



Swadlincote Swimming Club



Criteria of Basic Skills

Push & Glides (These are applicable to all starts & turns)

“EVERYTHING STARTS WITH A PUSH & GLIDE”

Swimmers will never be as fast as they are on a start or turn providing, they can hold and maintain the correct streamline position through the water.

It is of paramount importance that swimmers understand the need to hold a tight streamline position on starts and turns.

HANDS

- **Hands should be laid one on top of the other, with fingers pointing forward**
- **Fingers can be interlaced to support streamlining & propulsion through the water**

ARMS

- **Arms should be glued to the side of the head squeezing the ears to ensure tight streamlining**

HEAD

- **Front: Head should be facing down to reduce facial resistance through the water**
- **Back: -Eyes should be looking up at ceiling and tucked between the arms**

BODY

- **The body should be long and tight to assist propulsive movement through the water.**

LEGS

- **The legs should be long & knees together, the feet pointing to the wall to reduce resistance & drag**



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FREESTYLE & BACK STROKE

Taking the first stroke & the importance of the bottom hand

Swimmers need to try to take the first stroke with the “BOTTOM” hand from their streamlining position. This helps reduce resistance and helps maintain a partial streamline position with the remaining outstretched arm.

With both Freestyle and Backstroke, swimmers will need to understand the importance of developing a fast productive body dolphin kick and then initiating a fast flutter kick to maintain speed off the walls.

FREESTYLE

We require all swimmers to build up to taking two arm strokes before breathing on all starts and turns; this assists the swimmer with smooth transitions into the stroke.

BACKSTROKE

Just before the hand breaks the surface of the water the swimmers' bottom hand will engage in the first stroke; this should be a propulsive stroke to push the swimmer along the water and not a stroke to assist in elevating the swimmer to the surface

BUTTERFLY & BREASTSTROKE

The importance of simultaneous actions

BUTTERFLY

As the swimmer streamlines off the walls, the body dolphin kick helps maintain the speed and propulsion through the water, as the swimmer is about to break the surface of the water, the hands pull slightly apart to engage the first stroke.

At no point does the head lift to create resistance and the first breath is taken after the first cycle has been completed.

As the swimmer uses the body dolphin kick in all aspects of the swim, there should be no pause or gap between the last body dolphin kick of the transition phase and the first kick of the first cycle in the swim.

BREASTSTROKE

All actions must be on the same plane

As the swimmer streamlines through the water the swimmer then engages in a breaststroke breakout, which is split into four separate phases. The head remains still at all points until the first breathe needs to be taken on the first stroke.

I. Whilst still in a streamlined position a single body dolphin can be taken

II. After the body dolphin kick, the swimmer pulls their hands down past their waist, resting their hands at the top of the thighs, with the arms tight into the torso.

III. The swimmer kicks one breaststroke leg kick whilst shooting the hands forward to the surface of the water.

IV. On breaking the surface of the water, the swimmer engages in a breaststroke cycle as the first breath is taken.



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URNS

An important skill for all swimmers to develop, where races can be won and lost.

FREESTLYE APPROACH

Swimmers should swim into the turn without slowing down, hesitating or lifting their head to sight the wall or take a breath.

- i. Swimmer tucks their chin into the chest, this might initiate a fly kick
- ii. Swimmers should hit the wall on their backs
- iii. Feet should be approximately 30cm (12") below the water level and be hip width apart.
- iv. Knees should be bent as the feet hit the wall.

FREESTYLE TURNS

PUSH OFF & UNDERWATER

- i. Swimmers should push off level on their back in a streamline position
- ii. As the swimmer travels through the water, they engage their core and using body dolphin actions rotate through to the front.
- iii. There is no limit to the number of body dolphins a swimmer can do; however, the head must break the surface before 15m
- iv. The body dolphin leads straight into a small fast flutter kick to help maintain the wall speed.

BREAKOUTS

- i. As with the start, the first stroke should be taken with the bottom hand
- ii. Swimmers should be looking to hold two arm strokes before breathing to maximise streamlining.
- iii. First stroke should be taken as the head breaks the surface of the water
- iv. There is no pause between body dolphin kicks & flutter kicks

FINISHES

- i. No breathing final 5m
- ii. Speed up into the wall touching the wall on full extension of the stroke.
- iii. Hit the wall!
- iv. KEEP THE HEAD STILL lifting the head will "pull" the swimmer away from the wall.



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BACK STROKE TURNS APPROACH

Swimmers need to understand that slowing down going into the turn hinders their progress as they attack the turn; it's imperative they continue to swim the final 5m on a turn and at the finish at the same speed.

1. Swimmers need to understand that the flags at both ends are 5m from the wall.
2. Swimmers should know their own stroke count from the flags to turning
3. This will enable them to judge the distance so they can turn efficiently and not miss the wall (or bash their heads)
4. Swimmers will rotate from their back to the front, carrying out a tumble turn as in freestyle.

PUSH OFF & UNDERWATER

Due to the density of the water, swimmers will go further underwater on their backs in comparison to swimming on their front.

1. Leave the wall on the back
2. As with freestyle, there are no limit to the number of body dolphins a swimmer can perform.
3. Restricted to 15m, at which point the head must break the surface of the water.
4. Body dolphin kicks lead straight into a flutter kick

BREAKOUTS

1. From the streamline position, the first stroke is taken with the bottom hand
2. This helps maintain a partial streamline position
3. The first stroke should be taken as the hands break the surface of the water
4. There is no delay in the stroke rotation, and the movement is continuous.

FINISHES

1. As with turns, swimmers must understand their stroke count to finish efficiently and legally.
2. The swimmer should maintain the swim speed all the way into the wall
3. **YOU MUST FINISH ON YOUR BACK**



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BREASTSTROKE & BUTTERFLY

There are a lot of similarities with BRS & FLY turns & finishes

APPROACH

Swimmers should approach the wall swimming a simultaneous action stroke. Both strokes touch the wall with two hands at the same time.

BREASTSTROKE

The swimmer should touch the wall on or at water level

BUTTERFLY

The swimmer should touch the wall at water level.

THE FOLLOWING APPLY TO BOTH BRS & FLY TURNS

1. The feet are the only thing left on the wall at the end of the turn
2. As soon as the hands touch the wall, one hand is pulled away from the wall, led by the elbow under the water.
3. The second hand leaves the wall as the first hand has left the wall: and brought to the side of the head with the back of the hand brushing the ear.
4. The eyes follow the hand, the action of the arms causes the body to rotate, this action causes the legs to hit the wall approx. 30cm below the water.

FINISHES

On both BRS & FLY do not glide into the finish and touch the wall with TWO HANDS

BRS

1. Completing the length as the legs finish the propulsive phase
2. Do not glide into the wall, if too far away from the wall put in a short stroke.

BUTTERFLY

1. Maintain stroke pattern
2. Hit the wall at the end of the recovery
3. Do not glide in