



Subject: Swim drill questions.....**Questions in Black, Answers in Red.**

Sonni, What are the reasons behind the following aspects of my swim drills?

1. **Pull buoys?** (Just to make a drill easier?).....THESE ALLOW YOUR HIPS TO BE ELVATED ****WITHOUT**** HAVING TO KICK TO DO SO. YOU SEE, WHEN MOST FOLKS KICK.....THEY DO SO FOR '**FLOTATION**' (OF THE HIPS) AND FOR AN ATTEMPT @ '**PROPULSION**'.

FOR ENDURANCE SWIMMING, THESE ARE **NOT** GOOD REASONS TO KICK.....BECAUSE IN DOING SO, THE KICK MUST BE HARD. AND THAT MEANS THAT THE KICK EXCEEDS THE WIDTH OF THE HIPS AND SHOULDERS.....SO, NOW (w/ hard kicking), AN ATHLETE IS **NOT** STREAMLINED.

SO HE'S FIGHTING TO ACCELERATE WHILE SIMULTANEOUSLY SHAPING HIMSELF IN A WAY THAT DE-CELLERATES HIS "SHAPE".

IN OTHER WORD'S.....**HE'S FIGHTING HIMSELF.....AND THE HEART-RATE ESCALATES.**

A PULL-BUOY TEACHES ONE TO ****REMAIN**** STREAMLINED (FEET TOGETHER) WHILE BALANCING ON THE SIDE W/ THOSE FEET TOGETHER.....ALL WHILE INITIATING THE ROTATION W/ THE ****HIPS****, NOT THE KICK.

SO WHAT'S A PULL-BUOY FOR.....#1-BALANCE, #2-TIMING OF ROTATION, & #3-STREAMLINING.

2. **Hand paddles, in general, and the crawl-specific**

ones in particular? THE "FREESTYLER" (made by Finis™) PADDLES TEACH 2 KEY THINGS: **1-THE "CATCH"**AND **#2-ROTATION** WHILE THAT ARM IS STILL LONG. HOW?

WELL.....LOOK @ THE 'FREESTYLER' PADDLE. SEE HOW MOST OF IT'S SURFACE AREA IS **BELOW** THE WRIST? NOT ONLY DOES THIS LESSEN THE LOAD ON YOUR SHOULDERS.....BUT, MORE IMPORTANTLY, IT TEACHES THAT IF YOU WANT TO GET A GOOD "GRIP" ON THE WATER, YOU DO SO BY BENDING THE WRIST ****BEFORE**** BEGINING THE ARM-STROKE. THIS IS CHARACTERISTIC OF AN IDEAL "CATCH".

NOW.....AS FOR #2, SEE THE FIN ON THE UNDERSIDE OF THAT PADDLE? IT'S CALLED A '**SKEG**'. IT HELPS TO ANCHOR THE HAND SO THAT YOU GET THE SENSATION OF KEEPING THE ARM 'LONG' WHILE YOU INITIATE THAT HIP-ROTATION.

SOME FOLKS MORE THE ARMS [FIRST] AND SIMPLY GETS THE HIPS "OUT-OF-THE-WAY" [SECOND].

GOOD TECHNIQUE REQUIRES THAT YOU LEAD W/ THE HIPS (**more powerful!!!**).....AND ****THEN**** FOLLOW w/ THE ARMS. THE 'SKEG' HELPS W/ YOUR 'FEEL' OF THIS.

3. **Zoomers?** (Just to make the drill easier - less effort for about same amount of benefit?).....YEP. AND TO TEACH YOU THAT AN EFFECTIVE KICK IS ONE THAT'S RELAXED, SUPPLE, AND CONTAINED IN THE 'HOLE' THAT YOUR HIPS CREATE.

4. **Fisted arm strokes?** (They don't make the drill easier?).....THIS IS TO MINIMIZE THE SURFACE AREA OF THE HANDS SO THAT UR NATURAL RESPONCE IS TO GAIN A "GRIP" ON THE WATER USING SOMETHING ELSE.

INTUITIVELY, THIS "GRIP" IS ACHIEVED BY KEEPING THE FOREARM **MORE PERPINDICULAR TO THE DIRECTION YOU'LL STROKE W/ THE ARM.** The force! SWIM COACHES CALL THIS A 'HIGH-ELBOW'.

STUDIO



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

EVER NOTICED THAT, {AFTER YOU'VE SWAM FISTED FOR A NUMBER OF LAPS}.....WHEN YOU OPEN THE HANDS, YOUR SENSATION OF SPEED IS INCREASED. IT'S BECAUSE YOU'RE USING A BIGGER "PADDLE".....NOW YOU'RE USING HANDS ****AND**** FOREARMS (keeping elbows higher).

EXCELLENT QUESTIONS!

Sonni