



# DEVELOPMENTAL PROGRAM VOYAGERS ADULT DEVELOPMENTAL PROGRAM

*We swim for good times!®*

## DEVELOPMENTAL PROGRAM (DEV / 25 Club)

Welcome  
Review  
Distance per Stroke  
  
Tadpole (Tickle T Touch)  
Starfish (Elementary Back)  
Backstroke  
Freestyle  
Butterfly  
Breaststroke  
Choice

## VOYAGERS PROGRAM

Welcome  
Review  
Breaststroke Progression  
Counting Strokes  
  
Warm-Up & Conditioning  
1 x 100 swim: 25 each  
Tadpole +Starfish+Back+Free  
1 x 100 kick on back: choice  
1 x 100 freestyle (practice  
counting strokes)  
1 x 100 stroke (=not free)  
4 x 25 choice very fast!  
  
Breaststroke Rules  
Breaststroke Progression Practice

## ADULT PROGRAM

100 Backstroke  
100 Freestyle  
100 Choice  
  
12 x 25 Freestyle  
consistent time, streamline,  
and stroke count  
  
2 x [1 x 100 STR (not free)  
medium pace :15R  
[2 x 25 FR Fast :15R  
  
300 on the house

### 101.2 Breaststroke Rules

.1 Start — The forward start shall be used.

.2 Stroke — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

.3 Kick — After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

.4 Turns and Finish — At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

## **The most important thing!**

Q. What is the most important thing in stroke technique? A. head position

## **Sit & Slide**

During USA Swimming general meet warm-ups, most clubs enforce a “no diving” policy. Swimmers use a three-point entry, also known as a “sit and slide.” Sit and slide entries are also used during practice. To execute a sit and slide entry, swimmers enter the water feet first while maintaining one hand on the side of the pool until both feet enter the water. Swimmers should enter from the right side of the lane to avoid those circle swimming and approaching the wall on the left.

Q. What are the three points in a three-point entry? A. one hand and two feet

Q. What do we call a three-point entry? A. sit and slide

Q. When do we use a three-point/sit and slide entry? A. at practice and during swim meet warm-ups

## **Streamline**

Q. What are the words for the streamline arms? A. hand over hand, wrist over wrist, squeeze

Q. How far do we streamline? A. at least to the flags

Q. When do we streamline? A. every wall every time

## **Sets**

Q. What is a set? A. a group of swims

Q. What is the first component of a set? A. Repeat (...how many swims)

Q. What is the second component of a set? A. Distance (...of each swim)

Q. What is the third component of a set? A. Description (...how to swim/kick/pull/drill)

Q. What is the fourth component of a set? A. Rest (...how much do you get)

## **Distance per Stroke**

Q. What is distance per stroke (DPS)? A. the distance traveled from each individual stroke

Q. What is one way we measure DPS? A. counting strokes

Q. Describe two ways to Improve DPS? A. improved shape, long strokes

## **Counting Strokes**

Q. What do we count for Freestyle? Backstroke? Butterfly? Breaststroke?

A. Hand hits, hand hits, hand hits, breaths

## **Freestyle Breakouts**

Q. Off of the start and each wall, how many strokes of freestyle should you take before taking your first breath.

A. at least four – have a plan

## **Breaststroke**

Q. What is the progression for learning breaststroke?

A. 1. Starfish (Elementary Backstroke) 2. Kick-Only Starfish 3. Two kicks on front - two kicks on back 4. Two kicks, breathe (streamline arms) 5. Two kicks, pull and breathe 6. Full breaststroke

Q. Demonstrate the difference between a whip kick and a frog kick.

Q. Which is faster frog kick or whip kick? A. whip kick

Q. Name a famous breaststroker? A. answers will vary