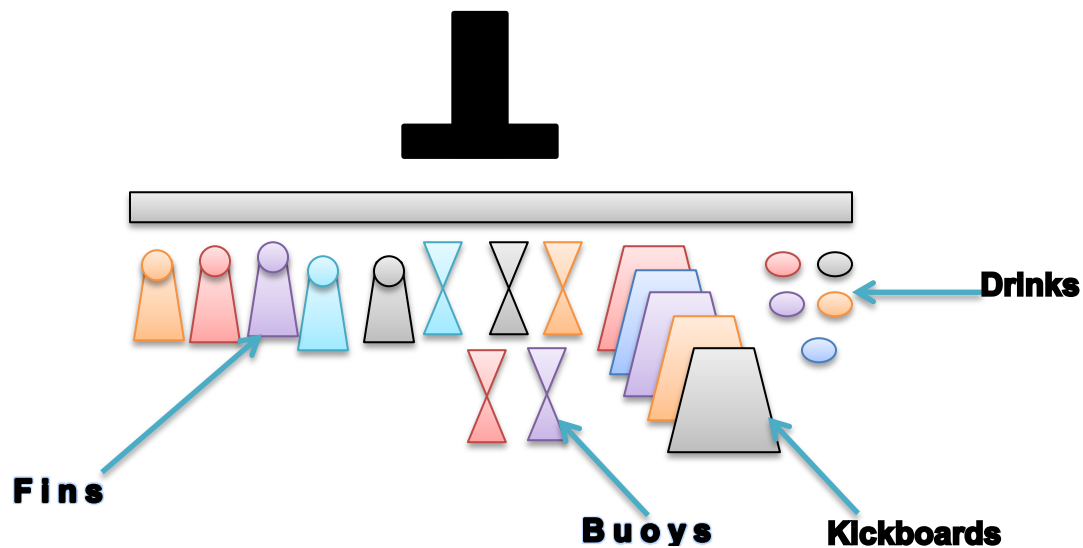


BRONZE SWIM GUIDE

This packet is for Bronze II swimmers to help you understand and remember the strokes, drills, vocabulary and practice routines. Please keep this somewhere where you can refer to it from time to time. You never know when you may need a few reminders before practice or a meet. 😊

Organizing Your Gear

During practice we will be using our gear on and off and this is how I would like you and the other swimmers in your lane to organize your gear before practice. You will typically be in the same lane for most practices but make sure to check with your coach before you get your gear out.



Drills

Drills are variations of a competitive stroke that focus on one particular part or technique. Usually the kick, pull, or body alignment are main focuses of most drills. Here are the top 5 drills you should know or are in the process of learning. Your coach will go over the drills sometimes, but it will be mostly your responsibility to remember how to do them by name.

Butterfly

1. Single arm Fly (right arm only or left arm only)

Purpose: Teaches swimmers to coordinate their kicks with their strokes. Also works arm sweeps.

Explanation: Swim fly using only one arm. Keep the non-stroking arm extended overhead, or down at your side. (Your coach will tell you which to do) Focus on kicking once when your hand enters the water and once when your hand exits the water. Breathing forward every other stroke at the most.

2. Right arm/Left arm/Both arms

Purpose: Focuses on rhythm and the in sweep phase of the stroke.

Explanation: The swimmer does single arm fly stroke while keeping the non-stroking arm out in front, the swimmer switches arms and does a single stroke with the opposite arm. When both hands are back in streamline position they will pull with both arms. Focusing on kicking hand in and kicking hands out. Only breathe on the both arms stroke.

3. 2 up, 4 down

Purpose: Body dolphin action and breath control

Explanation: The swimmers does 2 strokes on the surface of the water and following the breath, on the second stroke, the swimmer dives forward and underwater into a streamline position and does 4 kick. Swimmer repeats for the given number of yards.

4. Butterfly with a flutter kick

Purpose: Arm speed and body undulation

Explanation: The swimmer pushes off the wall in a streamline position and instead of doing dolphin kick, the swimmer does a flutter kick. The swimmer should focus on breathing and moving their arms as fast as they can. Breathing every stroke is ok but not recommended. The swimmers should also focus on still using the rest of their body to make a body dolphin motion. Think dolphin from the hips up and flutter from the knees down.

5. “Ugly” Butterfly

Purpose: Arm recovery

Explanation: This drill can be confusing at first, which is why it is important to ask questions and to go slowly at first. The swimmer pushes off the wall, on the surface of the water with their arms at their side. The swimmer then does 4 body dolphin kicks with their head down. The swimmer then lifts their arms from their legs and brings them out and around their head. Once their arms are above their head, the swimmer then pulls under the water down to the legs. After their arms are back down to their legs the swimmer can then take one breath. The swimmer repeats each step for the given number of yards.

Backstroke

1. Single arm Backstroke (right arm only or left arm only)

Purpose: swimmers can concentrate on the movements of one arm at a time

Explanation: The swimmers strokes with arm while keeping the other arm at their side. On the entry, roll until the opposite shoulder rolls out of the water.

2. “Ok” Backstroke

Purpose: Hand entry and catching deep water

Explanation: The swimmer swims backstroke with their hand in an “Ok” sign, index and thumb finger touching. Swimmer brings their hand out of the water with their “O” facing up, thumb exits first, and enters their hand back in the water with their “O” facing down which means their pinky finger should be entering first.

3. “Cha Cha” Backstroke

Purpose: Body and shoulder rotation and continuous kicking

Explanation: The swimmer pushes off the water under water in streamline position. Once on the surface of the water, the swimmer then pulls both arms down to their side. The swimmer then rotates their body and both shoulders three times. On the third body rotation, the swimmer recovers their arm out of the water and does 3 arm strokes. After their third arm

stroke the swimmer then repeats 3 body and shoulder rotations. This is repeated for the given number of yards.

4. Elevator

Purpose: Vertical Recovery, continuous kick

Explanation: The “top floor” for your “elevator” is when your arm is extended straight up over your head. This drill is complicated and needs to be done slowly when learning. The swimmer pushes off the wall in streamline position underwater. When they reach the top of the water the swimmer then leaves one arm up in streamline and pulls with the other. When they begin to bring their arm out of the water the swimmer stops their arm when it is directly above their head. They then drop their arm back down to the top of the water beside their leg. The swimmer then brings that arm back up and this time they finish the stroke through to the top of their head leaving that arm back up in streamline and repeating the same with the next arm. Each stroke should be started by rolling your shoulder out of the water and a steady kick is very important to keep from sinking since your arms are going extra slow.

5. 4 Back/3Free

Purpose: Catch-phase, and stroke similarity

Explanation: This drill is fun but you have to remember to count your strokes and roll and pull in the correct places. The swimmer pushes off the wall underwater in streamline position. They swim 4 strokes of backstroke, and then as the 4th stroke enters the water the swimmer rolls onto their stomach and pulls that 4th backstroke arm like they were swimming freestyle. The swimmer then does 3 full freestyle strokes, without breathing, when the 3rd freestyle hand enters the water, the swimmer then rotates to their back and pulls that arm as a backstroke arm. Repeat this for the given amount of yards.

Breaststroke

1. 2 Breaststroke kicks, 1 Breaststroke pull

Purpose: Overall stroke length, timing, breath control

Explanation: Swim breaststroke while adding an extra kick during the glide.

2. 2 Dolphin Kicks, 1 Breaststroke pull

Purpose: Feeling for the wave action, kicking hands forward

Explanation: The swimmer swims breaststroke with a dolphin kick. The swimmer should arch their back and breathe when their hands start to pull into their heart. They should try to get up as high as possible for their breath and use a large dolphin kick to help launch their body forward and through the wave.

3. Head up Breaststroke pull with flutter kick

Purpose: Correct pull and arm speed

Explanation: Swimmer pushes off the wall in streamline position and swims head up breaststroke while doing fast flutter kicks. The swimmer concentrates on a strong pull and a fast recovery and making sure to still glide.

4. 3/2/1 Breaststroke

Purpose: Overall stroke length, distance per kick, breath control

Explanation: The swimmer swims breaststroke with 3 kicks per pull, then 2 kicks per pull and then 1 kick per pull.

5. “Y” Breaststroke

Purpose: Timing of breath

Explanation: The swimmer swims breaststroke with a normal glide and then after they have started their pull, they pause again at the “Y” phase of their stroke. After a short pause, the swimmer continues with their pull focusing on pulling their shoulders, neck and head up as one solid piece without using their eyes to lift their head. Taking your time with this drill is important to make sure it is done correctly.

Freestyle

1. Single arm Freestyle (right arm only, left arm only)

Purpose: Stroke efficiency, one arm at a time

Explanation: The swimmer swims freestyle with one arm keeping the non-stroking arm extended overhead, or at your side, your coach will tell you which to do. Concentrate on stroke width, depth, length, catch, acceleration, and high elbow recovery. Make sure you are not breathing every stroke and that you are not breathing with your stroking arm in front of your face.

2. Catch-up Freestyle

Purpose: Distance per stroke, and stroke length

Explanation: Stroke one hand at a time while keeping the non –stroking arm extended in front. Touch your stroking hand with the hand out in front and then switch.

3. Shark-fin Freestyle

Purpose: High elbow recovery

Explanation: On each stroke, free $\frac{3}{4}$ of the way through the stroke. The elbow should form a shark fin hold position of 2-3 counts before entering the water. Maintain a steady kick.

4. 6 Kicks and 1 Pull

Purpose: Hip and shoulder roll, steady side kick

Explanation: Complete 6 kicks on one side and then with a stroke, rotate to the other side and complete 6 kicks. Swimmers should kick exactly on their side, face in the water, looking forward to the back of the hand that is extended. Breathing should be done during the “switch” but only as needed. Try to not breathe every stroke.

5. Zipper Freestyle

Purpose: Body rotation, high elbow recovery, steady kicking

Explanation: Swim an almost catch up freestyle and as one arm finishes past your hip, drag your hand up along the side of your body as if zipping up to your arm pit. Then drag your fingers through the water until your hand touches the one extended overhead. Repeat with the opposite arm and for the given amount of yards.

Reading the Pace Clock

60 Second Intervals

Intervals sets that are exactly one minute (or two minutes or three minutes, etc.) are easy! What ever number you start the first set on, it will be this same number for all repeats in the entire set. For example, if you leave on the "top" or the "00", on all the following repeats, you will push off on the "00" again. If you leave on the "bottom" ,or the 30 second mark, on all the following repeats, you will push off on the 30 again.

Top **Bottom**
00:00 **00:30**

30 Second Intervals

When using intervals sets that are either 30 seconds (or end in 30 seconds: 1:30, 2:30, etc.) you will always leave on one of two numbers. Those two numbers will be directly across from each other on the pace clock. For example if your set is 1:30 seconds and you leave on the 00, you push off again on the 30.

00:00 **00:30**

20 or 40 Second Intervals

Intervals of either 20 or 40 seconds you will always leave on one of three numbers.

If your interval is 20 seconds (or 1:20, 2:20, etc.) your numbers will rotate clockwise. For example, if your interval is 1:20 seconds and you push off on the 00, your next push off would be at the 20, then the 40, and then 00 again.

00:00 **00:20** **00:40**

If your interval is 40 seconds (or 1:40, 2:40, etc.) your numbers will rotate counter-clockwise. For example, if your interval is 1:40 seconds and you push off on the 00, your next push off would be at the 40, then the 20 and then 00 again.

00:00 **00:40** **00:20**

15 or 45 Second Intervals

Intervals of either 15 or 45 seconds you will always leave on one of four numbers.

If your interval is 15 seconds (or 1:15, 2:15, etc.) your numbers will rotate clockwise. For example, if your interval is 1:15 seconds and you push off on the 00, your next push off would be at the 15, then the 30, then 45 and finally 00 again.

00:00 **00:15** **00:30** **00:45**

Intervals ending in 45 seconds (1:45, 2:45, etc.) will have send-off numbers that rotate counter clockwise. For example, if your interval is 1:45 seconds and you push off on the 00, your next push off would be at the 45, then the 30, then 15 and finally 00 again. In both cases, you will notice that the send-off numbers will alternate ending in 5 and 0.

00:00 **00:45** **00:30** **00:15**

10 or 50 Second Intervals

Intervals of 10 seconds (1:10, 2:10, 3:10, etc.) and 50 seconds (:50, 1:50, 2:50, etc.) are easy!

For 10 second intervals your next send-off always advance in a clockwise rotation. For example, if your interval is 1:10 seconds and you push off on the 00, your next push off would be at the 10, then 20, etc.

00:00 00:10 00:20 00:30

Send-offs for 50 second intervals always retract in a counter-clockwise rotation. For example, if your interval is 1:50 seconds and you push off on the 00, your next push off would be at 50, then 40, etc.

00:00 00:50 00:40 00:30

5 or 55 Second Intervals

Intervals of 5 seconds (1:05, 2:05, etc.) will always advance one number. For example, if your interval is 1:05 seconds and you push off on the 00, your next push off would be at 05, then 10, etc.

00:00 00:05 00:10 00:15

Intervals of 55 seconds (1:55, 2:55, 3:55etc.) will always retract one number. For example, if your interval is 1:55 seconds and you push off on the 00, your next push off would be at 55, then 50, etc.

00:00 00:55 00:50 00:45

Disqualified (DQ)

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules that is observed by an official, a disqualification (DQ) will result. This means that the swimmer will not receive an official time and will not be eligible for an award in that event. A disqualification may result from actions such as not getting to the starting blocks on time, false starting, and performing strokes in an illegal manner, or unsportsmanlike conduct.

DQs are also a result of technical rules violations. They include but are not limited to:

- **Freestyle:** Walking on the bottom, pulling on the lane rope, not touching the wall on a turn, or not completing the distance.
- **Backstroke:** Pulling or kicking into the wall once a swimmer has turned passed the vertical onto the breast. Turning onto the breast before touching the wall with the hand at the finish of the race.
- **Breaststroke:** An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.

- **Butterfly:** Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.

Glossary

BLOCK - The starting block; the area from which a swimmer dives into the pool to begin a race.

CUT - A time standard necessary to attend a particular meet or event.

DOLPHIN KICK - Used in the butterfly, and during underwater portions of freestyle and backstroke races, where the thrust of the kick comes from the hips, and the feet and legs are held together.

DRY LAND TRAINING - Training done out of the water. Aids and enhances swimming performance. Usually includes stretching, weight training, and/or calisthenics.

FALSE START - Occurs when a swimmer either leaves the starting block or is moving on the block before the starter officially starts the race. Any swimmer starting before the starting signal will sometimes be disqualified.

FLAGS - Backstroke flags placed five meters from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently by providing a mark by which to count their strokes.

FLIP TURN - Used in freestyle and backstroke races, where swimmers flip over before reaching the wall and push off with their feet, never touching the wall with their hands.

FLYOVERS - This occurs when the swimmers stay in the water after completing the race. The swimmers leave the pool after the start of the next heat takes place. On backstroke, all swimmers must exit the race after the heat so the next heat may start in proper order.

Heat Sheet – A paper placed over the psych sheet, tells the swimmers what group and what lane they are to swim in.

IM - Abbreviated term for individual medley, an event in which the swimmer uses all four competitive strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

LANE LINES - The dividers used to create lanes. These are made of individual finned discs that are strung on a cable and rotate when hit by a wave. The rotating discs dissipate surface-tension waves in a competitive pool.

LAP COUNTER - A set of plastic display numbers used to keep track of laps during a distance race. Also, the person who counts for the swimmer stationed at the opposite end from the start.

LONG COURSE - A type of competitive pool, which measures either 55 yards or 50 meters in length. The standard size for all international competition and all world record swimming is the 50-meter course.

SEEDING TIMES - The time a swimmer uses to enter meet. This time determines one's position and lane in the particular event.

SHORT COURSE - A type of competitive pool which measures 25 yards, or 25 meters in length.

SPLIT - A per lap time that coaches often record for teaching the concept of pacing. For instance, swimmer's time for each 25 yard leg of a 100 yard event is his or her split.

TOUCH PAD - The part of an electronic timing system that rests in the water at the finishing end of each lane. Swimmers' times are electronically recorded when the pad is touched.

UNATTACHED - The status a swimmer receives when changing from one USA club to another. A swimmer must be "unattached" for 120 days from his or her last competition with their previous USA club. During this time they may compete individually, but not in relays, and may not represent any club.

WARM UP - Used by a swimmer prior to a main practice, set or race. Gets muscles loose and warm and gradually increases heart and respiration.