



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**MAHASKA COUNTY YMCA
COMPETITIVE STROKE CLINIC**

October 4 – 27, 2011

I have designed the next four weeks to teach proper competitive stroke technique in each of the four competitive strokes. Keep in mind there are variations of each stroke that swimmers can learn after they are more seasoned in performing each stroke legally, according to the USA Swimming rules.

My goal for this clinic is to help swimmers learn about each of the four strokes and understand what is acceptable in competition before ever competing. We will even get in a bit of pre-season conditioning!!

Oct. 4 and 6 we will be working on the Freestyle.

Oct. 11 and 13 we will be working on the Breaststroke.

Oct. 18 and 20 we will be working on the Backstroke.

Oct. 25 and 27 we will be working on the Butterfly.

Please be ready to get in the water at 4:00 p.m. Goggles are useful but not required! I look forward to working with each swimmer and will do my best to get each one ready for the 2011-2012 YMCA Swim Team season!

I have a deep passion for competitive swimming and feel privileged to work with all of you!

Happy Swimming,

Rhonda Callison

WHAT YOU NEED TO KNOW ABOUT FREESTYLE

A forward start is used from the starting block or side of the pool.

Technically, any stroke is permissible in a freestyle race, but we will be working on crawl stroke technique.

The kick used is called "flutter kick".

Breathing is done to either side.

Flip turn or touching end of pool are acceptable turns.

Fingers are kept together and the thumb is pointed down upon entering water.

About the only thing that will disqualify a swimmer in freestyle is pushing off the bottom of the pool to gain advantage in a race!

In EVERY stroke, learn to keep fingers together... I like to relate this concept to eating soup: you get further eating soup with a spoon rather than trying to eat it with a fork!!

WHAT YOU NEED TO KNOW ABOUT BREASTSTROKE

A forward start is used from the starting block or side of the pool.

Arms pull, then "whip kick" follows, keeping them moving together at all times. While in stroke clinic you will hear me saying, "Pull, kick, pull, kick," so the timing of the stroke is understood.

TWO HANDED TOUCH is required on all turns and finishes of the breaststroke! Hands do not need to be level on the wall at the touch or turn, just make sure both hands touch at the SAME TIME!

NEVER roll onto your back when doing breaststroke.

Feet must be turned out during the propulsive part of the kick. The flutter, scissor, or butterfly kick are not permitted, exception being after the start and turn. (Your coach will work on that in practice!!)

During each pull-kick cycle, some part of the head must break the surface of the water.

Keep fingers TOGETHER... remember it's easier to eat soup with a spoon rather than a fork!

WHAT YOU NEED TO KNOW ABOUT BACKSTROKE

Backstrokers start in the water, holding onto the edge of the pool or the starting block.

Arms are rotating in a circular motion with little finger entering water first above the head and thumb exiting water first beside the thigh.

The fast beat flutter kick is used during the stroke, while the dolphin kick can be used during the start and after each turn.

Some part of the body **MUST** touch the wall on turns and the finish and swimmer **MUST** be on their back on the finish.

Keep fingers **TOGETHER**... remember it's easier to eat soup with a spoon rather than a fork!!! (Have you heard that enough by now?)

WHAT YOU NEED TO KNOW ABOUT BUTTERFLY

Laugh a little, but while doing butterfly, think, "Wiggle, wiggle, wiggle"!

A forward start is done from the starting block or the side of the pool.

Arms move together at all times, coming out and over the water each stroke.

Breathing is done with head forward or turning to the side, whichever feels best for each particular swimmer.

The "dolphin" kick is done keeping legs together and moving up and down together. There are variations for the advanced butterflyers which your coaches will work on during the team season.

TWO HANDED TOUCH is required on all turns and finishes! Hands do not need to be level but do need to touch the wall at the same time!

Keep fingers **TOGETHER**... remember it's easier to eat soup with a spoon rather than a fork!!