

SWIMMING STUDY GUIDE

Rules on Deck

1. No Running
2. No diving in the shallow end
3. One person on the diving board at a time
4. One bounce on the diving board
5. One person down the slide at a time
6. No chicken fights
7. No students in freshmen or sophomore Phy. Ed. can use the hot tub
8. No gum allowed
9. No Shoes on Deck
10. No flotation devices or toys brought from home

Front Crawl

- Flutter kick action
 - i. kick from the hip
 - ii. Alternating leg action
 - iii. Slight bend in the knees
 - iv. Ankles are relaxed to allow toes to point
- Arm Action
 - i. Hand enters between the head and shoulder line with a slight bend in the arm
 - ii. Hand reaches forward under the surface
 - iii. Smooth entry, very little splash
 - iv. Hand sweeps downward in the water
 - v. Keep elbow high when coming out of the water, stays higher than the hand
- Breathing
 - i. Head is turn to breath to one side, with the natural roll of the body
 - ii. Head is turned, not lifted
 - iii. Head is turned back to the center in a smooth action as soon as the breath is taken
 - iv. The breath is released gradually into the water
 - v. Breathing occurs every two arm pulls or one stroke cycle.

Back Crawl

- Key points
 - i. Body is streamlined in the water
 - ii. Ears are submerged just below the surface
 - iii. Head remains still, eyes look upward
 - iv. Shoulders roll along with the stroke
- Flutter Kick
 - i. The continuous up and down alternating action is started from the hips.
 - ii. Legs are close together
 - iii. Legs are kept almost straight with the knees remaining below the surface
 - iv. Relaxed ankles, toes pointed

- Arms
 - i. The pinky should enter the water first above the head, straight arm and close to shoulder line
 - ii. The arm sweeps downward and outwards to catch the water, use the natural shoulder roll
 - iii. The hand is changed to sweep inwards and upwards
 - iv. The arm pushes through the thigh
 - v. The hand comes out thumb first
 - vi. One the arm start in motion, they stay in motion, opposite of one another.
- Breathing
 - i. Breathing is natural, breath with every stroke

Elementary Backstroke

- Survival stroke
- Recovery stroke, should not get tired when doing this stroke
- Best stroke to use in cold water – only the face is out of the water
- Done on your back
 - Whip Kick
 - i. From the glide position, bend at the knees
 - ii. Point your toes out
 - iii. Ankles do a large circle around and then come together – in a whipping action.
 - Arms
 - i. From the glide position, slide your hand up your side to your armpits
 - ii. Point your fingers out, extend your arms straight out from your body and are no farther forward than the top of your head.
 - iii. Press the palms and the insides of the arms at the same time and in a sweeping motion back towards the feet
 - iv. Keep the arms straight.
 - v. End with the arms and hands in the glide position with the legs

Tread Water

- An aspect of swimming that involves a swimmer staying in a vertical position in the water while keeping his or her head (at least) above the surface of the water.
 - Arms
 - Sculling - using the arms near the surface of the water, moving back and forth with a slight pushing down motion
 - Legs
 - Scissors kick – swimmer should be vertical in the water with their legs straight and relax. One leg goes forward and the other leg goes back. The legs come together at the same time and then separate again. Continuous motion.
 - Whip Kick – Swimmer is vertical in the water. Both legs do a whip kick out to the side of the swimmer; legs come together at the same time.

- Eggbeater Kick – swimmer should be in a “sitting position” in the water. The swimmers back must be straight, knees bent so the thighs are parallel to the surface of the water. The left foot makes a clockwise motion, while the right leg makes a counterclockwise motion towards the body. The legs should never meet because when one foot is on the inside motion, the other should be on the outside.

Life Guarding Skills (Sophomores)

- Stride Jump with tube
 - Only do when the water is at least 5 feet deep and you are less than 3 feet above the surface
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- Compact Jump with tube
 - Only do when you are at least 3 or more feet above the surface of the water and the water is at least 5 feet deep.
 - Done when you can not see the bottom of the water
 - Feet should be flat when entering the water
 - You should be in a sited position, legs up parallel to the surface
- Spinal injury – Face up
 - Technique is called Hip & Shoulder Support
 - Approach the victim slowly, trying not to make unnecessary waves in the water.
 - Place one arm under the shoulder blades
 - Place other arm under hips
 - Raise the victim up so he/she is on the surface of the water
 - Make sure your body is low in the water, your shoulders should be at water height
- Spinal Injury – Face down
 - Technique is called Head Split Technique
 - Approach the victim slowly, trying not to make unnecessary waves
 - With your hands, grab the victim’s upper arms (bicep area) and brace them along the head – tightly. By doing this, you will be making a splint with their arms to stabilize their head.
 - Move forward slowly to bring their body to the surface.
 - As you move, rotate the victim slowly towards you – always holding their arms tightly against their ears/head.
 - Cradle their head/shoulders on your shoulders – all along supporting their head and neck.
 - Your shoulders should be at the surface of the water – do not raise the victim out of the water