



St Hilda's  
ANGLICAN SCHOOL FOR GIRLS



# SWIMMING HANDBOOK 2018

## **CONTENTS**

Welcome

Training and Selection for the Interschool Team

Swimming Uniform

Parent Helpers

Competitions

Competition Results

St Hilda's Swim Meet 1

Time Trial

St Hilda's Swim Meet 2

Swimming Breakfast

Final Team Training

IGSSA Carnival Day

Previous IGSSA Winning Times

Swimming Fundamentals

Race Preparation Sheet

Do You Know Your Drills

Goal Setting

## WELCOME TO ST HILDA'S SWIMMING 2018

2017 was another successful year in the pool. We achieved excellent results in the 53<sup>rd</sup> IGSSA Swimming Carnival where we won the Championship title for the 6<sup>th</sup> consecutive year. St Hilda's have now equalled the winning streak set by our St Hilda's girls in the 1970s where, between the years 1970 – 1975, we won the title six consecutive years in a row. St Hilda's continues to make history having now won the most IGSSA swimming carnivals, 12 titles in total now, since the competition began in 1965. In 2018, we hope to carry on reaping the rewards from our own magnificent facilities and will again host two swim meets in our own pool. We are also introducing a new time trial on Friday 16 February for all.



Whilst many of the races at IGSSA are individual, you are swimming as part of a supportive, talented and dedicated St Hilda's team. It is important that all members give of their all, as it is not individuals who make first place, but the whole team. The students who regularly attend training are the ones who make significant improvements in their personal best times across the season, and they achieve the personal satisfaction of performing to the best of their ability. On Friday 9 March, you will have your chance to show what hard work, dedication and commitment can mean on the blocks at the IGSSA swimming carnival. Every single place gained on the night makes a difference to the overall team result. It is performing the small things at training, such as pushing off with a perfect streamline or finishing strong to the wall after every lap. These are the details which separate St Hilda's from the rest. Let's make it seven in a row!

Some of the sessions will test you beyond your limits in the pool. Go into each training session with a positive attitude and an open mind and you will reap the benefits.

Please encourage and support each other so that your involvement in the 2018 St Hilda's swimming team will be remembered and treasured for many years to come. We have included lots of information in this booklet to assist you. Please keep it safe and refer to it often.

The time is here for you to focus on, commit to and enjoy the swimming season. It is time for us to strive to better ourselves as a team and as individuals both in and out of the pool.

Good luck and enjoy the journey.

Mrs Hart  
Swimming Coordinator

Ms Emme Wild  
Head of Sport

## TRAINING AND SELECTION FOR THE INTERSCHOOL TEAM

Selection for the Interschool Team starts with the selection of the Swimming Squad. The Swimming Squad includes all girls who were in the 2017 Swimming Team as well as new squad members who are selected based on their times at the Interhouse Swimming Carnival in February. The squad is also selected from students' participation in Term 4 and holiday training. All girls selected in the Swimming Squad are required to attend a minimum of three sessions per week and attend all competitions. Girls who miss out on selection in the Squad after the Interhouse Swimming Carnival and who would like to challenge for a place are encouraged to attend trainings and competitions.

From the Squad, students will be selected for the Interschool Team to participate in the IGSSA Carnival. The swimmers in the final team are selected based upon their times achieved at competitions where electronic timing is used (Interhouse, St Hilda Swim Meets, Time Trials) and on students' attendance and attitude at training.

Girls who are selected as reserves are very important team members and must continue to train. In previous years due to illness or injury, reserves have been required to swim on the IGSSA carnival night. They were able to achieve impressive results, with all girls producing personal best times on the night which is an inspirational achievement, due to their commitment to training right up to the IGSSA Carnival. It is important that all team members and reserves attend trainings and relay practices.

Any student who is training at a **registered swimming club (including St Hilda's Swim Club)** must notify Mrs Hart or Ms Wild **in writing**. Girls who are training at registered clubs are encouraged to attend at least one training session per week to promote team camaraderie and spirit.

## SWIMMING UNIFORM

Girls are required to attend all trainings and swim meets wearing the school PE uniform and St Hilda's bathers. St Hilda's swimming caps are available from the St Hilda's Shop and these should be worn at all swim meets.

An interschool top (striped) will be required for all team members, including reserves, and are to be worn at all Swim Meets and at the IGSSA Swimming Carnival. These must be worn at the end of the Carnival at the presentation ceremony. The students must also wear the school tracksuit to swim meets with clean sport shoes and blue sports socks.

Interschool bathers are available only to the Interschool Squad which is announced after the Interhouse Carnival. All girls must wear interschool bathers at the IGSSA Swimming Carnival. These are made from special material which is designed to be faster through the water than normal bathers; however, they do not last as long as normal swimming fabrics so they should be worn only at competitions and rinsed out well after each use with fresh water.

Please ensure all items of clothing are well-labelled (including swimming caps). No jewellery is permitted at swimming trainings or meets.



## PARENT HELPERS

This term we will be looking for helpers to assist with either timekeeping or marshalling at both the St Hilda's swim meets. We are also looking for parent helpers to coordinate and run a sausage sizzle at both our swim meets (Swim Meet 1 and Swim Meet 2), as well as an additional time trial which will be held on Friday 16 February. Your generosity and time will be greatly appreciated. Please email Emme Wild [emme.wild@sthildas.wa.edu.au](mailto:emme.wild@sthildas.wa.edu.au) to advise which of these events you will be able to assist with. These meets / time trials are quickly upon us so please reply as soon as possible.

## BREAKFAST

It is important all students eat a nutritious breakfast after their training session. Breakfast is available for all students to be purchased from the School Café for \$2 using their student card only. Alternatively students can bring their own from home. The Café opens at 7.30am.

## COMPETITIONS

St Hilda's will be involved in several competitions in the lead up to the IGSSA Carnival and all swimmers are expected to attend. Please see Mrs Hart or Ms Wild if you have any questions. Competitions allow you to monitor your progress and aid in the final selection of the Interschool Swim Team. It is vital for all swimmers to gain race practice and consistency in relay teams.

The competitions / time trials scheduled are:

<b>Week 1: Friday 2 February</b>	St Hilda's Swim Meet 1, 5.30pm-8.15pm at St Hilda's Pool
<b>Week 2: Thursday 8 February</b>	Senior School Interhouse Swimming at HBF Stadium, all day
<b>Week 3: Friday 16 February</b>	Time trial 3.45pm-6.00pm at St Hilda's Pool
<b>Week 5: Monday 26 February</b>	St Hilda's Swim Meet 2, 4.00pm-6.30pm at St Hilda's Pool
<b>Week 6: Thursday 8 March</b>	Final Team Training, 6.30am-8.30am at HBF Stadium
<b>Week 6: Friday 9 March</b>	<b>54<sup>th</sup> IGSSA Swimming Carnival, 6.00pm-9.00pm at HBF Stadium</b>

The two St Hilda's Swim Meets are time trials and do not require entry forms or entry fees. These are good social meets with sausage sizzles after the races.

Girls must be picked up from the venue at the conclusion of all swim meets.

This table is for you to record and monitor your times and progress over the swimming season.

## COMPETITION RESULTS

	2017 Personal Best Time	St Hilda's Meet 1	Interhouse Carnival	Time Trial	St Hilda's Meet 2	IGSSA Carnival
Butterfly						
Backstroke						
Breaststroke						
Freestyle						

<http://mashable.com/2016/08/16/2016-olympics-quotes/#qrVUpkweRaqh>

**"Peace is knowing that I did everything I possibly could have done, that something beautiful will come out of this, and that I will come back stronger than ever before."**

Missy Franklin, Swimming



### **St Hilda's Swim Meet 1**

<b>Date</b>	Friday 2 February		
<b>Time:</b>	Warm Up - 5.30pm	Start - 6.00pm	Finish - 8.15pm
<b>Location:</b>	St Hilda's swimming pool		
<b>Schools participating:</b>	Scotch College, Iona, Christ Church and St Hilda's		
<b>Competition:</b>	100m freestyle 50m time trial for all strokes		
<b>Food:</b>	Sausage Sizzle available at the meet		
<b>Uniform:</b>	Swimmers are required to wear School swimming bathers, School swimming cap, School tracksuit, Interschool sports shirt, clean sport shoes and blue sports socks		

Students must report to Mrs Hart or Ms Wild upon arrival. The competition will conclude at approximately 8.15pm for the above meet and parents are required to collect their daughters at this time from the pool deck.

We are required to provide officials during the evening to act as timekeepers and marshals. Please email Emme Wild [emme.wild@sthildas.wa.edu.au](mailto:emme.wild@sthildas.wa.edu.au) by Wednesday 31 January if you can assist.

### **St Hilda's Time Trial**

<b>Date:</b>	Friday 16 February		
<b>Time:</b>	Warm Up - 3.45pm	Start – 4.00pm	Finish – 6.00pm
<b>Location:</b>	St Hilda's swimming pool		
<b>Competition:</b>	50m time trial for all strokes		
<b>Food:</b>	Sausage Sizzle available at the meet		
<b>Uniform:</b>	Swimmers are required to wear School swimming bathers, School swimming cap, School tracksuit, Interschool sports shirt, clean sport shoes and blue sports socks.		

Students must report to Mrs Hart or Ms Wild upon arrival. The competition will conclude at approximately 6.00pm. Parents are required to collect their daughters at this time from the pool deck. We are required to provide officials during the evening to act as timekeepers, marshals and helpers for the sausage sizzle. Please email Emme Wild [emme.wild@sthildas.wa.edu.au](mailto:emme.wild@sthildas.wa.edu.au) by Monday 12 February if you can assist.

## **St Hilda's Swim Meet 2**

**Date:** Monday 26 February

**Time:** Warm Up - 3.45pm                      Start – 4.15pm                      Finish – 7.00pm

**Location:** St Hilda's swimming pool

**Schools participating:** MLC, PLC, Santa Maria and St Hilda's (TBC)

**Competition:** 100m freestyle  
50m time trial for all strokes

**Food:** Sausage Sizzle available at the meet

**Uniform:** Swimmers are required to wear School swimming bathers, School swimming cap, School tracksuit, Interschool sports shirt, clean sport shoes and blue sports socks.

Students must report to Ms Wild or Mrs Hart upon arrival. The competition will conclude at approximately 6.30pm. Parents are required to collect their daughters at this time from the pool deck.

We are required to provide officials during the evening to act as timekeepers, marshals and helpers for the sausage sizzle. Please email Emme Wild [emme.wild@sthildas.wa.edu.au](mailto:emme.wild@sthildas.wa.edu.au) by Monday 19 February if you can assist.



## **IGSSA SWIMMING BREAKFAST**

There will be a team breakfast in the Boarders' Dining Room after relay training on Wednesday 7 March from 7.30am-8.20am. This will be a good opportunity to reflect on the season up to this point and motivate the team for the IGSSA Carnival. Day girls will be required to pay a small fee for breakfast on this day. More information will be provided closer to the date.

## **FINAL TEAM TRAINING**

Our final team training will be on Thursday 8 March at HBF Stadium. Training will be from 7.00am – 8.30am and a bus will leave from Palmerston Street at 6.30am. Those students who wish to meet us directly at HBF Stadium must contact the Physical Education Department in advance.

Students are required to wear the interschool swimming bathers, St Hilda's swimming cap, School tracksuit or shorts, interschool shirt, blue hair ribbon, clean sport shoes and blue sports socks. We represent St Hilda's; therefore, the correct attire MUST be worn. Breakfast will be provided in the Boarders' Dining Room on this day.

## **IGSSA CARNIVAL DAY – FRIDAY 9 MARCH**

Students may wear their interschool top and tracksuit pants or shorts to school for the day. They will be dismissed at 12.10pm from school to go home and pasta load and rest up for the Carnival. Students will meet back at St Hilda's, complete a final warm up before heading to HBF stadium.

At the conclusion of the Carnival, all students are required to wear the presentations interschool top, tracksuit pants, blue socks and clean sports shoes. After the presentation all students must leave HBF Stadium together and catch the bus to the swimming party. The swimming team have a BBQ to celebrate the team's success.

**IGSSA RESULTS TO DATE**

<b>YEAR 7</b>	<b>Division</b>	<b>Winning Time 2013</b>	<b>Winning Time 2014</b>	<b>Winning Time 2015</b>	<b>Winning Time 2016</b>	<b>Winning Time 2017</b>
50 FS	A	29.96	30.48	32.02	29.62	30.34
50 FS	B	31.27	30.36	31.22	31.85	30.94
50 FS	C	32.48	31.25	31.44	31.41	31.28
50 BRS	A	40.72	38.96	41.76	39.00	40.42
50 BRS	B	44.44	40.30	45.07	43.49	42.10
50 BRS	C	44.49	43.42	44.02	43.49	43.27
50 BCK	A	35.13	35.28	38.21	36.99	35.84
50 BCK	B	36.02	37.28	38.52	38.08	37.46
50 BCK	C	37.05	37.19	38.02	39.38	37.08
50 FLY	A	32.93	33.11	34.31	32.50	32.58
4x50 FS	A	2:07.79	2:09.14	2:07.42	2:06.12	2:07.91
4x50 FS	B	2:15.05	2:24.93	2:14.97	2:12.35	2:14.69
4x50 MEDLEY	A	2:25.06	2:16.69	2:24.13	2:26.32	2:26.65

<b>YEAR 8</b>	<b>Division</b>	<b>Winning Time 2013</b>	<b>Winning Time 2014</b>	<b>Winning Time 2015</b>	<b>Winning Time 2016</b>	<b>Winning Time 2017</b>
50 FS	A	28.79	30.55	30.01	30.03	28.45
50 FS	B	29.96	29.69	30.28	30.67	28.99
50 FS	C	31.38	29.42	30.70	30.65	30.65
50 BRS	A	35.90	37.77	41.45	38.06	38.58
50 BRS	B	40.46	41.88	42.23	40.77	38.91
50 BRS	C	41.92	43.59	43.43	41.80	41.63
50 BCK	A	34.62	33.96	36.62	33.07	33.90
50 BCK	B	37.74	35.19	36.70	36.05	35.79
50 BCK	C	35.97	35.20	37.83	37.98	37.27
50 FLY	A	33.66	32.11	33.37	30.91	31.66
4x50 FS	A	2:04.59	2:04.42	2:03.74	2:03.58	2:03.66
4x50 FS	B	2:10.32	2:08.17	2:09.37	2:20.47	2:06.08
4x50 MED	A	2:17.14	2:18.97	2:22.91	2:18.19	2:16.24

<b>YEAR 9</b>	<b>Division</b>	<b>Winning Time 2013</b>	<b>Winning Time 2014</b>	<b>Winning Time 2015</b>	<b>Winning Time 2016</b>	<b>Winning Time 2017</b>
100 FS	A	1:00.92	1:03.05	1:01.96	1:00.48	1:01.40
50 FS	B	29.61	30.04	29.18	28.94	29.57
50 FS	C	30.29	29.77	29.62	29.28	30.42
50 BRS	A	26.91	34.70	40.35	36.44	36.76
50 BRS	B	39.26	38.95	41.59	39.78	41.88
50 BRS	C	41.84	39.77	40.81	39.97	42.28
50 BCK	A	32.61	32.51	34.85	32.76	31.26
50 BCK	B	36.00	34.73	35.14	34.09	35.60
50 BCK	C	37.17	35.43	36.81	34.57	36.64
50 FLY	A	30.84	32.30	33.90	30.15	31.25
4x50 FS	A	1:56.12	2:01.33	2:01.46	1:54.63	2:02.79
4x50 FS	B	2:08.67	2:03.09	2:05.06	2:06.33	2:05.81
4x50 MED	A	2:15.37	2:10.67	2:18.89	2:08.79	2:15.12

<b>YEAR 10</b>	<b>Division</b>	<b>Winning Time 2013</b>	<b>Winning Time 2014</b>	<b>Winning Time 2015</b>	<b>Winning Time 2016</b>	<b>Winning Time 2017</b>
100 FS	A	59.62	1:02.19	1:01.97	1:00.82	58.71
50 FS	B	28.40	29.77	30.02	29.36	28.90
50 FS	C	29.37	30.28	30.36	29.60	28.62
50 BRS	A	37.48	37.44	36.70	30.06	35.65
50 BRS	B	36.98	40.43	38.60	40.25	39.48
50 BRS	C	41.04	41.45	41.28	41.88	39.75
50 BCK	A	32.65	32.91	31.69	32.50	33.07
50 BCK	B	35.15	34.81	35.00	33.98	33.13
50 BCK	C	35.96	35.59	36.40	36.06	34.78
50 FLY	A	29.15	31.48	31.32	29.40	28.92
4x50 FS	A	2:03.93	2:00.19	1:57.23	1:57.54	1:54.00
4x50 FS	B	2:06.90	2:08.71	2:02.47	2:06.56	2:03.39
4x50 MED	A	2:10.38	2:15.40	DQ	2:11.16	2:12.56

<b>YEAR 11</b>	<b>Division</b>	<b>Winning Time 2013</b>	<b>Winning Time 2014</b>	<b>Winning Time 2015</b>	<b>Winning Time 2016</b>	<b>Winning Time 2017</b>
100 FS	A	1:04.60	59.95	1:03.04	59.54	59.57
50 FS	B	29.30	28.44	30.75	28.45	29.14
50 FS	C	30.05	29.51	30.90	30.17	29.93
50 BRS	A	36.07	36.02	41.45	34.97	37.97
50 BRS	B	39.01	37.81	41.98	37.40	39.76
50 BRS	C	41.61	41.25	42.12	41.41	42.37
50 BCK	A	34.36	32.61	37.04	33.33	31.65
50 BCK	B	35.19	35.14	37.78	35.34	35.60
50 BCK	C	34.01	35.48	38.32	35.27	36.42
50 FLY	A	31.90	29.86	32.23	30.84	29.27
4x50 FS	A	2:01.82	2:00.14	2:04.64	2:00.70	2:00.62
4x50 FS	B	2:11.58	2:07.72	2:09.07	2:02.58	2:05.06
4x50 MED	A	2:15.82	2:11.08	2:30.74	2:10.66	2:09.49

<b>YEAR 12</b>	<b>Division</b>	<b>Winning Time 2013</b>	<b>Winning Time 2014</b>	<b>Winning Time 2015</b>	<b>Winning Time 2016</b>	<b>Winning Time 2017</b>
100 FS	A	57.86	1:05.06	1:04.95	1:00.82	59.28
50 FS	B	28.61	28.84	29.68	28.68	28.02
50 FS	C	30.49	31.18	31.65	29.51	30.24
50 BRS	A	35.89	35.57	40.42	37.19	35.48
50 BRS	B	39.75	40.59	41.96	40.55	37.75
50 BRS	C	42.43	41.34	42.33	42.37	41.91
50 BCK	A	32.45	34.27	34.92	33.85	32.45
50 BCK	B	34.64	34.76	35.94	34.42	35.29
50 BCK	C	34.88	36.08	36.39	34.79	35.91
50 FLY	A	28.07	32.18	33.95	31.38	30.64
4x50 FS	A	1:56.74	1:58.71	2:01.82	1:59.32	2:01.56
4x50 FS	B	2:05.97	2:11.58	2:08.60	2:07.32	2:06.91
4x50 MED	A	2:11.46	2:21.12	2:27.32	2:14.52	2:10.68

## SWIMMING FUNDAMENTALS

<b>Function of the swimmer =</b>	Cardiovascular conditioning Strength conditioning
<b>Form of the swimmer =</b>	Technique training includes:- Technique Body shape Flexibility / range of motion Kinaesthetic ability to 'feel'
<b>Health of the swimmer =</b>	Nutrition Rest and relaxation
<b>Attitude of the swimmer =</b>	Knowledge Psychology and motivation

### ALL THESE EQUAL A COMPLETE SWIMMER

Stroke count is also very important: 50m in 35 sec with 40 strokes is not as efficient as 50m 35 sec with 35 strokes. Count your strokes and focus on reducing through more effective and efficient technique.

### RACE PREPARATION SHEET

- Butterfly:**
- 1) Long and strong, keep entry close in front
  - 2) Strong legs, especially at the end of the race, you need to maintain your body position
  - 3) Keep chin on the water, don't lift to breathe
  - 4) Timing
- Backstroke:**
- 1) Fast, consistent arm turnover. Don't let your rate drop at the end of the race
  - 2) Fast, six-beat kick
  - 3) Roll the shoulders for maximum pull
  - 4) Keep entry clean and catch the water immediately
  - 5) Keep head still
- Breaststroke:**
- 1) Timing
  - 2) Full extension with no pause or downtime
  - 3) Fast feet, feet out and power with no pause or downtime
  - 4) Quick arms and legs thrusting forwards
- Freestyle:**
- 1) Keep stroke long with a fast tempo
  - 2) Fast, six-beat kick
  - 3) Reach and catch the water on entry
- 50m Racing:**
- 1) Start is VITAL
  - 2) Head down from the flags to the wall
  - 3) Work your legs and keep your kicks in the water
  - 4) Finish hard and fast into the wall



## **STARTS**

### **One Start Rule**

The One Start Rule will be used. This means there will be no false starts. Anyone who breaks will be notified of her disqualification at the end of the race. There are no second chances, so it is imperative that you practise remaining completely still on the block until the start is signalled.

### **Freestyle/Butterfly**

All swimmers must practise their streamline after their dive. You can move at a speed 50% faster than you will swim on the dive, therefore students are encouraged to use it to their advantage. Swimmers should practise the modern racing dive where they aim for slightly more air in their launch from the blocks and try to enter through the same hole. There needs to be a balance between entering in this fashion and not going too deep. Swimmers are encouraged to use the **dolphin** kick on their streamline and no swimmer should breathe in freestyle until at least five strokes.

### **Breaststroke**

AS ABOVE

The split stroke is used when the swimmer is streamlined after the dive. The split stroke should be quick and powerful.

### **Backstroke**

The swimmer must arch her back for entry, pushing her backside and back up during the launch from the blocks. Entrance is made into the water by the hands first followed by the feet. The swimmer must keep her toes under the surface of the water when holding the blocks, pull up on *take your marks* and thrust upward with her legs. Keep a streamlined position, work with a dolphin kick, and when she reaches the surface, stroking must begin. The dolphin kicks are big and strong at the start, before fading into shorter faster kicks and then normal padder kick.

## **FINISHES**

- Always have your head down and lunge at the wall
- Hard and fast
- Always finish to the wall, the last thing moving should be your legs driving you to the finish

### **Remember**

Practise makes perfect. You need to train hard to race hard. Every push off the wall and every finish needs to be performed perfectly with the correct technique.

If you practise perfectly you will race perfectly. Swimming races can be close. These small things can make the difference between coming 1<sup>st</sup>, 4<sup>th</sup>, 5<sup>th</sup> or 8<sup>th</sup>. Set yourself achievable goals and train to achieve them.

## **DO YOU KNOW YOUR DRILLS?**

### **Freestyle Drills and Skills**

Emphasis is on rotation, circle of power, plus overlapping and rotary stroking. With rotation, focus on catch-up versus a continual cycle. Underwater action is much more important than over-water action (straight arm/bent arm should not be the main focus – underwater is the key). Most powerful part of the stroke is the kick.

**Catch-up** develops long, relaxed arm strokes. Stroke one at a time, meeting at the top each time.

**3/4 Catch-up** as above but slightly faster; don't wait for hands to meet at the top to start the next stroke.

**Reverse catch-up** as with catch-up but meet at the waist each time.

#### **8 – 3 – 8:**

Eight kicks followed by three long strokes followed by eight kicks.

#### **6 – 1 – 6:**

Six kicks followed by one long stroke followed by six kicks.

#### **3 – 1 – 3:**

Three kicks followed by one long stroke followed by three kicks.

### **Single Arm (same side breathing)**

One arm by side, other arm stroking, breathe on same side stroking, with fins.

### **Single Arm 'Unco' (opposite side breathing)**

One arm by side, other arm stroking, breathe on the other side stroking, with fins.

### **Skimming /Finger Drag**

Elbows up, control fingers dragging on surface.

### **Tip Pit / Chicken Wings**

Thumb under armpit, elbow up.

### **Popov**

Four kicks lateral side tip pit, swap sides, four kicks other side tip pit.

### **Three-Stage Combo**

Slow stroke down and control arm movement. Lift arm very high, carry over, place in the water. Make it three separate movements, with fins.

### **Shark Fin (x1, 2 or 3)**

Tuck arm right under armpit, other arm straight out in front (x1, 2 or 3 kicks), with fins.

### **Polo**

Keep head up straight ahead. Good for working hand entry. Concentrate on finger tips entering first.

### **Six Beat Switch**

Six kicks, one stroke. Alternating arms.

### **Long Dog**

Long dog paddle. Arms push forward and pull all the way back. Works on your pull under the water.

**New Dog**

As above but hold each dog paddle stroke for four kicks.

**Sculling**

Breaststroke sculling with freestyle kick.

**Closed Fist**

Freestyle with clenched fist (can hold tennis ball) to propel from upper arms.

**8 3 8**

Eight kicks laterally (on your side), three strokes laterally on your other side. Excellent drill for improving length in your stroke.

**Kicking Drills:**

**Standard kick** – kicks without board or small board to build streamline.

**Torpedo with kick** – develops kick in streamline position. Arms extended, legs together, loose ankles kicking.

**Lateral kick** (on side)

**Vertical kick**

**Head down kicking drill** – as above

### **Backstroke Drills and Skills**

Emphasis on rotation and rating - like riding a bike continually with fast arms, not flat.

### **Catch-Up**

Stroke one at a time meeting at the top each time.

### **Reverse Catch-Up**

Stroke one at a time meeting at the waist each time.

### **Single Arm**

One arm by the side other arm stroking.

### **Eight – Three – Eight**

Eight kicks, three strokes, eight kicks.

### **Six Beat Switch**

Six kicks with one arm leading, six kicks change leading arm.

### **Double Arm**

Both arms move in unison the whole time.

### **Crossover**

Kicking on back with one arm extended, other by side. Arms slowly arc at full stretch over the top of the body and cross above the shoulders. March above the water.

### **Half Recovery No Stroke**

Kicking as normal, arms up to the water then back the other way (they do not enter the water – no recovery).

**3 x Right, 3 x Left, 3 x Normal Stroking** - as stated.

### **Balance Backstroke**

Take off goggles and balance them on forehead and swim backstroke without goggles falling off.

### **Arms at 45 degrees, at 90 degrees, at 160 degrees**

Kicking on back holding both arms first at 45 degrees then 90 degrees and finally 160 degrees. Focus on not sinking.

### **3 – 2 – 1**

Three x Left arm, two x Right arm, one x Left arm, three x Right arm etc.

### **Flat Hand Recovery**

Have hand flat in the recovery position and just rotate slightly towards the end so pinkie leads. Removes the 180 degree rotation making it more of a recovery time.

### **Bolles Hand Placement**

Place hand in the water concentrating on controlling the placement of the hand. Keep your arm in line with the body. Slow down the movement.

### **Speed Drill**

Move arms as fast as possible with body slightly out.

**Kicking Drills**

Standard kick – with board, without board, with arms extended, with arms by side. Lateral kick, underwater dolphin kick, hyperkick, vertical kick.

**Breaststroke Drills and Skills**

Emphasis on streamlining and continuity of stroke. A large performance problem is breathing too late. Isolate the kick, have arms out front but focus on breathing as normal. Never start the arm pull until the legs are back together.

**Two Kicks x One Pull**

As stated, can add variation of one dolphin to submerge then two kicks x one pull underwater.

**Submarining**

One dolphin to submerge then one complete stroke underwater, more appropriate for competitive swimmers.

**Bullet Drill**

Breathe every second pull and on lift head upwards (eyes down at all times), neck and shoulders are as one unit.

**One x Right Arm, One x Left Arm, One x Full Stroke**

As stated.

**Three Up Two Down**

Three strokes with head under the water, two strokes with head below the water.

**Wokka Wokka**

Hold the glide position and count one wokka wokka, two wokka wokka etc.

**Breaststroke Dolphin**

A forward vertical position with head up and no kick, just fast arm action.

**Dolphin Kick Three K x One P**

Exaggerate streamline position with three dolphin kicks and one pull.

**Half Pull drill**

Very small pull up front only.

**Heel Taps**

Kick on front with thumbs interlocked behind bottom (palms up). When heels draw up, tap the fingers. Kick, hold glide, lift head to breathe.

**Four – three – two – one**

First 25m is four kicks one pull, second 25m is three kicks one pull, third 25m is two kicks one pull and fourth 25m is normal breaststroke.

**Pulling**

With pull-buoy between legs perform arm stroke only, emphasis on glide between strokes and full extension of arms.

**Speed Drill**

Breaststroke arms and freestyle kick. Fast recovery arm speed.



### **Kicking Drills**

Standard kick, underwater kick – get stomach as close to black line as possible.

Kick without board – arms out front work on streamline, hyperkick.

Kicking on back – survival backstroke but keep knees under the water.

### **Butterfly Drills and Skills**

Emphasis is on streamlining, kicking from the trunk and minimising knee bend, plus timing. Maintain a horizontal position, keep chin as close to the water as possible. The whole idea is to generate power from the dolphin kick. Body core must be solid and tight to control arm movement.

### **Two Kicks, One Pull**

Two kicks, one fly and then leave them together up front.

### **Build Up**

Dolphin kick with breaststroke arms.

### **Dolphin Kick on Back**

Start vertical kicking, placing head back in water and continue kicking rhythm with knees just below or at surface of water.

**Single Arm (arm by the side)** as stated.

### **Single Arm (arm out in front)**

As stated but breathe out side.

### **One x Right, One x Left, One x Double**

One right, one double, one left, one double. Any combination of arms to develop timing and rhythm.

### **Four Kick Fly**

Four kick to one fly.

### **Dive Fly**

Four kicks underwater one stroke over water. Correct butterfly action but less exhausting.

### **Dolphin Torpedo**

Arms extended in front, push off wall and dolphin kick for six kicks in submerged position.

### **One x Build up, One x Fly**

### **Thumb Touch**

Need head down to touch thumbs together out front. Focus on pushing arms all way down to knees then pull them out and try to touch the lane ropes then bring together and try to touch the end of the pool.

### **Scull with Fly Kick**

Push off arms by side, dolphin kick along the bottom for six kicks.

### **Speed Drill**

Butterfly arms with freestyle kick. Full speed.

### **Kicking Drills**

Standard kick, lateral kick (on side), underwater kick front and back. Vertical kick – arms by side, knees together, ankles together, point toes, lead with knees and kick feet. Hyper kick.

## **GOAL SETTING**

Each swimmer is asked to write down her goals for 2016. Place your sheet where you can read it. Share your goals with other people. Verbalising your goals can assist in making them more achievable and realistic. Perhaps you may even inspire another person to take on a challenge. Reassess your goals throughout the season and make sure you take the steps to achieve them.

### **What Are Goals?**

Goals are simply the things which you (and/or your team) want to achieve. More specifically, a goal is defined as *attaining a specific standard of proficiency on a task, usually within a specified time limit*. From a practical perspective, goals focus on achieving a standard, whether it be increasing one's batting average by 10 points, lowering one's time in the 800 metres or losing five kilograms. This definition also implies that such performance standards will be achieved within a specified unit of time such as by the end of the season, within two weeks, or by the end of practice.

### **Why Set Goals?**

Goals help to provide a focus, motivation, and direction, and to produce better results.

Young athletes who learn to regularly set and review goals for training and competition also develop the ability to control their actions. This is an important attribute as athletes begin to compete at an elite level.

### **Effective Goal Setting**

Goal setting can be enhanced if you set SMART goals.

#### **Specific Goals**

Goals that are specific are easier to attain. A non-specific goal might be 'I want to swim my best'. This says very little about exactly what you want to achieve. A more specific goal would be 'I want to beat my 50m freestyle time by 0.5 seconds'. Try to think about exactly what you want out of this swimming season, and set your goals from there.

#### **Measurable Goals**

This will enable you, as an athlete, to know if the goal is achieved, and to measure your improvement (or lack of). An example of a measurable goal would be 'I want to attend at least three training sessions every week until IGSSA.' You are able to mark off those training sessions you attend and therefore measure how well you have achieved that goal.

#### **Achievable Goals**

The goal needs to be beyond your current capability but not so far beyond it that it becomes impossible! Understand your motivation and persistence, and try to set goals past what you are already achieving.

#### **Realistic Goals**

'I'm going to win the 100m freestyle at IGSSA' may be your goal, but it's pretty unrealistic if you are a breaststroke swimmer. Unrealistic goals will only lead to frustration and a potential failure.

#### **Time Based Goals**

Set a time in which you will achieve the goal to increase your motivation.

# My Goals for the 2018 Swimming Season:

This sheet is for you to reflect on your goals.

<http://mashable.com/2016/08/16/2016-olympics-quotes/#qrVUpkweRaqh>



**My short-term goals:**

**My medium-term goals:**

**My long-term goal:**

Stay positive and believe in yourself.

Make sure your goals are realistic but challenging.

Good Luck. We look forward to a fun and successful swimming season in 2018.

