



5 Characteristics of Successful People

Willingness to outwork everyone else

Focus on the right things (get the basics right!)

Keep their standards high when no one is looking

Focus on the process so that the outcome can take care of itself

Avoid negative people (they make you sick!)

Swimming Basics

- Body Position-Arm action-Leg Action-Timing-Breathing
- Starts-Turns-Finishes
- Approach to Turns
- Underwater kicking-3 kicks on all freestyle turns, 6-8 kicks on back-stroke & butterfly sets
- Breakouts—flat & smooth
- Stroke Counts—8/12/8/12
- Breathing Patterns-breath 3 on all freestyle sets



Lisburn City
Swimming Club

