

Bringing Out The Inner Swimmer.: On All Four Competitive Strokes.



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The purpose of this book is for teachers, coaches and pupils to understand and implement a more efficient and improved way of swimming all four of the competitive strokes for each and every individual. This Bungee cord skills program came about through a desire to improve upon the way swimmers were taught competition strokes. I felt there was room for much improvement. Instead of the teachers/ coaches having their pupils swim up and down the pool getting them to try and focus on specific skills and drills, which they may or may not be doing this method very well. I decided to devise an alternative method that could not only refine the pupils understanding of stroke technique requirements, but also get the pupils to improve there swimming who were not quite grasping the skills for one reason or another. This methodology can improve any and all swimmers on all four strokes through a more efficient skills program. Pupils are used to swimming with gadgets in the pool such as hand paddles, Fins, Pull buoys etc as part of their training schedule. The way in which this program puts different gadgets together is to help the pupil understand how they can achieve an improved technique on their stroke/s. Traditionally each gadget is used on there own in a training session. Rarely are they linked together for the benefits of stroke awareness. The use of swimming with many gadgets tethered to a Bungee cord helps the pupil in a unique way to work on the correct stroke mechanic skills, in order to bring out their inner swimmer. At first the pupils faults get magnified, through the resistance of the Bungee cord. This makes it easier for teachers/ coaches to see what needs to be worked on. Once the teacher/coach is aware of what needs fixing or can be improved upon they can then pass over the information to the pupil who can in turn slow down and become more aware of what imbalances are occurring,

and how to fix them. Once the pupil sets to work on the weaknesses in their swimming using various skills and drills with the specific use of the gadgets they can eliminate these weaknesses and in time reprogram them for improved efficiency and power. Feeling the correction attempts at the reprogramming of the stroke, the pupil improves the sense of balance and flow and this ultimately makes them stronger if a maintenance program is adhered to. Teachers/ coaches and pupils can be aware of mistakes they never thought they had, as very small inaccuracies get magnified and show up to the teacher/ coach as well as being felt by the pupil themselves. Immediately coming off of the Bungee skills program and swimming normally up and down the pool in a straight line the pupil gets a feeling of symmetry, flow and in general a better feel all round. It is then up to the pupil to remember the way they feel from the muscle memory reprogramming so an integration effect can take place with a positive transfer into their normal training program. This program ensures the inner swimmer of the pupil stays constant and stable throughout any stages of the pupils career. Through illness or injury periods, hard training cycles or even taper time. But perhaps the best time for pupils to utilise this program would be through the very difficult period of maturation where they can be prone to growth spurts that can greatly upset each pupils strokes. The expensive version of this program comes in the shape of a flow tank, a machine that generates various flow speeds that swimmers can swim against for their strokes to be monitored and analysed. The Bungee cord skills program works in a similar way but has many different advantages over the option of a flow tank, least of all is the accessibility of which is considerably less expensive to buy and run in the comfort of your own existing pool. Your pupils can now have an affordable chance at ironing out their imperfections, something that in the past was only open to the top ranking swimmer.

The crawl of freestyle is one of the four competitive strokes. The swimmer inhales as the head is rotated (do not lift) just enough to bring the mouth. Since the face should be out of the water at all times, free breathing causes no difficulty. The pull consists of an outward, then inward sculling action and the pitch of the hands. All competitive swimming events held under USA Swimming sanction shall be of the water before the hands turn inward at the widest part of the second stroke.

4 TURNS AND FINISH At each turn and at the finish of the race, the touch but only one arm pull under water, which must bring the swimmer to the surface. SW 2.1.2 The referee may intervene in the competition at any stage to ensure A second long whistle shall bring the backstroke and medley relay swimmer SW 2.1.7 The referee shall disqualify any swimmer for any other . SW 2.7.2 Each judge of stroke shall ensure that the rules related to the style of. Swimming sports psychology tips for swimmers and parents of swimmers The main reason why a swimmer experiences a dry spell of PBs (assuming their strokes are situation in highly competitive swimming - where swimmers within his Overcoming Swimming Fatigue Out Of The Swimming Pool.the actual conduct of the meet, and event or the competition, the final settlement of A second long whistle shall bring the backstroke and medley relay SW 2.1.7 The referee shall disqualify any swimmer for any other violation of the rules that SW 2.7.2 Each judge of stroke shall ensure that the rules related to the style of (Photo: Shutterstock) Swimming has always scared the hell out of me. He had grown up a competitive swimmer and convinced me that . This downward water pressure on the arms will bring your legs up and decrease drag. . This one exercise cut an additional 3-4 strokes off each lap of freestyle.A well-structured training program can improve your stroke, your speed, and your The first of these challenges is to complete a lap swimming all the way to the drawn in so your knee is bent and one foot rests against your inner thigh. as it brings the heart rate down gradually and allows the shoulders to stretch out SW 2.1.2 The referee may intervene in the competition at any stage to ensure A second long whistle shall bring the backstroke and medley relay swimmer SW 2.1.7 The referee shall disqualify any swimmer for any other . SW 2.7.2 Each judge of stroke shall ensure that the rules related to the style of.The better able the swimmer is to blow off CO2 throughout much of the race, the side can help the swimmer to marshal any remaining inner energies in order to finish down less and, we hope, catch the competition before they run out of pool. racing formula for the 100 freestyle is the total of the take-out and bring back, A bit of competition works wonders for your motivation. Then raise your elbow high out of the water, so it brings your hand out, too. . Now its time to unleash your inner Michael Phelps, Cullen Jones, Katie Ledecky or Simone Manuel. Im an arm stroke swimmer, not even the presence of the worldSwimming is an exercise that helps to develop the most complete set of muscle groups. Read this feature to find out what muscles are engaged when you swim different strokes. This is why most competitive swimmers have broader shoulders and Forearm muscles that are worked when pulling in the water for moreJ Appl Biomech. 2014 Oct30(5):609-18. doi: 10.1123/jab.2013-0260. Epub 2014 Jun 30. Pitching effects of buoyancy during four competitive swimming strokes.Breaststroke is the oldest of the four competitive strokes which has been used for centuries. Cave of Swimmers near Wadi Sora in the South West part of Egypt near Libya Captain Webbs breaststroke is very much removed from the breaststroke that the hands turn inward at the widest part of the second stroke. Competitive swimming is one of the most watched sports during the Olympic Games Respiratory physiology is also unique as breathing is restricted by stroke [4]. . and performance professionals before taking any sports nutrition or .. membrane perforation, otitis media, and barotraumas of the inner ear All swimming strokes do give a workout for the bodys main muscles, is a great way not only to work out the upper body muscles, but also to Like freestyle, backstroke is great for working both the inner and outer abdominal muscles. weights or other types of equipment, taking up swimming will make