

## DEVELOPMENTAL / VOYAGER REVIEW

Fall 2018 Weeks 1-4

What are the words for streamline arms?

Hand over hand, wrist over wrist, squeeze behind your ears

How far do you streamline?

At least to the flags

When do you streamline?

Every wall, every time

What are the words for a beginning front streamline ready position and push off?

One hand on the wall, one hand pointing where you are going, face-in, hand on top, push

How deep should you push off the wall once you start getting good at streamlining?

Feet deep

What do you call the part of your streamline when you transition from being underwater to being at the surface?

Breakout

Which part of your body breaks out first on freestyle?

Shoulder blades

How many strokes of freestyle should you take before taking your first breath after the breakout?

Four

What is the most important component of stroke technique?

Head position

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

It slows you down and makes you tired.

What are our two tips for backstroke head position?

Chin up and water up to your eyeballs

What are the words for a beginning back streamline ready position and push off?

Elbow your brother and phone your mother

What do the flags say?

Speed up! The wall is coming!

How do you use the backstroke flags to finish fast?

Know your flags to wall stroke count so you can swim fast all the way to the wall.

What are two tips for a fast backstroke kick?

Kick up, and make the water boil.

What are two tips for great freestyle head position?

Eyes down, and ears underwater

Freestyle, Crawl, 1-2-3-4-Reach-Roll – Which is which?

Freestyle: name of an event at a meet

Crawl: name of the stroke

1-2-3-4-Reach-Roll: FUF descriptive name of stroke

Last one....

make it the best one!

Freestyle Flip Turns

F...Flip Fast

L...Line up straight

I...Invert during the streamline

P...Proceed in the opposite direction

S...Swim for good times

What do freestyle and backstroke flip turns have in common?

You flip straight over and push off on your back

How do you perform a backstroke flip turn?

On your last back stroke, cross your arm over your body and reach for the wall, execute a front flip and push off on your back

What are three tips for a fast freestyle finish?

Finish on your side, fully extended, under the surface of the water

What are three tips for a fast fly or breaststroke finish?

Finish by touching with two hands, under the surface of the water, fully extended

How long is our pool?

25 yards

How far apart should swimmers swim from one another?

At least ten feet

What does circle swimming mean?

Swimmers always stay to the right side of the lane

What do we swim for?

Good times!

What is the first training habit?

Support your teammates!