



## PRACTICE #6

- 00: Greetings  
+ Ankle Flexion/Ankle Extension/Toe Point  
+ Masters Video
- 10: 50 Swim  
head up crawl + back + back scull + eggbeater
- 15: Position & Skill Review  
Back layout, Tub, Bent Knee, Boost, Dolphin  
  
Focus: head position, hand position, parts of body  
that should be at surface, toe point, 8' dolphin
- 30: Routine Practice
- 40: Individual Practice
- 45: Dismiss

*Count it out loud...*

1	2	3	4	5	6	7	8
				5	6	Ready	Go!
Enter	2	3	4	5	6	Surface	Hold
Boost	2	3	4	Boost (arms)	6	7	Surface
Travel	2	3	4	Shoot	6	7	Back
Right	and	Left	and	Right	and	Left	Hold
Dolphin	2	3	4	5	6	7	Hold

We swim for good times!®