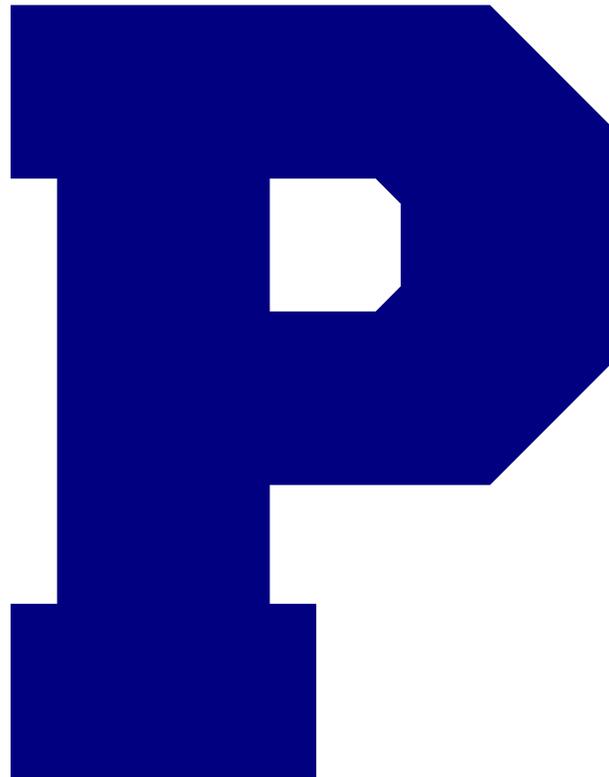


PIRANHA SWIM TEAM

Age Group Progression Packet



Our Mission Statement: We the Piranha Swim Club are committed to excellence and dedicated to developing both the finest of athlete and the finest of citizen through the sport of swimming and our swimming program.

Coaching:

The YMCA and the Piranha Head Coach are committed to hiring competent coaches who will represent the Y and the Piranhas in the most favorable light in and out of the pool. Piranha coaches will coach and lead the children of Darien and the surrounding communities to the best of the abilities. Along with the core values of the Y, Piranha coaches will achieve through the following.

A. The Piranha coaches are committed to . . .

1. Putting the best interests and needs of the swimmer before their own egos
2. Being a positive role model in and out of the pool
3. Being a leader
4. Creating and fostering a fun environment for learning
5. Teaching proper technique
6. Following the progression as stated in this Progression Packet
7. Giving positive reinforcement
8. Being prompt to practices and meets
9. Willingness to learn
10. Attending clinics, on-line and in-person and taking ASCA and other swimming related courses
11. Doing what the Head Coach wants

B. Dress

1. Coaches should come dressed appropriately for an aquatic environment
2. An athletic or professional look utilizing Piranha gear
3. ABSOLUTELY NO clothing promoting alcohol or any sort of elicit behavior, or other swim teams.

C. Every practice

1. TEACH!!
2. TEACH!!
3. TEACH!!
 - Don't complain about what a swimmer can't do, teach them something new that they can do!!!
4. HAVE FUN!
5. Check your ego at the door.
6. Say every swimmers name at least once in a positive light.
7. Be respectful of swimmer's and parents' schedule and time
 - You don't know what it took to get to practice that day
8. Reinforce the positives
9. Positive body language and nonverbal communication
10. While pointing out flaws give immediate feedback to correct that flaw
11. Turn negatives into positives
12. Exhaust every "avenue" before kicking a swimmer out of practice
13. High fives after practice
14. Talk to the kids as a group at the end of each practice and remind them of something you taught them
15. Walk through the all ages locker rooms into and out of the pool
16. Ask yourself, if you were 8,9,10,11, years old, would you want to swim for you?

Maia Group:

The Maia's are the youngest Piranhas, ages 6-8. The successful Maia swimmer will be proficient in all four strokes, learn the basics of team spirit, competition and fun. We will accomplish these goals through the following objectives:

- **HAVING FUN AT PRACTICE!!**
- Playing games
- Encouraging stroke efficiency
- Encouraging cheering and support among teammates
- Developing a feeling of self-worth and accomplishment to facilitate life-long enjoyment of the sport of swimming

A. Entrance Criteria

1. Legal 25 of Freestyle, Backstroke and either Fly or Breast
2. Diving off the blocks
3. In water somersault

B. Weekly Practice Cycle (a monthly calendar will be provided dictating stroke, drills, kick, etc to be done on each day)

1. IM (1 days per week)
2. Freestyle (1 days per week)
3. Specific stroke (not free) (2 days per week)

C. Practices

1. **MORE GAMES AT PRACTICE!!**
2. All practices should be 90% drilling and kicking. 10% racing, relays, fun.
3. Drilling (20-30 min., everyday)
4. Kicking (10-20 min., everyday)
5. Start (5-15 min., 3 days per week)
6. Turns (5-15 min., 2 days per week)

D. Every practice

1. See coaches' page for details

E. Sample Sets and Test Sets

1. No specific test sets.
2. Sets/practices should reflect the list under the 'Practice' heading

F. Practice Goals

1. Legal turns all the time
2. Shimmers off every wall in free, back and fly
3. Streamlines off every wall
4. Reading pace clock—leave :05 or :10 apart
5. No bouncing on bottom of pool
6. Lining up properly after each swim
7. Drill and kick all the way to the wall

G. Season goals

1. Compete in all four 25's legally

2. Compete in the 50 Free and 50 Back legally
3. Compete in the 100 IM legally
4. Attend enough meets to meet requirement for Championship meet entry

H. Starts

1. Block Start
 - a. track start position preferred but not required
 - b. hips high in air
 - c. enter water from dive in streamline
2. Back Start
 - a. from the gutter
 - b. feet high on wall
 - c. push straight back off wall (most powerful)
 - d. arch back, head back, arms should be in streamline before head hits the water

I. Other Group Expectations

1. No running on deck
2. Putting equipment away neatly
3. Appropriate locker room behavior

J. Stroke Skills and Goals for the season

Skills

Goals

Butterfly

-
- | | |
|------------------------------------|-------------------------------|
| 1. feet together on kick | 1. two hand touch on the wall |
| 2. hands recover in the same plane | 2. shimmers off the wall |
| 3. breathe w/ chin on surface | 3. one up one down breathing |
| | 4. legal turn |

Backstroke

-
- | | |
|---|---|
| 1. head back and still | 1. know stroke count flags to wall |
| 2. kick with toes pointed | 2. start from the gutter |
| 3. hands enter with pinkie and exits with thumb | 3. start and finish on back |
| | 4. shimmers off wall |
| | 5. familiarity with flip turns |
| | a. use free stroke to turn onto front |
| | b. flip before recovering hand passes hip |
| | c. push off on back in streamline with shimmers |

Breaststroke

-
- | | |
|------------------------------------|---|
| 1. feet together on finish of kick | 1. two hand touch on walls |
| 2. long stroke - glide after kick | 2. legal turn |
| 3. head between arms when reaching | 3. pullout – w/ or w/o dolphin kick |
| | a. Dolphin kick should only be added if swimmers get the basics of the pull-out down first. |

Freestyle

-
- | | |
|---|--|
| 1. head down - eyes to bottom | 1. rotary breathing |
| 2. fingertip entry - extension above water – shoulder width apart | 2. legal flip turns |
| 3. long strokes | a. DO NOT BREATHE INTO |
| | b. feet over head, knees tuck under |
| | c. feet land square on the wall |
| | d. push off in streamline – level off on front |

K. Drill/Kick Progression

1. The drills listed below are all drills that reinforce the technique we are trying to teach our swimmers. Get them to understand that good drilling equals good technique and make sure they are doing the drills properly.
2. All swimmers should drill and kick all the way to the wall
3. Note well - All drills and kicking drills should start with a tight streamline off the wall before performing prescribed drill.
4. When kicking with a board, swimmers 12/under especially should hold the board by the back corners closest to the body, with their arms extended, allowing their face to be in the water while they kick. This will promote proper body line and reduce stress on the shoulders.
5. Any of these drills can take an entire practice for a swimmer to do properly just once, especially the breakdown turns. Don't be afraid to take an entire practice to get it right

Butterfly:

Kicking

Shimmers: one of the most important aspects of swimming. Shimmering is the underwater kicking a swimmer does before breaking the surface of the water for his/her first stroke. This must be done in a tight streamline using the entire body fingertips to toes. Most of the upper body undulation is created from the shoulders, very little from the hands and arms. Shimmers needs to be done off every wall in butterfly, freestyle and backstroke. Each swimmer should shoot for a goal of at least three off each wall and starts during all practices and meets.

Arms at your side fly kick: This can be done two ways, "on top" of the water where the hips and body are as high in the water as possible and underwater where the swimmer is about 1-1.5 feet underwater. Arms are at the side and head is leading the undulation of the body just like the motion the head makes when breathing. Lift the head out of the water to breath or allow the swimmer to take a stroke and then dive back under. This is can be a fun drill for kids as you ask them to be a deep sea diver on the underwater version of this drill.

Side kicking: Left or right side, swimmer is on their side with bottom arm out (arm that is towards the bottom of the pool). Swimmers are using the whole body (without bending the leading arm) to create undulation finishing with a fly kick from the hips down.

Drills

4Kicks-2 Strokes: Four butterfly kicks underwater in a streamline then two full stroke cycles (arms and legs). Both strokes should be done with great focus on technique and with a breath. Great for working streamlines, length, catch, hips and focusing on only two strokes at a time.

One Arm Drills: Left or right, with or without non-swimming arm in front; non-swimming arm at side is better for full body rhythm and high hips; arm in front is better for balance with weaker swimmers. Breathing is always to the front with chin on the water then head driving back into the water face down. A good drill for focusing on one at a time, length, catch and hips.

Single/double: Similar to the other one arm drills. this drill alternates a one-arm stroke with the left arm, a double-arm (full) stroke and then a single stroke with the right arm (for example: R-full-L-full). Non stroking arm remains out front, and the swimmer only breaths on the double arm stroke.

Backstroke:

Kicking

Shimmers: one of the most important aspects of swimming. Shimmering is the underwater kicking a swimmer does before breaking the surface of the water for his/her first stroke. This must be done in a tight streamline using the entire body fingertips to toes. Most of the upper body undulation is created from the shoulders, very little from the hands and arms. Shimmers needs to be done off every wall in butterfly, freestyle and backstroke. Each swimmer should shoot for a goal of at least three off each wall and starts during all practices and meets.

Streamline Kicking: Most kicking should be done in streamline to help teach younger swimmers the importance of streamlining and work the core of the body.

Side kicking: Left or right side, swimmer is **TOWARD** their side with bottom arm out (arm that is towards the bottom of the pool). Swimmers body is rotated enough so that the head can still remain with his/her face towards the ceiling. **DO NOT OVER ROTATE** during this drill. Kicking is regular backstroke kicking. Good drill for working rotation.

6/6, 8/8, 12/12 kicking: Basically side kicking where a swimmer switches sides every 6, 8 or 12 kicks. Swimmer should take a stroke after 6, 8 or 12 kicks when rotating to the opposite side.

Drills

One-arm drills: All instructions for one arm drills apply to all one arm Swimmer should have non-swimming arm at the side, head back and still. The swimmer's arm should enter the water with pinkie finger while the shoulders are flat. Coaches should have swimmers pause at this moment to emphasize the shoulder position in relation to the arm and then have them rotate a little more to get a deep catch and pull through with the stroke. Coaches should continue coaching the drill this way until swimmers have an understanding of the aforementioned shoulder and arm position. Good drill to isolate different stages of the stroke: rotation, hand entry, catch and bent-elbow pull.

3 left/3 right: Basically a one arm drill alternating arms every three strokes. Always emphasize thumb exit, pinkie entry on one arm drills.

2/2/4: Another version of one arm drills. Swimmers take two strokes with the left arm, two strokes with the right arm, then four full strokes. All aforementioned directions apply to all one arm drills.

Clap: This is a tough drill for younger swimmers. For Maia, this drill should only be done with fins and when all other drills have been learned. Swimmer needs to focus on keeping the hips towards the surface of the water the best they can. Swim regular backstroke, when the left arm is perfectly perpendicular to the body and leave it there until the right arm around and claps with the left hand. Palms do not have to face each other on the clap, back of the hand to the palm of hand is sufficient. This is great drill for kicking, proper body line and core strength.

Breaststroke:

Kick

Kick on your stomach w/ arms at side: Arms positioned at the swimmers sides. For every kick there should be a breath and the breath is taken by lifting from the shoulders, not so much from lifting one's head; neck should remain relaxed and head fixed. Upper body should lunge forward with every kick leading with the top of the head then getting the hips up and gliding before the next kick. Great for working high hips, top of the head forward, and finishing kick.

Breaststroke Kick on Back: Should be done in streamline most of the time but can be done with arms at sides for weaker swimmers; when hands are placed at the swimmer's side, every kick swimmer touches their calves; the swimmer should not be touching their heels as this promotes the wrong foot position; knees should be kept below the surface of the water whichever way this drill is done. Focus on finishing kick strong.

Drill

Breaststroke with a Fly Kick: Swimmers do a regular breaststroke arm pull, but instead of kicking regular breaststroke, a swimmer kicks ONE butterfly kick. Swimmers should get their hips up and lunge the upper body forward, head down driving the arms forward straight from the elbows. Swimmers should NOT be diving down in the water, but forward. Good for high hips and driving the upper body forward.

2/3 Second Glide: Normal Breaststroke swim but glide either 2 or 3 seconds after every kick and reaching with the hands side by side with the body in full extension for the 2-3 seconds. Head should be between the arms while gliding. This drill is used to emphasize a long stroke, correct timing, and correct head position when driving forward.

2 Kicks-1 Stroke: This drill is begun in streamline after doing a pull-out. A swimmer does two powerful, long kicks then one powerful lunging stroke. Again, head should be between the arms during the kicks and body should be in full extension below the surface of the water. Great for working length of stroke

6 Flutter Kick drill: After a cycle of breaststroke (one arm pull and one leg kick) and when the swimmer is in a full reach after the breast kick, add in 6 freestyle kicks. The arms are out front and the head remains eyes on the bottom while kicking freestyle. This is a great length and timing drill.

Freestyle:

Kick

6/6, 8/8, 12/12 Kicking: Start with left arm out, palm facing the bottom and the right arm at the side, head in the water facing the bottom, swimmer takes the prescribed number of kicks (3,6,8,12) with body rotated towards the side (body should NOT be completely on its side), take one regular stroke with right arm, take a breath then put the face back in the water and then do the prescribed number of kicks. The order should be stroke, breath, kick. If done correctly, the swimmers face will be in the water when taking a stroke allowing the shoulder of the arm out front the ability to get a high elbow catch without putting too much strain on the shoulder. This is great for rotation, length, focusing in on the high elbow catch and timing.

Side kicking: Left or right side, swimmer is **TOWARD** their front with bottom arm out (arm that is towards the bottom of the pool). Swimmers body is rotated enough so that the head can still remain face down in the water. **DO NOT OVER ROTATE** during this drill. Kicking is regular freestyle kicking and swimmers should focus on long body. Good drill for working rotation and body line.

20-5-20: 20 kicking on one side, 5 strokes, 20 kicks on the other side. Side kicking rules apply. Kids can turn their heads to breathe during the 20 kicks as much as they need, just **KEEP THE FACE DOWN IN THE WATER** when starting to take strokes. Another way of doing the side kicking drill.

Drill

Catch-up: Regular freestyle but the leading arm remains out front in a one arm streamline position and waits until the recovering arm is parallel before initiating the stroke. Hands **DO NOT** need to touch. Shoulders should be square to the bottom of the pool as recovering hand enters the water. Swimmers should be instructed to extend arm above water as far as possible before hand entry. This is a great length, catch and timing drill.

Finger drag drill: Regular freestyle but thumb drags up the side of the body through the armpit and the fingertips drag across the water on the recovery, should extend fully, shoulders square to bottom of pool before hand entry. This drill may be combined with catch-up. Good for high elbow recovery, and length before hands enter the water.

One arm drill left or right: A swimmer will swim with left arm and the right arm will be at their side and vice versa. Breathing is done every stroke to the opposite side of the stroking arm (right arm breathes left and vice versa). A swimmer should recover the stroking arm and leave in front in a streamline position (superman or girl style), turn the head to breath (with arm still in front) then bring head back to the water face down before initiating the catch and under water pull. This will allow the shoulders to square to the bottom of the pool before the arm starts the stroke allowing the shoulder a less strenuous path to getting into a high elbow catch and paddle.

Turns:

6 strokes back/6 stroke free: This is a drill that is as simple as it sounds. Have a swimmer simply swim down the lane with 6 stroke of backstroke then have them flip over and swim 6 stroke of freestyle. Don't tell them how to transition from back to free at first. Let them figure it out. Most will mimic the freestyle stroke in the backstroke turn without realizing it. Once they all have it down, tell them that is exactly what they need to do to get into the wall for a backstroke turn and work on backstroke turns.

Break down turns: Take said turn and break it down into smaller segments.

Freestyle: start by doing a flip close to the wall and have swimmer stand up facing the wall, then progress to putting the feet on the wall toes up (for a more advance skill have them stop with feet on the wall, knees bent on their back in a streamline position and hold that position for a second before letting them push off) and pushing off on their back, then have them push off and turn onto their stomach.

Breaststroke (elbow your brother, call your mother): start with swimmers hands on the wall, have them take one hand off the wall and bring the elbow to the side (elbow your brother), while driving their feet to the wall and getting on their side, then add in taking the other hand off the

wall the bringing it behind your ear (call your mother), then add pushing off into a streamline and gliding and then add in a pullout before breaking the surface of the water.

Butterfly: similar to breaststroke, instead of adding pull-out add shimmer kicks before breaking the surface of the water.

Backstroke: **MAKE SURE SWIMMERS KNOW THEIR STROKE COUNT** before doing anything with a backstroke turn. Have them count strokes flags to a hand touch then subtract one stroke. Then have swim to the wall the flip and put feet on the bottom with them facing the wall. Then add in putting feet on the wall toes up (for a more advance skill have them stop with feet on the wall, knees bent on their back in a streamline position and hold that position for a second before letting them push off) and pushing off in a streamline and gliding. Then add shimmers.

Turns from Red Line: Break down the turn into a 20-yard segment. Fast into the wall, at race pace, long off wall. One stroke off the wall after turn before breathing for freestyle and butterfly.

Starts:

Block Drills – have kids bend at the knees with arms in back of them, jump off the blocks feet first while swinging their arms forward ending up with arms in a streamline perpendicular to the body (out in front, NOT OVERHEAD) and kids landing in the water feet first. Swimmers should try and jump out as far as they can. Have them progress to starts trying to use the same power and aggression they used when jumping feet first.

L. Dry Land—None

Nautilus Group:

This developmental group represents those Piranhas, ages 9-11, who require more technical instruction. The successful Nautilus Piranha will learn the basics of interval and set training, develop team camaraderie and learn competitive techniques. Nautilus swimmers will be expected to compete in the highest level championship meet for which they qualify. We will accomplish these goals through the following objectives:

- **HAVING FUN AT PRACTICE!!**
- Encouraging stroke efficiency through an introduction to advanced training skills with positive encouragement
- Encouraging a group dynamic and investment in one's teammates
- Developing a positive competitive atmosphere while learning basics of swimming
- Developing a feeling of self-worth and accomplishment to facilitate life-long enjoyment of the sport of swimming

A. Entrance Criteria

1. Legal 50's of all 4 strokes
2. Diving from block
3. In water somersault

B. Weekly practice cycle (a monthly calendar will be provided dictating stroke, drills and kick to be done on each day)

1. IM (1 days per week)
2. Freestyle (1 days per week)
3. Specific stroke (not free) (3 days per week)
4. Start and Turns (1 day per week exclusively)

C. Practices

1. MORE GAMES AT PRACTICE!!

2. All practices should be 60-70% drilling and kicking, 30% racing, test sets, games, fun
3. Drill Sets (20-30 min., everyday)
4. Kick Sets (20-30 min., everyday)
5. Distance Sets (20-30 min., 1-2x per week as a part of warm-up)
6. Start and Turns (10-15 min 4 days per week)

D. Every practice

1. See coaches page for details.

E. Sample Sets and Test Sets

1. Sets
 - i. Intervals should allow swimmers 15-30 seconds rest
 - 8 x 100 Free @ 2:10
 - 10 x 50 Free Kick @ 1:30
 - 8 x 100 IM @ 2:20
 - 8 x 100 Stroke @ 2:15
 - 8 x 100 Kick @ 2:30
2. Test Sets

- i. Results should be recorded and tests done every 4-6 weeks
 - 15 minute kick (count laps)
 - 15 minute swim (count laps)
 - 6 x 50 of stroke (interval should allow 15-30 seconds rest)
 - 500 Kick for time
 - 500 Swim for time

F. Practice goals

1. Legal turns all four strokes and IM
2. Shimmers off every wall in free, back and fly
3. Streamlines off every wall
4. Reading pace clock—leave :10 apart
5. Reading pace clock—basic intervals (ex. 1:00, 1:15, 1:30)
6. No bouncing on bottom of pool
7. Lining up properly after each swim
8. Drill and Kick all the way to the wall

G. Season Goals

1. 75% practice attendance for the group
 - a. based on 3 practices per week per swimmer
2. Compete in all 50's and 100s of all strokes, legally
3. Compete in both the 100 and 200 IM, legally
4. Attend enough meets to meet requirement for Championship meet entry

H. Starts

1. Block Start
 - d. track start position preferred but not required
 - e. hips high in air
 - f. enter water from dive in streamline
2. Back Start
 - e. from the gutter
 - f. straight back – head in line with back
 - g. feet high on wall
 - h. push straight back off wall (most powerful)
 - i. arch back, head back, arms should be in streamline before head hits the water

I. Other Group Goals

1. No running on deck
2. Putting equipment away neatly
3. Appropriate locker room behavior

J. Stroke Skills and Goals for the season

Skills

Goals

Butterfly

- | | |
|--|---|
| 1. feet together on kick | 1. two hand touch on the wall |
| 2. hands recover in the same plane | 2. 3 shimmers off each wall |
| 3. breathe w/ chin on surface | 3. 1 up 1 down breathing |
| 4. finish pull past hips | 4. legal turn (elbow your brother-call your mother) |
| 5. head entry before hands hit | a. touch two hands |
| 6. head slightly below, between arms at full extension | b. heels to rear before turning to the side |
| 7. two beat kick | c. one arm to the side |
| 8. long, relaxed arm recovery | d. other arm that is touching the wall gets tucked behind the ear – eyes to ceiling |
| | e. into streamline – strong shimmers |

Backstroke

- | | |
|--|---|
| 1. head back and still | 1. know stroke count flags to wall |
| 2. kick with toes pointed | 2. starts from the gutter |
| 3. straight arm recovery and entry | 3. start and finish on back |
| 4. hand entry outside shoulder, not directly behind head | 4. 3 shimmers off each wall |
| 5. thumb exit, pinkie entry | 5. flip turns |
| 6. shoulders flat as arm enters water | a. use free stroke to turn onto stomach |
| | b. flip before recovering hand passes hip |
| | c. push off on back in streamline |

Breaststroke

- | | |
|------------------------------------|---|
| 1. feet together on finish of kick | 1. two hand touch on walls |
| 2. long stroke - glide after kick | 2. pullout – introduce with dolphin kick |
| 3. accelerate feet on kick | 3. turn |
| 4. head between arms at reach | a. touch with two hands |
| 5. hips high at completion of kick | b. heels to rear before turning to the side |
| | c. one arm to the side |
| | d. other arm that is touching the wall gets tucked behind the ear – eyes to ceiling |
| | e. into streamline – strong pullout |

Freestyle

- | | |
|---|--|
| 1. head still and down - eyes to bottom | 1. rotary breathing |
| 2. rotate hips during stroke | 2. legal flip turns |
| 3. fingertip entry, extension above water | a. DO NOT BREATHE INTO |
| 4. high elbow catch and pull (shoulder adduction) | b. feet over head, knees tuck under |
| | c. feet land square on the wall |
| | d. push off in streamline – level off on front |

K. Individual Medley Turns

1. fly to back turn
 - a. touch with two hands
 - b. regular fly turn – one arm to the side, the other behind the ear (elbow your brother, call your mother)
 - i. Don't get directly on side – stay towards the back
 - c. into streamline on back – strong shimmers
 - d. **DON'T** – just fling the arms in the air after touching the wall
2. back to breast turn
 - a. lean into touch
 - i. **DON'T** lean to much – stay towards back
 - b. after touch – fast feet high on the wall – regular breaststroke turn
 - i. Don't get directly on side – stay towards the back
 - c. into streamline on front – strong pullout
3. breast to free turn
 - a. regular breaststroke turn

L. Drill/Kick Progression

1. The drills listed below are all drills that reinforce the technique we are trying to teach our swimmers. Get them to understand that good drilling equals good technique and make sure they are doing the drills properly.
2. All swimmers should drill and kick all the way to the wall
3. Note well - All drills and kicking drills should start with a tight streamline off the wall before performing prescribed drill.
4. When kicking with a board, swimmers 12/under especially should hold the board by the back corners closest to the body, with their arms extended, allowing their face to be in the water while they kick. This will promote proper body line and reduce stress on the shoulders.
5. Any of these drills can take an entire practice for a swimmer to do properly just once, especially the breakdown turns. Don't be afraid to take an entire practice to get it right

Butterfly:

Kicking

Shimmers: one of the most important aspects of swimming. Shimmering is the underwater kicking a swimmer does before breaking the surface of the water for his/her first stroke. This must be done in a tight streamline using the entire body fingertips to toes. Most of the upper body undulation is created from the shoulders, very little from the hands and arms. Shimmers needs to be done off every wall in butterfly, freestyle and backstroke. Each swimmer should shoot for a goal of at least three off each wall and starts during all practices and meets.

Arms at your side fly kick: This can be done two ways, “on top” of the water where the hips and body are as high in the water as possible and underwater where the swimmer is about 1-1.5 feet underwater. Arms are at the side and head is leading the undulation of the body just like the motion the head makes when breathing. Lift the head out of the water to breath or allow the swimmer to take a stroke and then dive back under. This is a great drill for working the undulation of the body in fly. Also this can be a fun drill for kids as you ask them to be a deep sea diver on the underwater version of this drill.

Side kicking: left or right side, swimmer is on their side with bottom arm out (arm that is towards the bottom of the pool). Swimmers are using the whole body (without bending the leading arm) to create undulation finishing with a fly kick from the hips down.

Drills

4Kicks-2 Strokes: four butterfly kicks underwater in a streamline then two full stroke cycles (arms and legs). Both strokes should be done with great focus on technique and with a breath. Great for working streamlines, length, catch, hips and focusing on only two strokes at a time.

One Arm Drills: left or right, with or without non-swimming arm in front; non-swimming arm at side is better for full body rhythm and high hips; arm in front is better for balance with weaker swimmers. Breathing is always to the front with chin on the water then head driving back into the water face down. A good drill for focusing on one at a time, length, catch and hips.

Single/double: similar to the other one arm drills. this drill alternates a one-arm stroke with the left arm, a double-arm (full) stroke and then a single stroke with the right arm (for example: R-full-L-full). Non stroking arm remains out front, and the swimmer only breaths on the double arm stroke.

Backstroke:

Kicking

Shimmers: one of the most important aspects of swimming. Shimmering is the underwater kicking a swimmer does before breaking the surface of the water for his/her first stroke. This must be done in a tight streamline using the entire body fingertips to toes. Most of the upper body undulation is created from the shoulders, very little from the hands and arms. Shimmers needs to be done off every wall in butterfly, freestyle and backstroke. Each swimmer should shoot for a goal of at least three off each wall and starts during all practices and meets.

Streamline Kicking: Most kicking should be done in streamline to help teach younger swimmers the importance of streamlining and work the core of the body.

Side kicking: Left or right side, swimmer is **TOWARD** their side with bottom arm out (arm that is towards the bottom of the pool). Swimmers body is rotated enough so that the head can still remain with his/her face towards the ceiling. **DO NOT OVER ROTATE** during this drill. Kicking is regular backstroke kicking. Good drill for working rotation.

6/6, 8/8, 12/12 kicking: Basically side kicking where a swimmer switches sides every 6, 8 or 12 kicks. Swimmer should take a stroke after 6, 8 or 12 kicks when rotating to the opposite side.

Drills

One-arm drills: All instructions for one arm drills apply to all one arm Swimmer should have non-swimming arm at the side, head back and still. The swimmer's arm should enter the water with pinkie finger while the shoulders are flat. Coaches should have swimmers pause at this moment to emphasize the shoulder position in relation to the arm and then have them rotate a little more to get a deep catch and pull through with the stroke. Coaches should continue coaching the drill this way until swimmers have an understanding of the aforementioned shoulder and arm position. Good drill to isolate different stages of the stroke: rotation, hand entry, catch and bent-elbow pull.

3 left/3 right: Basically a one arm drill alternating arms every three strokes. Always emphasize thumb exit, pinkie entry on one arm drills.

2/2/4: Another version of one arm drills. Swimmers take two strokes with the left arm, two strokes with the right arm, then four full strokes. All aforementioned directions apply to all one arm drills.

Clap: This is a tough drill for younger swimmers. For Maia, this drill should only be done with fins and when all other drills have been learned. Swimmer needs to focus on keeping the hips towards the surface of the water the best they can. Swim regular backstroke, when the left arm is perfectly perpendicular to the body and leave it there until the right arm around and claps with the left hand. Palms do not have to face each other on the clap, back of the hand to the palm of hand is sufficient. This is great drill for kicking, proper body line and core strength.

Breaststroke:

Kick

Kick on your stomach w/ arms at side: Arms positioned at the swimmers sides. For every kick there should be a breath and the breath is taken by lifting from the shoulders, not so much from lifting one's head; neck should remain relaxed and head fixed. Upper body should lunge forward with every kick leading with the top of the head then getting the hips up and gliding before the next kick. Great for working high hips, top of the head forward, and finishing kick.

Breaststroke Kick on Back: Should be done in streamline most of the time but can be done with arms at sides for weaker swimmers; when hands are placed at the swimmer's side, every kick swimmer touches their calves; the swimmer should not be touching their heels as this promotes the wrong foot position; knees should be kept below the surface of the water whichever way this drill is done. Focus on finishing kick strong.

Drill

Breaststroke with a Fly Kick: Swimmers do a regular breaststroke arm pull, but instead of kicking regular breaststroke, a swimmer kicks ONE butterfly kick. Swimmers should get their hips up and lunge the upper body forward, head down driving the arms forward straight from the elbows. Swimmers should NOT be diving down in the water, but forward. Good for high hips and driving the upper body forward.

2/3 Second Glide: Normal Breaststroke swim but glide either 2 or 3 seconds after every kick and reaching with the hands side by side with the body in full extension for the 2-3 seconds. Head should be between the arms while gliding. This drill is used to emphasize a long stroke, correct timing, and correct head position when driving forward.

2 Kicks-1 Stroke: This drill is begun in streamline after doing a pull-out. A swimmer does two powerful, long kicks then one powerful lunging stroke. Again, head should be between the arms during the kicks and body should be in full extension below the surface of the water. Great for working length of stroke

6 Flutter Kick drill: After a cycle of breaststroke (one arm pull and one leg kick) and when the swimmer is in a full reach after the breast kick, add in 6 freestyle kicks. The arms are out front and the head remains eyes on the bottom while kicking freestyle. This is a great length and timing drill.

Freestyle:

Kick

6/6, 8/8, 12/12 Kicking: Start with left arm out, palm facing the bottom and the right arm at the side, head in the water facing the bottom, swimmer takes the prescribed number of kicks (3,6,8,12) with body rotated towards the side (body should **NOT** be completely on its side), take one regular stroke with right arm, take a breath then put the face back in the water and then do the prescribed number of kicks. The order should be stroke, breath, kick. If done correctly, the swimmers face will be in the water when taking a stroke allowing the shoulder of the arm out front the ability to get a high elbow catch without putting too much strain on the shoulder. This is great for rotation, length, focusing in on the high elbow catch and timing.

Side kicking: Left or right side, swimmer is **TOWARD** their front with bottom arm out (arm that is towards the bottom of the pool). Swimmers body is rotated enough so that the head can still remain face down in the water. **DO NOT OVER ROTATE** during this drill. Kicking is regular freestyle kicking and swimmers should focus on long body. Good drill for working rotation and body line.

20-5-20: 20 kicking on one side, 5 strokes, 20 kicks on the other side. Side kicking rules apply. Kids can turn their heads to breathe during the 20 kicks as much as they need, just **KEEP THE FACE DOWN IN THE WATER** when starting to take strokes. Another way of doing the side kicking drill.

Drill

Catch-up: Regular freestyle but the leading arm remains out front in a one arm streamline position and waits until the recovering arm is parallel before initiating the stroke. Hands **DO NOT** need to touch. Shoulders should be square to the bottom of the pool as recovering hand enters the water. Swimmers should be instructed to extend arm above water as far as possible before hand entry. This is a great length, catch and timing drill.

Finger drag drill: Regular freestyle but thumb drags up the side of the body through the armpit and the fingertips drag across the water on the recovery, should extend fully, shoulders square to bottom of pool before hand entry. This drill may be combined with catch-up. Good for high elbow recovery, and length before hands enter the water.

One arm drill left or right: A swimmer will swim with left arm and the right arm will be at their side and vice versa. Breathing is done every stroke to the opposite side of the stroking arm (right arm breathes left and vice versa). A swimmer should recover the stroking arm and leave in front in a streamline position (superman or girl style), turn the head to breath (with arm still in front) then bring head back to the water face down before initiating the catch and under water pull. This will allow the shoulders to square to the bottom of the pool before the arm starts the stroke allowing the shoulder a less strenuous path to getting into a high elbow catch and paddle.

3 left/3 right: Basically a one arm drill alternating arms every three strokes. **DO NOT TAKE A BREATH INTO TRANSITION FROM ONE SIDE TO THE NEXT.**

2/2/4: Another version of one arm drills. Swimmers take two strokes with the left arm, two strokes with the right arm, then four full strokes. All aforementioned directions apply to all one arm drills.

Turns:

Drills

6 strokes back/6 stroke free: This drill is as simple as it sounds. Have a swimmer simply swim down the lane with 6 stroke of backstroke then have them flip over and swim 6 stroke of freestyle. Don't tell them how to transition from back to free at first. Let them figure it out. Most will do mimic the freestyle stroke in the backstroke turn without realizing it. Once they all have it down, tell them that is exactly what they need to do to get into the wall for a backstroke turn and work on backstroke turns.

Break down turns: Take said turn and break it down into smaller segments.

Freestyle: start by doing a flip close to the wall and have swimmer stand up facing the wall, then progress to putting the feet on the wall toes up (for a more advance skill have them stop with feet on the wall, knees bent on their back in a streamline position and hold that position for a second before letting them push off) and pushing off on their back, then have them push off and turn onto their stomach.

Breaststroke (elbow your brother, call your mother): start with swimmers hands on the wall, have them take one hand off the wall and bring the elbow to the side (elbow your brother), while driving their feet to the wall and getting on their side, then add in taking the other hand off the wall the bringing it behind your ear (call your mother), then add pushing off into a streamline and gliding and then add in a pullout before breaking the surface of the water.

Butterfly: similar to breaststroke, instead of adding pull-out add shimmer kicks before breaking the surface of the water.

Backstroke: MAKE SURE SWIMMERS KNOW THEIR STROKE COUNT before doing anything with a backstroke turn. Have them count strokes flags to a hand touch then subtract one stroke. Then have swim to the wall the flip and put feet on the bottom with them facing the wall. Then add in putting feet on the wall toes up (for a more advance skill have them stop with feet on the wall, knees bent on their back in a streamline position and hold that position for a second before letting them push off) and pushing off in a streamline and gliding. Then add shimmers.

Turns from Red Line: Break down the turn into a 20-yard segment. Fast into the wall, at race pace, long off wall. One stroke off the wall after turn before breathing for freestyle and butterfly.

Mid Pool turn: This drill can done for all strokes. When a swimmer get to the redline or a prescribed destination of the pool have swimmer conduct a turn. For back and free swimmer flips as fast they can and continues down the pool with said stroke. For breast and fly this drill is great for working turn balance. Swimmers will turn at mid pool then comeback the way they came conducting the turn as if they are putting their hands and feet on a wall.

M. Dry Land

1. None currently

Poseidon Group:

The Poseidon is composed of those Piranhas, ages 10-14, who are highly proficient in all four strokes. The success of this group will be determined by the percentage of swimmers who compete in all events available to them. Poseidon swimmers will be expected to compete in the highest level championship meet for which they qualify. We will develop these swimmers through the following goals and objectives:

- HAVING FUN AT PRACTICE!!
- Encouraging stroke efficiency through an introduction to advanced training skills with positive encouragement
- Encouraging a group dynamic and investment in one's teammates
- Developing a positive competitive atmosphere while learning basics of swimming
- Developing a feeling of self-worth and accomplishment to facilitate life-long enjoyment of the sport of swimming

A. Entrance Criteria

1. 10 years of age or older
2. Four legal strokes
3. Must be able to complete a 200 Individual Medley

B. Weekly practice cycle (a monthly calendar will be provided dictating stroke, drills and kick to be done on each day)

1. IM (1 days per week)
2. Freestyle (1 days per week)
3. Specific stroke (not free) (3 days per week)
4. Start and Turns (1 day per week exclusively)

C. Practices

1. All practices should be 50-60% drilling, 20% kicking, 20% racing, test sets, games, fun
2. Drill Sets (30-40 min., everyday)
3. Kick Sets (20-30 min., everyday)
4. Distance Sets (15-25 min., 1-2x per week as a part of warm-up)
5. Start and Turns (10-15 min 4 days per week)

D. Every practice

1. See coaches page for details.

E. Sample Test Sets (record times for each swimmer on test sets)

1. Sample Sets
 - i. Intervals should allow swimmers 15-30 seconds rest
 - ii. Sets should be reflective of the above criteria for practices and weekly schedule i.e. use of drilling and kicking within a set.
 - iii. Not all sets should be as below, mix it up a bit and make it more interesting.
 - 12 x 100 Free @ 1:50-2:00
 - 10 x 75 Free Kick @ 1:45-2:00
 - 8 x 100 Stroke @ 2:00-2:15
 - 8 x 100 Kick @ 2:15-2:30

2. Test Sets
 - i. Results should be recorded and tests done every 4-6 weeks
 - 15 minute kick (count laps)
 - 15 minute swim (count laps)
 - 6 x 100 of stroke (interval should allow 15-30 seconds rest)
 - 10 x 100 IM (interval should allow 15-30 seconds rest)
 - 500-1000 Kick for time
 - 500-1000 Swim for time

F. Practice goals

1. Legal turns all four strokes and IM
2. Shimmers off every wall in free, back and fly
3. Streamlines off every wall
4. Reading pace clock—leave :10 apart
5. Reading pace clock—basic intervals (ex. 1:00, 1:15, 1:30)
6. No bouncing on bottom of pool
7. Lining up properly after each swim
8. Drill and Kick all the way to the wall
9. Understanding Simple descending sets (ex. 1-3, 4-6)
10. Learn to find pulse

G. Season Goals

1. 75% practice attendance for the group
 - i. Based on 4 practices per week per swimmer
2. Compete in all 50's and 100s of all strokes, legally
3. Compete in both the 100 and 200 IM & Free, legally
4. Attend enough meets to meet requirement for Championship meet entry
5. Complete a timed 1000 swim and kick during in practice

H. Starts

1. Block Start
 - i. Track start position preferred but not required
 - ii. Hips high in air
 - iii. Enter water from dive in streamline
2. Back Start
 - i. From the gutter
 - ii. Straight back – head in line with back
 - iii. Feet high on wall
 - iv. Push straight back off wall (most powerful)
 - v. Arch back, head back, arms should be in streamline before head hits the water

I. Other Group Goals

1. No running on deck
2. Putting equipment away neatly
3. Appropriate locker room behavior

J. Stroke Skills and Goals for the season

Skills

Goals

Butterfly

- | | |
|--|--|
| <ol style="list-style-type: none">1. feet together on kick2. hands recover in the same plane3. breathe w/ chin on surface4. high hips after head/hand entry5. finish pull past hips6. head entry before hands hit7. head slightly below, between arms at full extension8. two beat kick9. long, relaxed arm recovery | <ol style="list-style-type: none">1. 3 shimmers off each wall2. 1 up 1 down breathing3. compete in a100 fly in a meet4. legal turn (elbow your brother call your mother)<ol style="list-style-type: none">a. touch two handsb. heels to the rear before turning to the sidec. one arm to the sided. other arm left touching the wall gets tucked behind the ear – eyes to ceilinge. into streamline – strong shimmers |
|--|--|

Backstroke

- | | |
|--|--|
| <ol style="list-style-type: none">1. head back and still2. kick with toes pointed3. straight arm recovery and entry4. hand entry outside shoulder, not directly behind head5. thumb exit, pinkie entry6. shoulders flat as arm enters water7. finish stroke away from body, straight back (not down) | <ol style="list-style-type: none">1. know stroke count flags to wall2. start from the gutter3. start and finish on back4. 3 shimmers off each wall5. finish with a dolphin kick6. compete in a100 back in a meet7. flip turns<ol style="list-style-type: none">a. use free stroke to turn onto stomachb. flip before recovering hand passes hipc. push off on back in streamline |
|--|--|

Breaststroke

- | | |
|---|--|
| <ol style="list-style-type: none">1. feet together on finish of kick2. long stroke - glide after kick3. accelerate feet on kick4. hands recover over/or close to the surface of the water5. head between arms at reach6. hips high at completion of kick7. pullout w/ dolphin kick - hands recover close under body as the kick is set up | <ol style="list-style-type: none">1. two hand touch on walls2. pullout – with dolphin kick3. timing - pull after completing kick4. compete in a100 breast in meet5. legal turn (elbow your brother call your mother)<ol style="list-style-type: none">a. touch two handsb. heels to the rear before turning to the sidec. one arm to the sided. other arm left touching the wall gets tucked behind the ear – eyes to ceilinge. into streamline – strong pullout |
|---|--|

Freestyle

- | | |
|--|---|
| <ol style="list-style-type: none">1. head down - eyes to bottom2. fingertip entry - extension above water3. high elbow catch and pull (big paddles)4. fingertips should pointed towards the bottom, hand an ext. of the arm5. big paddles all the way thru stroke until hands is by the hip and elbow breaks the surface | <ol style="list-style-type: none">1. rotary breathing2. compete in 200 free in a meet3. no breath before first stroke off turn4. flip turns<ol style="list-style-type: none">a. DO NOT BREATHE INTOb. feet over head, knees tuck underc. feet land square on the walld. push off in streamline |
|--|---|

K. Individual Medley Turns

1. fly to back turn
 - a. touch with two hands
 - b. regular fly turn – one arm to the side, the other behind the ear (elbow your brother, call your mother)
 - i. Don't get directly on side – stay towards the back
 - c. into streamline on back – strong shimmers
 - d. **DON'T** – just fling the arms in the air after touching the wall
2. back to breast turn
 - a. lean into touch
 - i. **DON'T** lean to much – stay towards back
 - b. after touch – fast feet high on the wall – regular breaststroke turn
 - i. Don't get directly on side – stay towards the back
 - c. into streamline on front – strong pullout
3. breast to free turn
 - a. regular breaststroke turn

N. Drill/Kick Progression

1. The drills listed below are all drills that reinforce the technique we are trying to teach our swimmers. Get them to understand that good drilling equals good technique and make sure they are doing the drills properly.
2. All swimmers should drill and kick all the way to the wall
3. Note well - All drills and kicking drills should start with a tight streamline off the wall before performing prescribed drill.
4. When kicking with a board, swimmers 12/under especially should hold the board by the back corners closest to the body, with their arms extended, allowing their face to be in the water while they kick. This will promote proper body line and reduce stress on the shoulders.
5. Any of these drills can take an entire practice for a swimmer to do properly just once, especially the breakdown turns. Don't be afraid to take an entire practice to get it right

Butterfly:

Kicking

Shimmers: one of the most important aspects of swimming. Shimmering is the underwater kicking a swimmer does before breaking the surface of the water for his/her first stroke. This must be done in a tight streamline using the entire body fingertips to toes. Most of the upper body undulation is created from the shoulders, very little from the hands and arms. Shimmers needs to be done off every wall in butterfly, freestyle and backstroke. Each swimmer should shoot for a goal of at least three off each wall and starts during all practices and meets.

Arms at your side fly kick: This can be done two ways, “on top” of the water where the hips and body are as high in the water as possible and underwater where the swimmer is about 1-1.5 feet underwater. Arms are at the side and head is leading the undulation of the body just like the motion the head makes when breathing. Lift the head out of the water to breath or allow the swimmer to take a stroke and then dive back under. This is a great drill for working the undulation of the body in fly. Also this can be a fun drill for kids as you ask them to be a deep sea diver on the underwater version of this drill.

Side kicking: left or right side, swimmer is on their side with bottom arm out (arm that is towards the bottom of the pool). Swimmers are using the whole body (without bending the leading arm) to create undulation finishing with a fly kick from the hips down.

Drills

4Kicks-2 Strokes: four butterfly kicks underwater in a streamline then two full stroke cycles (arms and legs). Both strokes should be done with great focus on technique and with a breath. Great for working streamlines, length, catch, hips and focusing on only two strokes at a time.

One Arm Drills: left or right, with or without non-swimming arm in front; non-swimming arm at side is better for full body rhythm and high hips; arm in front is better for balance with weaker swimmers. Breathing is always to the front with chin on the water then head driving back into the water face down. A good drill for focusing on one at a time, length, catch and hips.

Single/double: similar to the other one arm drills. this drill alternates a one-arm stroke with the left arm, a double-arm (full) stroke and then a single stroke with the right arm (for example: R-full-L-full). Non stroking arm remains out front, and the swimmer only breaths on the double arm stroke.

3/4 Strokes off wall: This is done as a longer distance swim where a certain number of strokes are taken off each wall, then freestyle is swum the remainder of the length. Fly turns should be done so swimmers can work their fly turns. Distance per stroke should be emphasized. May also be done for a certain length off each wall (ex. red line or 12.5 yards). Good way to get used to swimming longer butterfly distances.

Backstroke:

Kicking

Shimmers: one of the most important aspects of swimming. Shimmering is the underwater kicking a swimmer does before breaking the surface of the water for his/her first stroke. This must be done in a tight streamline using the entire body fingertips to toes. Most of the upper body undulation is created from the shoulders, very little from the hands and arms. Shimmers needs to be done off every wall in butterfly, freestyle and backstroke. Each swimmer should shoot for a goal of at least three off each wall and starts during all practices and meets.

Streamline Kicking: Most kicking should be done in streamline to help teach younger swimmers the importance of streamlining and work the core of the body.

Side kicking: Left or right side, swimmer is **TOWARD** their side with bottom arm out (arm that is towards the bottom of the pool). Swimmers body is rotated enough so that the head can still remain with his/her face towards the ceiling. **DO NOT OVER ROTATE** during this drill. Kicking is regular backstroke kicking. Good drill for working rotation.

6/6, 8/8, 12/12 kicking: Basically side kicking where a swimmer switches sides every 6, 8 or 12 kicks. Swimmer should take a stroke after 6, 8 or 12 kicks when rotating to the opposite side.

Drills

One-arm drills: All instructions for one arm drills apply to all one arm Swimmer should have non-swimming arm at the side, head back and still. The swimmer's arm should enter the water with pinkie finger while the shoulders are flat. Coaches should have swimmers pause at this

moment to emphasize the shoulder position in relation to the arm and then have them rotate a little more to get a deep catch and pull through with the stroke. Coaches should continue coaching the drill this way until swimmers have an understanding of the aforementioned shoulder and arm position. Good drill to isolate different stages of the stroke: rotation, hand entry, catch and bent-elbow pull.

3 left/3 right: Basically a one arm drill alternating arms every three strokes. Always emphasize thumb exit, pinkie entry on one arm drills.

2/2/4: Another version of one arm drills. Swimmers take two strokes with the left arm, two strokes with the right arm, then four full strokes. All aforementioned directions apply to all one arm drills.

Clap: This is a tough drill for younger swimmers. For Maia, this drill should only be done with fins and when all other drills have been learned. Swimmer needs to focus on keeping the hips towards the surface of the water the best they can. Swim regular backstroke, when the left arm is perfectly perpendicular to the body and leave it there until the right arm around and claps with the left hand. Palms do not have to face each other on the clap, back of the hand to the palm of hand is sufficient. This is great drill for kicking, proper body line and core strength.

Breaststroke:

Kick

Kick on your stomach w/ arms at side: Arms positioned at the swimmers sides. For every kick there should be a breath and the breath is taken by lifting from the shoulders, not so much from lifting one's head; neck should remain relaxed and head fixed. Upper body should lunge forward with every kick leading with the top of the head then getting the hips up and gliding before the next kick. Great for working high hips, top of the head forward, and finishing kick.

Breaststroke Kick on Back: Should be done in streamline most of the time but can be done with arms at sides for weaker swimmers; when hands are placed at the swimmer's side, every kick swimmer touches their calves; the swimmer should not be touching their heels as this promotes the wrong foot position; knees should be kept below the surface of the water whichever way this drill is done. Focus on finishing kick strong.

Drill

Breaststroke with a Fly Kick: Swimmers do a regular breaststroke arm pull, but instead of kicking regular breaststroke, a swimmer kicks ONE butterfly kick. Swimmers should get their hips up and lunge the upper body forward, head down driving the arms forward straight from the elbows. Swimmers should NOT be diving down in the water, but forward. Good for high hips and driving the upper body forward.

2/3 Second Glide: Normal Breaststroke swim but glide either 2 or 3 seconds after every kick and reaching with the hands side by side with the body in full extension for the 2-3 seconds. Head should be between the arms while gliding. This drill is used to emphasize a long stroke, correct timing, and correct head position when driving forward.

2 Kicks-1 Stroke: This drill is begun in streamline after doing a pull-out. A swimmer does two powerful, long kicks then one powerful lunging stroke. Again, head should be between the arms

during the kicks and body should be in full extension below the surface of the water. Great for working length of stroke

6 Flutter Kick drill: After a cycle of breaststroke (one arm pull and one leg kick) and when the swimmer is in a full reach after the breast kick, add in 6 freestyle kicks. The arms are out front and the head remains eyes on the bottom while kicking freestyle. This is a great length and timing drill.

Swim w/ a Buoy: This drill should be done sparingly as it can be tough on the knees. Simply swim with a buoy and have swimmers kick the best they can with the buoy between their legs. This drill isolates flexibility and positioning of the knees and keeps the swimmers hips high in the water.

High Hips: Swim breaststroke, but alternate one fly kick every other cycle (breast arms, breast legs, breast arms, fly legs). Coaches should emphasize to swimmers they want the same high hips on the regular breast kick as they do on the fly kick. Good for high hips.

Freestyle:

Kick

6/6, 8/8, 12/12 Kicking: Start with left arm out, palm facing the bottom and the right arm at the side, head in the water facing the bottom, swimmer takes the prescribed number of kicks (3,6,8,12) with body rotated towards the side (body should **NOT** be completely on its side), take one regular stroke with right arm, take a breath then put the face back in the water and then do the prescribed number of kicks. The order should be stroke, breath, kick. If done correctly, the swimmers face will be in the water when taking a stroke allowing the shoulder of the arm out front the ability to get a high elbow catch without putting too much strain on the shoulder. This is great for rotation, length, focusing in on the high elbow catch and timing.

Side kicking: Left or right side, swimmer is **TOWARD** their front with bottom arm out (arm that is towards the bottom of the pool). Swimmers body is rotated enough so that the head can still remain face down in the water. **DO NOT OVER ROTATE** during this drill. Kicking is regular freestyle kicking and swimmers should focus on long body. Good drill for working rotation and body line.

20-5-20: 20 kicking on one side, 5 strokes, 20 kicks on the other side. Side kicking rules apply. Kids can turn their heads to breathe during the 20 kicks as much as they need, just **KEEP THE FACE DOWN IN THE WATER** when starting to take strokes. Another way of doing the side kicking drill.

Drill

Catch-up: Regular freestyle but the leading arm remains out front in a one arm streamline position and waits until the recovering arm is parallel before initiating the stroke. Hands **DO NOT** need to touch. Shoulders should be square to the bottom of the pool as recovering hand enters the water. Swimmers should be instructed to extend arm above water as far as possible before hand entry. This is a great length, catch and timing drill.

Finger drag drill: Regular freestyle but thumb drags up the side of the body through the armpit and the fingertips drag across the water on the recovery, should extend fully, shoulders square to

bottom of pool before hand entry. This drill may be combined with catch-up. Good for high elbow recovery, and length before hands enter the water.

One arm drill left or right: A swimmer will swim with left arm and the right arm will be at their side and vice versa. Breathing is done every stroke to the opposite side of the stroking arm (right arm breathes left and vice versa). A swimmer should recover the stroking arm and leave in front in a streamline position (superman or girl style), turn the head to breath (with arm still in front) then bring head back to the water face down before initiating the catch and under water pull. This will allow the shoulders to square to the bottom of the pool before the arm starts the stroke allowing the shoulder a less strenuous path to getting into a high elbow catch and paddle.

3 left/3 right: Basically a one arm drill alternating arms every three strokes. **DO NOT TAKE A BREATH INTO TRANSITION FROM ONE SIDE TO THE NEXT.**

2/2/4: Another version of one arm drills. Swimmers take two strokes with the left arm, two strokes with the right arm, then four full strokes. All aforementioned directions apply to all one arm drills.

Human Stroke: Swim freestyle with the recovery completely underwater. Underwater pull is normal, when hand finishes the stroke by the hips fingertips face forward, palm to bottom. Hand slides forward 1-2 inches below the surface: forearm. Emphasis is on high elbow catch and high elbow throughout the pull. Good drill for kids to see what they are doing underwater.

Evolution: Swimmer begins with human stroke then slowly “evolves” to an arm drag stroke, hand drag, finger drag and finally normal freestyle. Evolution should take entire 25 with only last 1-2 strokes are normal freestyle. Evolution should restart every 25. This is a good for high elbows, length, working on palm back when recovering the hand.

Turns:

Drills

6 strokes back/6 stroke free: This drill is as simple as it sounds. Have a swimmer simply swim down the lane with 6 stroke of backstroke then have them flip over and swim 6 stroke of freestyle. Don't tell them how to transition from back to free at first. Let them figure it out. Most will do mimic the freestyle stroke in the backstroke turn without realizing it. Once they all have it down, tell them that is exactly what they need to do to get into the wall for a backstroke turn and work on backstroke turns.

Break down turns: Take said turn and break it down into smaller segments.

Freestyle: start by doing a flip close to the wall and have swimmer stand up facing the wall, then progress to putting the feet on the wall toes up (for a more advance skill have them stop with feet on the wall, knees bent on their back in a streamline position and hold that position for a second before letting them push off) and pushing off on their back, then have them push off and turn onto their stomach.

Breaststroke (elbow your brother, call your mother): start with swimmers hands on the wall, have them take one hand off the wall and bring the elbow to the side (elbow your brother), while driving their feet to the wall and getting on their side, then add in taking the other hand off the wall the bringing it behind your ear (call your mother), then add pushing off into a streamline and gliding and then add in a pullout before breaking the surface of the water.

Butterfly: similar to breaststroke, instead of adding pull-out add shimmer kicks before breaking the surface of the water.

Backstroke: MAKE SURE SWIMMERS KNOW THEIR STROKE COUNT before doing anything with a backstroke turn. Have them count strokes flags to a hand touch then subtract one stroke. Then have swim to the wall the flip and put feet on the bottom with them facing the wall. Then add in putting feet on the wall toes up (for a more advance skill have them stop with feet on the wall, knees bent on their back in a streamline position and hold that position for a second before letting them push off) and pushing off in a streamline and gliding. Then add shimmers.

Turns from Red Line: Break down the turn into a 20-yard segment. Fast into the wall, at race pace, long off wall. One stroke off the wall after turn before breathing for freestyle and butterfly.

Mid Pool turn: This drill can be done for all strokes. When a swimmer get to the redline or a prescribed destination of the pool have swimmer conduct a turn. For back and free swimmer flips as fast they can and continues down the pool with said stroke. For breast and fly this drill is great for working turn balance. Swimmers will turn at mid pool then comeback the way they came conducting the turn as if they are putting their hands and feet on a wall.

Kick-backs: Push off wall and shimmer 4-5 times, until past flags, turn (completely submerged underwater), then shimmer back to wall as quickly as possible—should take :10 seconds or less. As swimmers become more proficient may be repeated twice to the flags on a single breath. Great for working shimmers and fast flips.

L. Dry Land

1. Once per week with a Y fitness instructor
 - i. General physical fitness and body awareness

Junior II Group:

Junior II swimmers are Piranhas ages 12-16. This group is intended to accommodate both the needs of swimmers who require more technique based training and/or have not committed themselves fully to the sport of swimming. Season and weekly plans will be written in accordance to avoid injury and develop the aerobic capacity necessary to compete in the sport. Team camaraderie, race strategy and dry land training will be a focus for this group. We will accomplish these goals through the following objectives:

- Encouraging stroke efficiency through an introduction to advanced training skills with positive encouragement
- Encouraging a group dynamic and investment in one's teammates
- Developing a positive competitive atmosphere while starting to train longer and tougher
- Developing a feeling of self-worth and accomplishment to facilitate life-long enjoyment of the sport of swimming

A. Entrance Criteria

a.

B. Weekly practice cycle (a monthly calendar will be provided dictating stroke, drills and kick to be done on each day)

1. IM (2 days per week)
2. Distance Freestyle (1 days per week)
3. Mid Distance Freestyle (1 day per week)
4. Specific stroke (not free) (2 days per week with a rotation between the three stroke)

C. Practices

1. All practices should be 30% drilling, 20% kicking, 50% racing, test sets, aerobic sets
2. Drill Sets (15-30 min., everyday)
3. Kick Sets (15-30 min., everyday)
4. Start and Turns (10-20 min 2 days per week)
5. Then a set specified by the above "Weekly practice cycle"

D. Every practice

- a. See coaches page for details.

E. Sample Test Sets (record times for each swimmer on test sets)

- a. Sample Sets
 - i. Intervals should allow swimmers 15-30 seconds rest
 - ii. Sets should be reflective of the above criteria for practices and weekly schedule i.e. use of drilling and kicking within a set.
 - iii. Make sets as interesting as possible
- b. Test Sets
 - i. Results should be recorded and tests done every 4-6 weeks
 - a. 15-20 minute kick (count laps)
 - b. 15-20 minute swim (count laps)
 - c. 8 x 100 of stroke (interval should allow 15-30 seconds rest)
 - d. 10 x 100 IM (interval should allow 15-30 seconds rest)
 - e. 5 x 200 IM

- f. 5 x 200 Free
- g. 1000 Kick for time
- h. 1000 Swim for time

F. Practice goals

- 1. Legal turns all four strokes and IM
- 2. Shimmers off every wall in free, back and fly
- 3. Streamlines off every wall
- 4. Reading pace clock—leave :10 apart
- 5. Reading pace clock—basic intervals (ex. 1:00, 1:15, 1:30)
- 6. Drill and Kick all the way to the wall
- 7. Understanding of Endurance-1 and Endurance-2
- 8. Learn to find pulse

G. Season Goals

- a. 75% practice attendance for the group
 - i. Based on 5 practices per week per swimmer
- b. Compete in all 100s & 200's of all strokes, legally
- c. Compete in both the 200 IM & 500 Free, legally
- d. Attend enough meets to meet requirement for Championship meet entry

H. Starts

- 1. Block Start
 - i. Track start position preferred but not required
 - ii. Hips high in air
 - iii. Enter water from dive in streamline
- 2. Back Start
 - ii. From the gutter
 - iii. Straight back – head in line with back
 - iv. Feet high on wall
 - v. Push straight back off wall (most powerful)
 - vi. Arch back, head back, arms should be in streamline before head hits the water

I. Other Group Goals

- 1. Taking care of equipment bag
- 2. Progress to the Junior I level
- 3. Appropriate locker room behavior

M. Stroke Skills and Goals for the season

Skills

Goals

Butterfly

- | | |
|---|--|
| 10. feet together on kick | 5. 3 shimmers off each wall |
| 11. hands recover in the same plane | 6. 1 up 1 down breathing |
| 12. breathe w/ chin on surface | 7. compete in a100 fly in a meet |
| 13. high hips after head/hand entry | 8. legal turn (elbow your brother call your mother) |
| 14. finish pull past hips | a. touch two hands |
| 15. head entry before hands hit | b. heels to the rear before turning to the side |
| 16. head slightly below, between arms at full extension | c. one arm to the side |
| 17. two beat kick | d. other arm left touching the wall gets tucked behind the ear – eyes to ceiling |
| 18. long, relaxed arm recovery | e. into streamline – strong shimmers |

Backstroke

- | | |
|--|---|
| 8. head back and still | 8. know stroke count flags to wall |
| 9. kick with toes pointed | 9. start from the gutter |
| 10. straight arm recovery and entry | 10. start and finish on back |
| 11. hand entry outside shoulder, not directly behind head | 11. 3 shimmers off each wall |
| 12. thumb exit, pinkie entry | 12. finish with a dolphin kick |
| 13. shoulders flat as arm enters water | 13. compete in a100 back in a meet |
| 14. finish stroke away from body, straight back (not down) | 14. flip turns |
| | a. use free stroke to turn onto stomach |
| | b. flip before recovering hand passes hip |
| | c. push off on back in streamline |

Breaststroke

- | | |
|--|--|
| 8. feet together on finish of kick | 6. two hand touch on walls |
| 9. long stroke - glide after kick | 7. pullout – with dolphin kick |
| 10. accelerate feet on kick | 8. timing - pull after completing kick |
| 11. hands recover over/or close to the surface of the water | 9. compete in a100 breast in meet |
| 12. head between arms at reach | 10. legal turn (elbow your brother call your mother) |
| 13. hips high at completion of kick | f. touch two hands |
| 14. pullout w/ dolphin kick - hands recover close under body as the kick is set up | g. heels to the rear before turning to the side |
| | h. one arm to the side |
| | i. other arm left touching the wall gets tucked behind the ear – eyes to ceiling |
| | j. into streamline – strong pullout |

Freestyle

- | | |
|--|---|
| 6. head down - eyes to bottom | 5. rotary breathing |
| 7. fingertip entry - extension above water | 6. compete in 200 free in a meet |
| 8. high elbow catch and pull (big paddles) | 7. no breath before first stroke off turn |
| 9. fingertips should pointed towards the bottom, hand an ext. of the arm | 8. flip turns |
| 10. big paddles all the way thru stroke until hands is by the hip and elbow breaks the surface | a. DO NOT BREATHE INTO |
| | b. feet over head, knees tuck under |
| | c. feet land square on the wall |
| | d. push off in streamline |

J.

K. Individual Medley

1. fly to back turn
 - a. touch with two hands
 - b. regular fly turn – one arm to the side, the other behind the ear
 - i. Don't get directly on side – stay towards the back
 - c. into streamline on back – strong shimmers
 - d. **DON'T** – just fling the arms in the air after touching the wall
2. back to breast turn
 - a. lean into touch
 - i. **DON'T** lean to much – stay towards back
 - b. after touch – fast feet high on the wall – regular breaststroke turn
 - i. Don't get directly on side – stay towards the back
 - c. into streamline on front – strong pullout
3. breast to free turn
 - a. regular breaststroke turn

O. Drill/Kick Progression

1. The drills listed below are all drills that reinforce the technique we are trying to teach our swimmers. Get them to understand that good drilling equals good technique and make sure they are doing the drills properly.
2. All swimmers should drill and kick all the way to the wall
3. Note well - All drills and kicking drills should start with a tight streamline off the wall before performing prescribed drill.
4. When kicking with a board, swimmers 12/under especially should hold the board by the back corners closest to the body, with their arms extended, allowing their face to be in the water while they kick. This will promote proper body line and reduce stress on the shoulders.
5. Any of these drills can take an entire practice for a swimmer to do properly just once, especially the breakdown turns. Don't be afraid to take an entire practice to get it right

Butterfly:

Kicking

Shimmers: one of the most important aspects of swimming. Shimmering is the underwater kicking a swimmer does before breaking the surface of the water for his/her first stroke. This must be done in a tight streamline using the entire body fingertips to toes. Most of the upper body undulation is created from the shoulders, very little from the hands and arms. Shimmers needs to be done off every wall in butterfly, freestyle and backstroke. Each swimmer should shoot for a goal of at least three off each wall and starts during all practices and meets.

Arms at your side fly kick: This can be done two ways, “on top” of the water where the hips and body are as high in the water as possible and underwater where the swimmer is about 1-1.5 feet underwater. Arms are at the side and head is leading the undulation of the body just like the motion the head makes when breathing. Lift the head out of the water to breath or allow the swimmer to take a stroke and then dive back under. This is a great drill for working the undulation of the body in fly. Also this can be a fun drill for kids as you ask them to be a deep sea diver on the underwater version of this drill.

Side kicking: left or right side, swimmer is on their side with bottom arm out (arm that is towards the bottom of the pool). Swimmers are using the whole body (without bending the leading arm) to create undulation finishing with a fly kick from the hips down.

Drills

4Kicks-2 Strokes: four butterfly kicks underwater in a streamline then two full stroke cycles (arms and legs). Both strokes should be done with great focus on technique and with a breath. Great for working streamlines, length, catch, hips and focusing on only two strokes at a time.

One Arm Drills: left or right, with or without non-swimming arm in front; non-swimming arm at side is better for full body rhythm and high hips; arm in front is better for balance with weaker swimmers. Breathing is always to the front with chin on the water then head driving back into the water face down. A good drill for focusing on one at a time, length, catch and hips.

Single/double: similar to the other one arm drills. this drill alternates a one-arm stroke with the left arm, a double-arm (full) stroke and then a single stroke with the right arm (for example: R-full-L-full). Non stroking arm remains out front, and the swimmer only breaths on the double arm stroke.

3/4 Strokes off wall: This is done as a longer distance swim where a certain number of strokes are taken off each wall, then freestyle is swum the remainder of the length. Fly turns should be done so swimmers can work their fly turns. Distance per stroke should be emphasized. May also be done for a certain length off each wall (ex. red line or 12.5 yards). Good way to get used to swimming longer butterfly distances.

Backstroke:

Kicking

Shimmers: one of the most important aspects of swimming. Shimmering is the underwater kicking a swimmer does before breaking the surface of the water for his/her first stroke. This must be done in a tight streamline using the entire body fingertips to toes. Most of the upper body undulation is created from the shoulders, very little from the hands and arms. Shimmers needs to be done off every wall in butterfly, freestyle and backstroke. Each swimmer should shoot for a goal of at least three off each wall and starts during all practices and meets.

Streamline Kicking: Most kicking should be done in streamline to help teach younger swimmers the importance of streamlining and work the core of the body.

Side kicking: Left or right side, swimmer is **TOWARD** their side with bottom arm out (arm that is towards the bottom of the pool). Swimmers body is rotated enough so that the head can still remain with his/her face towards the ceiling. **DO NOT OVER ROTATE** during this drill. Kicking is regular backstroke kicking. Good drill for working rotation.

6/6, 8/8, 12/12 kicking: Basically side kicking where a swimmer switches sides every 6, 8 or 12 kicks. Swimmer should take a stroke after 6, 8 or 12 kicks when rotating to the opposite side.

Drills

One-arm drills: All instructions for one arm drills apply to all one arm Swimmer should have non-swimming arm at the side, head back and still. The swimmer's arm should enter the water with pinkie finger while the shoulders are flat. Coaches should have swimmers pause at this

moment to emphasize the shoulder position in relation to the arm and then have them rotate a little more to get a deep catch and pull through with the stroke. Coaches should continue coaching the drill this way until swimmers have an understanding of the aforementioned shoulder and arm position. Good drill to isolate different stages of the stroke: rotation, hand entry, catch and bent-elbow pull.

3 left/3 right: Basically a one arm drill alternating arms every three strokes. Always emphasize thumb exit, pinkie entry on one arm drills.

2/2/4: Another version of one arm drills. Swimmers take two strokes with the left arm, two strokes with the right arm, then four full strokes. All aforementioned directions apply to all one arm drills.

Clap: This is a tough drill for younger swimmers. For Maia, this drill should only be done with fins and when all other drills have been learned. Swimmer needs to focus on keeping the hips towards the surface of the water the best they can. Swim regular backstroke, when the left arm is perfectly perpendicular to the body and leave it there until the right arm around and claps with the left hand. Palms do not have to face each other on the clap, back of the hand to the palm of hand is sufficient. This is great drill for kicking, proper body line and core strength.

Breaststroke:

Kick

Kick on your stomach w/ arms at side: Arms positioned at the swimmers sides. For every kick there should be a breath and the breath is taken by lifting from the shoulders, not so much from lifting one's head; neck should remain relaxed and head fixed. Upper body should lunge forward with every kick leading with the top of the head then getting the hips up and gliding before the next kick. Great for working high hips, top of the head forward, and finishing kick.

Breaststroke Kick on Back: Should be done in streamline most of the time but can be done with arms at sides for weaker swimmers; when hands are placed at the swimmer's side, every kick swimmer touches their calves; the swimmer should not be touching their heels as this promotes the wrong foot position; knees should be kept below the surface of the water whichever way this drill is done. Focus on finishing kick strong.

Drill

Breaststroke with a Fly Kick: Swimmers do a regular breaststroke arm pull, but instead of kicking regular breaststroke, a swimmer kicks ONE butterfly kick. Swimmers should get their hips up and lunge the upper body forward, head down driving the arms forward straight from the elbows. Swimmers should NOT be diving down in the water, but forward. Good for high hips and driving the upper body forward.

2/3 Second Glide: Normal Breaststroke swim but glide either 2 or 3 seconds after every kick and reaching with the hands side by side with the body in full extension for the 2-3 seconds. Head should be between the arms while gliding. This drill is used to emphasize a long stroke, correct timing, and correct head position when driving forward.

2 Kicks-1 Stroke: This drill is begun in streamline after doing a pull-out. A swimmer does two powerful, long kicks then one powerful lunging stroke. Again, head should be between the arms

during the kicks and body should be in full extension below the surface of the water. Great for working length of stroke

6 Flutter Kick drill: After a cycle of breaststroke (one arm pull and one leg kick) and when the swimmer is in a full reach after the breast kick, add in 6 freestyle kicks. The arms are out front and the head remains eyes on the bottom while kicking freestyle. This is a great length and timing drill.

Swim w/ a Buoy: This drill should be done sparingly as it can be tough on the knees. Simply swim with a buoy and have swimmers kick the best they can with the buoy between their legs. This drill isolates flexibility and positioning of the knees and keeps the swimmers hips high in the water.

High Hips: Swim breaststroke, but alternate one fly kick every other cycle (breast arms, breast legs, breast arms, fly legs). Coaches should emphasize to swimmers they want the same high hips on the regular breast kick as they do on the fly kick. Good for high hips.

Freestyle:

Kick

6/6, 8/8, 12/12 Kicking: Start with left arm out, palm facing the bottom and the right arm at the side, head in the water facing the bottom, swimmer takes the prescribed number of kicks (3,6,8,12) with body rotated towards the side (body should **NOT** be completely on its side), take one regular stroke with right arm, take a breath then put the face back in the water and then do the prescribed number of kicks. The order should be stroke, breath, kick. If done correctly, the swimmers face will be in the water when taking a stroke allowing the shoulder of the arm out front the ability to get a high elbow catch without putting too much strain on the shoulder. This is great for rotation, length, focusing in on the high elbow catch and timing.

Side kicking: Left or right side, swimmer is **TOWARD** their front with bottom arm out (arm that is towards the bottom of the pool). Swimmers body is rotated enough so that the head can still remain face down in the water. **DO NOT OVER ROTATE** during this drill. Kicking is regular freestyle kicking and swimmers should focus on long body. Good drill for working rotation and body line.

20-5-20: 20 kicking on one side, 5 strokes, 20 kicks on the other side. Side kicking rules apply. Kids can turn their heads to breathe during the 20 kicks as much as they need, just **KEEP THE FACE DOWN IN THE WATER** when starting to take strokes. Another way of doing the side kicking drill.

Drill

Catch-up: Regular freestyle but the leading arm remains out front in a one arm streamline position and waits until the recovering arm is parallel before initiating the stroke. Hands **DO NOT** need to touch. Shoulders should be square to the bottom of the pool as recovering hand enters the water. Swimmers should be instructed to extend arm above water as far as possible before hand entry. This is a great length, catch and timing drill.

Finger drag drill: Regular freestyle but thumb drags up the side of the body through the armpit and the fingertips drag across the water on the recovery, should extend fully, shoulders square to

bottom of pool before hand entry. This drill may be combined with catch-up. Good for high elbow recovery, and length before hands enter the water.

One arm drill left or right: A swimmer will swim with left arm and the right arm will be at their side and vice versa. Breathing is done every stroke to the opposite side of the stroking arm (right arm breathes left and vice versa). A swimmer should recover the stroking arm and leave in front in a streamline position (superman or girl style), turn the head to breath (with arm still in front) then bring head back to the water face down before initiating the catch and under water pull. This will allow the shoulders to square to the bottom of the pool before the arm starts the stroke allowing the shoulder a less strenuous path to getting into a high elbow catch and paddle.

3 left/3 right: Basically a one arm drill alternating arms every three strokes. **DO NOT TAKE A BREATH INTO TRANSITION FROM ONE SIDE TO THE NEXT.**

2/2/4: Another version of one arm drills. Swimmers take two strokes with the left arm, two strokes with the right arm, then four full strokes. All aforementioned directions apply to all one arm drills.

Human Stroke: Swim freestyle with the recovery completely underwater. Underwater pull is normal, when hand finishes the stroke by the hips fingertips face forward, palm to bottom. Hand slides forward 1-2 inches below the surface: forearm. Emphasis is on high elbow catch and high elbow throughout the pull. Good drill for kids to see what they are doing underwater.

Evolution: Swimmer begins with human stroke then slowly “evolves” to an arm drag stroke, hand drag, finger drag and finally normal freestyle. Evolution should take entire 25 with only last 1-2 strokes are normal freestyle. Evolution should restart every 25. This is a good for high elbows, length, working on palm back when recovering the hand.

Turns:

Drills

6 strokes back/6 stroke free: This drill is as simple as it sounds. Have a swimmer simply swim down the lane with 6 stroke of backstroke then have them flip over and swim 6 stroke of freestyle. Don't tell them how to transition from back to free at first. Let them figure it out. Most will do mimic the freestyle stroke in the backstroke turn without realizing it. Once they all have it down, tell them that is exactly what they need to do to get into the wall for a backstroke turn and work on backstroke turns.

Break down turns: Take said turn and break it down into smaller segments.

Freestyle: start by doing a flip close to the wall and have swimmer stand up facing the wall, then progress to putting the feet on the wall toes up (for a more advance skill have them stop with feet on the wall, knees bent on their back in a streamline position and hold that position for a second before letting them push off) and pushing off on their back, then have them push off and turn onto their stomach.

Breaststroke (elbow your brother, call your mother): start with swimmers hands on the wall, have them take one hand off the wall and bring the elbow to the side (elbow your brother), while driving their feet to the wall and getting on their side, then add in taking the other hand off the wall the bringing it behind your ear (call your mother), then add pushing off into a streamline and gliding and then add in a pullout before breaking the surface of the water.

Butterfly: similar to breaststroke, instead of adding pull-out add shimmer kicks before breaking the surface of the water.

Backstroke: MAKE SURE SWIMMERS KNOW THEIR STROKE COUNT before doing anything with a backstroke turn. Have them count strokes flags to a hand touch then subtract one stroke. Then have swim to the wall the flip and put feet on the bottom with them facing the wall. Then add in putting feet on the wall toes up (for a more advance skill have them stop with feet on the wall, knees bent on their back in a streamline position and hold that position for a second before letting them push off) and pushing off in a streamline and gliding. Then add shimmers.

Turns from Red Line: Break down the turn into a 20-yard segment. Fast into the wall, at race pace, long off wall. One stroke off the wall after turn before breathing for freestyle and butterfly.

Mid Pool turn: This drill can be done for all strokes. When a swimmer get to the redline or a prescribed destination of the pool have swimmer conduct a turn. For back and free swimmer flips as fast they can and continues down the pool with said stroke. For breast and fly this drill is great for working turn balance. Swimmers will turn at mid pool then comeback the way they came conducting the turn as if they are putting their hands and feet on a wall.

Kick-backs: Push off wall and shimmer 4-5 times, until past flags, turn (completely submerged underwater), then shimmer back to wall as quickly as possible—should take :10 seconds or less. As swimmers become more proficient may be repeated twice to the flags on a single breath. Great for working shimmers and fast flips.

Widths: Done across pool on stomach or on back, underwater; may be done with or without fins.

L. Dry Land

- a. Bands 2x the first 10-15 minutes of practice
- b. Yoga or general fitness with Y fitness staff 1x per week
- c. With the Junior I on Saturdays, by invitation ONLY

Junior Group:

The Junior swimmers are Piranhas, ages 12-14, who are highly proficient in all strokes, able to race 200 Individual Medley, 200 Freestyle, all 100s of Stroke, and have proven their maturity and commitment to the sport of swimming. Junior swimmers will train with the goal of competing at the Age Group and Senior Championships. We will develop these swimmers through the following objectives:

- to maintain a minimum of 80% attendance based on 5 practices per week
- to swim each event at least once during the season (50, 100 of 4 strokes, 200 of 4 strokes, 200 & 400 IM, 500, 1000)
- to begin to understand aerobic processes and the relationship between training and performance
- to develop a feeling of self-worth and accomplishment to facilitate life-long enjoyment of the sport of swimming

Goals & Requirements

- Junior swimmers will have a group goal of 90% practice attendance based on 5 practices per week per swimmer
- Junior swimmers will attend between 12-15 meets per year, including all distance meets hosted by the Piranhas
- Junior swimmers will complete their season at the highest level LSC sponsored meet they qualify for (Regionals, Age Groups, Seniors, etc.)
- 85 % of group to achieve Age Group Championships
- 30% of group to achieve Senior Championships
- each swimmer will obtain an equipment bag (paddles, fins, snorkels, pull buoy)
- Reach Senior Training Group

A. Entrance Criteria

- a. 85% practice attendance based on 4 per week
- b. Compete in all 100s of stroke, 200 Freestyle, 200 Individual Medley
- c. At least one 13-14 Age Group Cut prior to entering training group
- d. Ability to complete 20x100 Free @ 1:25
- e. Ability to complete 6x200 IM @ 3:10

B. Performance Criteria

- a. Attend at least 5-6 practices per week

C. Test Sets

- a. Distance Free 5x500 @ 7:30
- b. Mid-Distance Free 10x200 @ 3:00
- c. Individual Medley 8x200 @ 3:15
- d. Kicking 15x100 @ 2:00
- e. Backstroke 15x100 @ 1:40
- f. Sprint Free 36x100 @ 1:25

D. Training Progression

- a. Drill Sets (15-30 min., 4-5x per week)
- b. Kick Sets (15-30 min., 4-5x per week)

- c. Pull Sets (15-30 min., 2-3x per week)
- d. Distance Sets (45-75 min., 1x per week)
- e. Sprint Sets (4-20 min., 2-3x per week)
- f. Mid-dist./IM/stroke Sets (30-60 min., 4-5x per week)

E. Group Expectations

1. reading pace clock—all :05 intervals (ex. 1:05, 1:25, 1:40)
2. Learn to find pulse
3. Take Heart Rate for :10
4. Complex Descending (ex. 1-5, 1-10)
5. Building
6. Building and Descending at same time
7. Find Pace Times for distance events

F. Stroke Progression

Butterfly:

1. breathe w/ chin on surface
2. high hips after head/hand entry
3. 1 up 1 down breathing
4. finish pull past hips
5. head entry before hands hit
6. head slightly below, between arms at full extension
7. two beat kick
8. long, relaxed arm recovery

Backstroke:

1. head back and still
2. rotate hips on hand entry
3. kick with toes pointed
4. straight arm recovery and entry
5. hand entry outside shoulder, not directly behind head
6. thumb exit, pinkie first entry
7. bent elbow pull (90-105 degree bend of elbow)
8. finish stroke away from body, straight back (not down)

Breaststroke:

1. accelerate feet on kick
2. pullout—w/ dolphin kick
3. head slightly below, between arms at full extension
4. hips high at completion of kick
5. pullout—hands recover close under body as the kick is set up
6. head remains still and down through breakout stroke

Freestyle:

1. fingertip entry—extension above water
2. square shoulders to bottom (parallel to bottom) before transition
3. front quadrant stroke
4. high elbow catch and pull (shoulder adduction)

5. pull with bottom arm first after turn
6. one-stroke recovery before breath after turn
7. circle elbow out of water, slightly bent—not straight @ end of pull

G. Drill Progression

Butterfly:

Arms at your side fly kick: This is a breathing drill not a kicking drill so do not allow underwater fly kick or multiple kicks between breathes; swimmers should not only lift their head (maintain a straight neck) but lift also from their shoulders. The hips will break the surface of the water on each kick

6K-1 Pull: Hands are separated out front at full extension, ready to initiate catch; a preset number of kicks (4, 6, 8) are taken, followed by one pull. Hands immediately reset at furthest extension, never in streamline.

Fly K on BK: Fly kick in posture (hands in pockets) on the back; **kick is from the chest**, not the legs...use your core (press hips up to the surface of the water); Do NOT kick from the knees (knees will bend slightly as a result of core movement [take swimmers out of the water and do the "butterfly dance" (pressing with the core) to get them to understand this

One Arm Drills: left or right, with or without arm in front...arm at side is better for full body rhythm; breathing is always to the front and down, don't raise head/chin

Fly 4K-2stks: 4 kicks underwater in tight STR, followed by two full strokes (pull and kick)

Fly single/double (S/D): This drill alternates a one-arm stroke with a double-arm (full) stroke. Hand remains out front on the one-arm, and the swimmer only breaths on the double arm stroke. The swimmer should alternate arms on the single arm stroke (for example: R-full-L-full).

3/4 Strokes off wall: This is done as a longer distance swim where a certain number of strokes are taken off each wall, then freestyle is swum the remainder of the length. Flip turns should be done, distance per stroke should be emphasized. May also be done for a certain length off each wall (ex. red line or 12.5 yards)

Shimmers: Tight STR, 3-4 dolphin kicks off start and turn(s); may do more as swimmer becomes more proficient

Backstroke:

BK Kick + roll: Rotate the shoulders & hips while kicking with your arms at your side; these are slow gentle rolls of the core to feel the full body rotation from side to side: rotation should begin with the hips and move to the shoulders; the swimmer should maintain a fixed head position and a relaxed, long neck; this drill may also be done emphasizing a "quick switch" from side to side (6 kicks on one side--fast switch--6 kicks on other side) with the rotation beginning quickly in the hips.

One-arm drills: Drill begins with non swimming arm at the side, head back and still. Hip and shoulder rotation should be emphasized with this drill. Good drill to isolate different stages of the stroke: hand entry, catch and bent-elbow pull.

Backstroke 3L/3R: Drill begins similar to the one-arm drill with the non swimming arm at the side, head back and still. The swimmer will take 3 strokes with the left arm only followed by 3 strokes with the right arm only. While taking each stroke, the shoulders and hips should rotate at the same time. This drill isolates the pull as much as it does the rotation; elbow should be pointed to the bottom of the pool after the catch; pull should be a push down past the side of the body.

Backstroke 12/8/6/3 Kick: This drill starts out RHL and after a preset amount of kicks the swimmer takes a half cycle (arm pointing to the ceiling takes a quarter stroke down to the surface of the water, while the hand that is leading takes three quarters of a stroke and ends pointing to the ceiling) This drill focuses on quick core rotation/hip rotation so that the hand explodes through the surface of the water at the end of the stroke; swimmers should try and complete the 3/4 stroke before the hand in the air hits the water

Breaststroke:

Kick on your stomach w/ arms at side: This drill is a timing drill done on the stomach with the arms positioned at the swimmers sides; the emphasis is placed upon Breathe control and head position in the water; swimmers should keep their heads down and a breath should be taken every kick. The breath is taken by lifting from the shoulders, not so much from lifting one's head; neck should remain relaxed and head fixed

BR K on BK: May be done in STR or with arms at sides; when hands are placed at the swimmer's side, every kick swimmer touches their calves; the swimmer should not be touching their heels as this promotes the wrong foot position; knees should be kept below the surface of the water whichever way this drill is done

Breaststroke Pull (w/ Fly K): This drill, like the BR K is done in sets from anywhere between 25's and 100's; this isolates the pull while maintaining the feel of the full stroke by using a slight butterfly kick; concentrate on keeping hands out in front and elbows high in the water; same idea as with the C-->, keep the line of elbow to hand...this will allow more efficiency and power in the pull

. 2/3 Second Glide: This drill is begun as normal Breaststroke swim. After the kick is finished the hands are held together with the body in full extension for 2-3 extra seconds. This drill may be used to emphasize a long stroke, correct timing, and correct head position at beginning of catch.

2 Kicks-1 Stroke: This drill is begun in streamline. Two powerful, long kicks are completed under the water, then one powerful lunging stroke is taken. This drill may be used to isolate a powerful kick (distance per kick) or used to emphasize a powerful hip thrust (explosive over the water) on the one stroke

Pull Buoy BR (P-BR): This drill isolates flexibility and positioning of the knees. Place the pull buoy between the thighs, just above the knees; three kicks BR in STR followed by three full strokes; the pull buoy forces the swimmer to keep the knees together; this drill may be used only as kicking, only as swimming or in combinations. This drill may be done with a board completely isolating the kick or with regular arms & legs.

High Hips: Alternate one fly kick and one BR kick; focus should be on the hips being high in the water; BR is a rhythm stroke; use a BR pull, but the emphasis is on hip position and arching back

Freestyle:

Kick + roll: Kicking, maintaining proper posture (head remains still, eyes fixed on the bottom directly below); slowly roll “core” (central body from shoulders to hips) from side to side; power in FR (and BK) is from hip rotation, build comfort in roll; also do as 6 Kicks on 1-side, fast switch, 6 Kicks on the other side

Catch-up: start in streamline and pull one-arm at a time, waiting until the arm is fully recovered to start next pull. Shoulders should be square to the bottom of the pool as hands hit and transition. Swimmers should be instructed to extend arm above water as far as possible before hand entry.

6/6, 12/12 kicking: Palm facing the bottom, arm out front, 12 kicks - arm stroke - 12 kicks. This may be done with 10, 8, or 6 kicks between each arm pull. Swimmer should be instructed to recover arm, square shoulders, then catch and transition out front.

Finger drag drill: regular stroke but thumb drags up the side of the body and the fingertips drag across the water on the recovery, should extend fully, shoulders square to bottom of pool before hand entry. This drill may be combined with catch-up.

Human Stroke: The underwater portion of the stroke is normal, but recovery is underwater. Elbow should circle out of the water at the back end of the stroke as usual, but before hand exits fingertips face forward, palm to bottom. Hand slides forward 1-2 inches below the surface: forearm, elbow and upper arm follow hand back into the water. Emphasis is on catch and high elbow at the catch and throughout the pull.

Evolution: Swimmer begins with human stroke then slowly “evolves” to an arm drag stroke, finger drag stroke and finally normal freestyle. Evolution should take entire 25 with only last 2-3 strokes normal. Evolution should restart every 25.

Turns:

Turns from Red Line: Break down the turn into a 20-yard segment. Fast into the wall, at race pace, long off wall. One stroke off wall before breathing.

Red Line Flips: Swimmers Push off wall, flip at red line and return with explosive kick

Mid Pool Turn (MPT): every time the swimmer reaches the middle of the pool (any approximation) they do a fast flip all the way around...emphasize high hips throughout the turn with a fast flip and feet coming straight over their heads. May be done with Backstroke, as well, with emphasis on a full freestyle extension prior to flip.

Kick-backs: Push off wall and shimmer 4-5 times, until past flags, turn (completely submerged underwater), then shimmer back to wall as quickly as possible—should take :10 seconds or less. As swimmers become more proficient may be repeated twice to the flags on a single breath.

Widths: Done across pool on stomach or on back, underwater; may be done with or without fins

H. Dry Land

- a. Bands 3 times per week after practice
- b. Classes offered with YMCA instructors
- c. Home dryland circuit to be done at least 3 times per week

