

VOYAGER STUFF

SIT & SLIDE OR THREE-POINT ENTRY

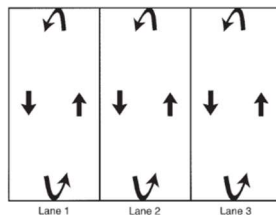
Rule: During competition, when entering the warm-up/warm-down area, a "sit and slide" / "three-point" entry is required at all times. Enter from the right side of the lane with one hand remaining on the wall until both feet are in the water.

Question: *When do we use a sit and slide entry?*

Answer: *swim meet warm-ups*

CLOCK, CIRCLING, & DISTANCING

Everyone needs... *swimming space!*



Question: *Where is the starting position?*

Answer: *far right side of the lane*

Question: *How much space do we keep between swimmers?*

Answer: *at least six feet*

Question: *What is the Voyagers start interval?*

Answer: *10 seconds*

CALCULATING DISTANCE

1 length = 25 yards Coaches say, "Swim a 25."

Question: *How long is our pool?*

Answer: *25 yards*

Question: *How far would you swim if coach says, "swim a 200?"*

Answer: *eight lengths*

HEAD POSITION

Question: *What is the most important thing in stroke technique?*

Answer: *head position*

Question: *What happens when you swim with your head out of line?*

Answer: *it slows you down and makes you tired*

BACKSTROKE FINISHES

Question: *What do the flags say?*

Answer: *Speed up! The wall is coming.*

Question: *What is your backstroke number?*

Answer: *answers will vary (If you don't know...it's five.)*

Question: *What is the number one rule in backstroke?*

Answer: *Stay on your back.*

LEARNING FROM MISTAKES IS...

essential to becoming a champion.

DRILLS

Question: *What are drills?*

Answer: *exercises that help improve swimming technique*

BREASTSTROKE PROGRESSION

1. Starfish (elementary backstroke)

-become stable with good propulsion and balance at each step

2. Starfish kick-only on back

3. Starfish kick: two on front, two on back...

4. Starfish kick from front streamline position: two kicks then breathe

5. Two starfish kicks + one armstroke

6. Full breaststroke

CONCENTRATION / FOCUS

Question: *What is concentration?*

Answer: *thinking about one thing*

Question: *What is focus?*

Answer: *thinking about the right thing*

SELF-TALK

Question: *What do we call it when you have a conversation with yourself?*

Answer: *self-talk*

Question: *What are the two kinds of self-talk?*

Answer: *positive and negative*

Question: *Which type of self-talk is helpful?*

Answer: *positive self-talk*

Question: *What do we do about positive self-talk?*

Answer: *practice it every day*

Question: *What do we do about negative self-talk?*

Answer: *recognize it and replace it with positive self-talk*

FACE-DOWN FINISHES

Freestyle

Make it legal. Touch the wall...

1. Fully extended
2. On your side
3. Under the water

Make it fast! *No breathing inside the flags*

Breaststroke & Butterfly

Make it legal. Touch the wall...

1. Fully extended
2. Two-Hand touch
3. Under the water

Make it fast! *No breathing inside the flags***DIVING FROM THE SIDE**

Tips: having a good starting position is important - practice starting position on land first
 double check that you are upside down (hips are higher than head)
 tight streamline behind ears
 medium-wide, stable foot position

Question: How deep do we dive?

Answer: *belly button deep***STARTS**

Whistle Commands

Short Whistles: *Get ready*Long Whistle: *Step up or Step in*2nd Long Whistle (backstroke only): *Feet*

Starting Commands

"Take your mark."

*Beep! – Go!**Make yourself BIG behind the blocks.**Take big steps up and onto the block.**Be the first in the water on backstroke.***SETS**

Question? What is a set?

Answer: *a group of swims*

Name the parts of a set.

Answer: *Repeat – Distance – Description – Rest***BUTTERFLY**

Question: Why do we call it the butterfly?

Answer: *because your butt flies!*

Question: What are the words for the butterfly arms and legs?

Answer: *butt – er – fly and butt-butt-butt-butt***SWIMMING FAST**

If you want to swim fast...

you gotta swim fast!

Last one...

*make it the best one!***STREAMLINES**

Question: What are the words for streamlines?

Answer: *hand over hand, wrist over wrist, squeeze*

Question: How far do we streamline?

Answer: *at least to the flags*Beginner: *face in, hand on top, push*

Question: When do we streamline?

Answer: *every wall, every time*

Question: Why do we streamline?

Answer: *to conserve wall speed*Advanced: *submerge, hand on top push***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.

Practice makes...

HABIT!**FACE-UP FIRST® MOTTO**

We swim for good times!®

We swim for fast times on the clock and fun times whenever we are together.

Question: What do we swim for?

Answer: **GOOD TIMES!**