



# TECHNIQUE, SUCCESS, GOALS

## Practice & Quality

- ✓ Water: Use it, don't abuse it - Work with the water not against the water.
- ✓ Aim to use buoyancy, streamlining, balance, effort & relaxation.
- ✓ Minimise drag & increase propulsion.
- ✓ POWER is nothing without CONTROL.

## Stroke Counting

- Stroke counting will benefit you if you concentrate and do it on a consistent basis.
- The world's best swimmers are faster than you because they travel further with each stroke, not because they are moving their arms faster.
- It's important to go for the minimum amount of strokes when you are swimming relaxed but do not break your stroke rhythm. You don't want to stretch out too much where you are gliding and pausing with each stroke.



The object is to find the "optimal" S.C. Your lowest S.C. should be fluid, effortless, and silent, because the real goal is to minimise energy cost, not stroke count. By practicing mindfully, your S.C. range should improve over time.

Your lowest S.C. should be

- 1) Almost effortless
- 2) Flowing and quiet
- 3) With a relaxed kick

Swimming in the lower half of your S.C. range, though slower, still produces benefits

- 1) Makes a longer stroke count more of a habit
- 2) Helps you stay efficient at higher speeds
- 3) Helps you stay efficient for longer distances

When you are requested to increase S.C. to go faster it should be

- 1) Something you can do with flow and control
- 2) Additional speed with little additional effort
- 3) An exercise in coordination, not in going "harder"

## PS.....

For front crawl arms focus on the 5 "P"s:

### Purchase:

"Catch" the water. Flex the wrist. Feel like you are tipping your finger-tips over the front to a barrel.

### Pull

Bend the elbow and press back on the water with the forearm in a near vertical position

### Push

Press water back behind you with the palm facing back

### Peak

Use as little energy as possible with the "recovery" arm. Raise the shoulder and elbow with the natural roll of the body and carry a relaxed forearm and wrist/hand in a straight forwards path.

### Point





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For sporting success focus on the 6 “S”s:

## Suppleness

Flexibility. Muscles and joints work together to produce the maximum range of movement

## Skill

To choose and perform the right technique at the right time, successfully, regularly, and with ease.

## Stamina

The ability to keep exercising for a long period of time

## Strength

The extent to which muscles can exert force by contracting against resistance

## Speed

The distance covered by the time it takes to cover that distance

## Spirit

Think, feel and behave positively, and support the team.



## GOALS

A goal is a desired aim, target, outcome or result. They are usually defined as:

- Short term – targets that build up to achieving the desired medium term goal
- Medium term – these goals should help attain the long term goal
- Long term – the goals that you have for your overall swimming aim

Long term goals are reached by lots of short term goals that are **SMART**:

### Specific

Say what you want to improve. “I want to improve my backstroke finish”, as opposed to “I want to improve my backstroke.”

### Measurable

Think how you will have achieved the goal. “I will be able to go hard into the finish every time without looking round.”

### Agreed

Speak to your coach about your goal. They can help!

### Realistic

Try not to set a goal that is too challenging. You may want a National Record, but try for the county record first. Achieve your goal in a number of smaller steps.

### Time-bound

Set a point when this needs to be done by. Too far away and you will lose focus, too short may not be realistic. Six months or the date of an important competition could be the way to go.



- When you set yourself a goal, write it down, and keep it somewhere you will see it regularly. This will help with motivation and focus, and help to celebrate successes and achievements.
- Writing down the goal will also act as a reminder to say yes to the things that will help in achieving the goal, and turning down anything that may hinder success. Use the “My Priorities” sheet to stay focused.



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1.	4.
2.	5.
3.	
Goal: Action Steps: 1. 2. 3 Deadline:	Goal: Action Steps: 1. 2. 3 Deadline:
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Goal: Action Steps: 1. 2. 3 Deadline:	When I feel like giving up I will tell myself: