

BARRACUDA AQUATICS CLUB TECHNIQUE PHILOSOPHY

Coaches' Approach

- Biggest improvement will be from technique
 - Training vs. Technique
- What will it take?
 - Communication, self-esteem, focus and persistency
- Will be working from the mid-body out to the extremities
- Technique Excellence under Stress & Fatigue = Competitive Swimming
- **"Talent"** is the ability to produce & deliver energy efficiently
 - May have to overcome more to deliver
- Efficient Swimming = Fast Swimming (Min/Max Swimming)

Swimmers' Approach

- All drills must be done with **ATTENTION, FOCUS & PERFECTION**
- Must approach your technique with:
 - Communication: With your coach
 - Self-Esteem: Must believe it can be done
 - Focus: Must bring the correct technique to everything
 - Persistence: Realize this is not an overnight fix
- Must have the ability to change and have an open mind
 - Leave your ego at the door
- Technique must be priority not just when drills are done but in sets, warm ups and cool downs

Body Position/Extremities

- Areas of Emphasis: Balance, Head Position, Rotation, Patience, Arm Positioning, Rhythm & Timing
- Consistency from stroke to stroke
- Everything works together as one
 - Work your extremities into what your mid-body is doing
- **Early Vertical Forearm (EVF) position** is a must for Freestyle, Backstroke and Butterfly
 - Need to understand that EVF is the difference between every level of swimmer
- Need to understand that stroke recoveries must not be forced

Power & Speed

- Energy originates in the middle of the body and it is propelled by the hips (power source)
 - Hips are an energy valve; the more open the more energy
 - Keep that energy flowing forward
- Looking for continuous forward motion; no energy breaks
 - Hitch in a stroke is an energy break
 - Everything contributes to your forward momentum
- Long Axis Swimming: Tall & narrow
- Short Axis Swimming: Rhythm & timing

