

STROKE PATTERNS

Winning Spirit Swimming

BACKSTROKE

- Steady head position (PLATFORM)
- Head back, eyes vertical (90 degrees) or slight chin tilt
- Rotate/rotate (GORILLA)
- 90 degree recovery (RIFLE BARREL)
- Bent arm pull (ARM WRESTLE)
- Little finger entry (KARATE CHOP)
- Thumb 1st hand exit (SHOT PUT)
- Medium depth catch and “anchor”
- Body/trunk rotates past the anchored arm
- Alignment and skewered
- The dolphin underwater kick – starts/turns.

BREASTSTROKE

“PULL”

- Setup, hand position, (45 degrees)
- Head position (NEUTRAL)
- Extension (135 degrees)-sweep
- Catch – rotation (GORILLA)
- Sweep – wrists straight, palms turn, elbows move hands forward

“BREATHE” when hands are under the eyes (LIFT WITH BACK)

- Recovery (ELBOWS PUSH HANDS FORWARD-pistol hands at surface)

“KICK”

- Leg action, hip external rotation, knee inversion, foot eversion
 - some styles are more two dimensional (length and width, but without depth – Barrowman, Moses)

BUTTERFLY

- Body position – on the surface – (HEAD DOWN BEFORE HANDS)
ARMS-PUSH or PRESS
 - Set up - hand entry width is dependent on strength (AIR ?)
 - Press to 130 degrees and rotation (GORILLA)
 - Insweep – to chest – NO OVERLAP !
- Length of stroke depends on strength
- Breath - head lifts for breath comes out before, in before chest before the hands
- Exit - rounded (POCKET high elbows or FLIP finish/ballistic-TIRED)
- Recovery relaxed - elbow-up (FLEXIBLE) flat (swing palms up)
- Timing:
 - small kick entry (POP to catch), big kick (PUSH to recovery)
- Kick – 90 degrees – UPKICK – 2/stroke
- Drag dominated or lift dominated?

FREESTYLE

- Body Position-head neutral – shoulder and hips drive entry
- Head Position-down or up – McD or see hand
- Entry- 30 degrees-head/shoulder-palm @ 45 – soft straight arm
- Catch-PRESS fingers-wrist-elbow-under body
 - Quadrant (16 of 20 Golds/ 43 of 60)
 - Opposition (4 of 20 Golds)
 - Catchin’ - waterbug stroke
 - Combination during race
- Power – elbow 109 to 160 degrees – power from middle 1/3 centered under the body (mid-line)
- Finish-take from pocket or flip
- Kick- Pool 6 beat (whitewater)
- Open water 2 beat (until last 400 m)