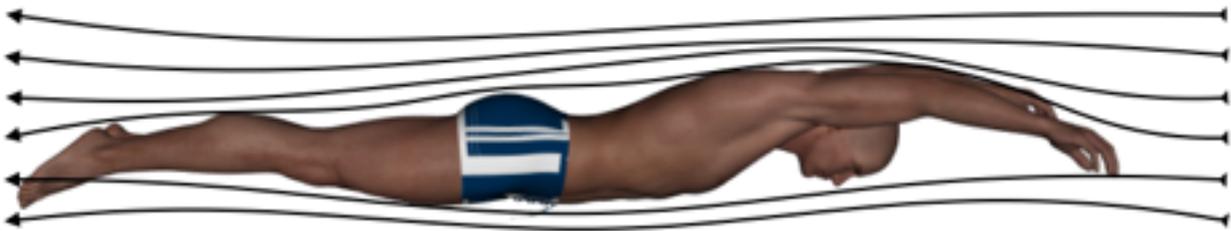
Tips 01 - Streamlining

Oh not again, we get told this all the time I hear you say!
That's because it's so important. It's important when you start, it's important when you turn, it's important when you finish and it's something that often gets forgotten. It's important as you swim, whether its fly, backstroke, breaststroke or front crawl.

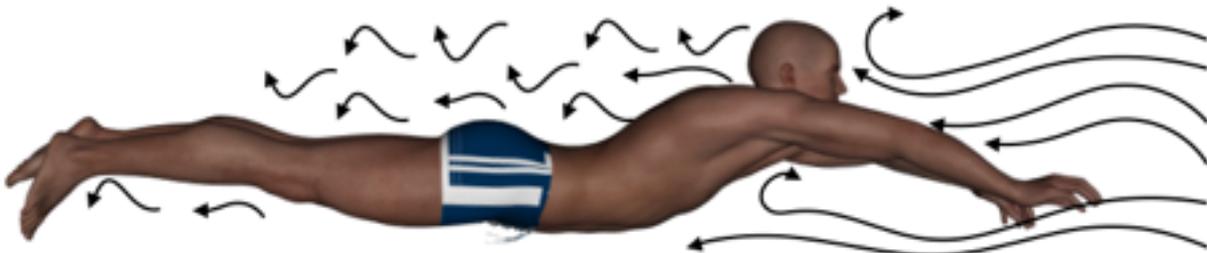
When you dive in at the start of race you are moving through air and you won't feel it holding you back. When you enter the water, immediately you're slowed down. This is because water is 833 times denser than air!

What can we do to stop us being slowed down by this horrible stuff?
Give the water less to stick to! Streamlining!

Imagine someone under the water watching you swim towards them; you need to make yourself as small as possible.



Small drag in streamlined position



Large drag in un-streamlined position

In the pool:

Starts and Turns

1. Head: Back of head in line with spine as if standing and looking forward
2. Shoulders: In line with your chest
3. Arms: extend arms above the head and while squeezing the head to form a tight streamlined position. One palm on top of the opposite hand with your thumb from the top hand locked around into the palm of your lower hand. The hand you start swimming Front crawl or Backstroke is the lower hand.
4. Body: Pull belly button in towards chest, Shoulders In line with your chest
5. Legs: toes should be pointed and legs together

While swimming

Rotate hips (will rotate shoulders) to slice through the water with each stroke in front crawl and backstroke.

In breaststroke, thumbs side by side head between arms (arms forming a tight V) after kick in breaststroke.

Hide legs in recovery!

In Fly – don't dive deep with extending arms at a severe angle at hand entry.

Back of head in line as in Breaststroke.