

DEVELOPMENTAL PROGRAM

25 Club & Voyagers



FACE-UP FIRST® MOTTO
We swim for good times!®

faceupfirst.com
practicemakeshabit.com

**** THE MOST IMPORTANT THING IN SWIMMING STROKE TECHNIQUE **** Head position is the most important thing in stroke technique. Any time you move your head out of line it slows you down and makes you tired. Keep your head in line with your spine. Look straight down when swimming on your front. Look straight up when swimming on your back.



Backstroke Flags are hung 15 feet from each end wall at all 25-yard pools.



Speed up!
The wall is coming.

BACKSTROKE: The number one rule in backstroke is **STAY ON YOUR BACK**. This means all the way from when you push off the wall until you touch the wall at the other end. Backstroke Flags are hung above the pool at each end to alert you that the wall is coming. You can use them to tell where you are in the pool, so you can swim straight to the wall and touch without turning around to look.

Swimmers count their strokes to the wall. Start by counting five strokes. If you don't already know your backstroke number, it is FIVE. Start counting after you swim under the flags.

Count each hand hit.



One!

When you get to five. Tuck your arm behind your ear and kick fast until your hand touches the wall. (No peeking!)

STOPPING POWER

Water has enormous stopping power! To help minimize this stopping power and maximize our speed, we position our bodies into shapes that move more easily through the water. When you push off a wall using a tight streamline body position you should be moving even faster than you can swim using your arms and legs. We streamline to conserve the wall speed by holding that position until we slow to swimming speed.

The words for streamline arms are "Hand over hand, wrist over wrist squeeze."

Streamline every wall, every time. Streamline at least to the flags.



Beginner Front Starting Position Words: Face in. Hand on top. Streamline.

Advanced Front Starting Position Words: Submerge. Hand on Top. Streamline.

BACK & FREE TURNS (VOYAGERS): Back and Free turns have these things in common: speed up at flags, flip straight over, push off on back. Practice fast legal turns every wall, every time.

TEN TRAINING HABITS 1. Support your teammates

I say and do things that make others glad to be on this team.

2. Positive Personal Attitude

I can expect happiness and progress.

3. Effort

I choose to try.

4. Listening

Being a good listener is useful, helpful, and respectful.

5. Be on time

Being on time shows respect, earns respect, and maximizes opportunity.

6. Be informed

It is my responsibility.

7. Streamlines

I perform a H/H, W/W, full body streamline every wall, every time.

8. Turns

I perform fast, legal turns every wall, every time.

9. Finishes

I perform legal, reaching finishes, every wall, every time.

10. Wall to Wall

I stay focused and practice good training habits from start to finish.



What is the most important thing in swimming stroke technique?



What is the number one rule in backstroke?

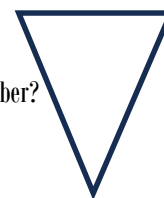
Stay on your _____.

What do the flags say?



What is your backstroke number?

Water has enormous



What are the words for streamline arms?

H _____ over H _____

W _____ over W _____

S _____!

How far do we streamline?

at least to the _____.