

50 SWIM TIPS

For Junior and Age Group
Swimmers



Version 2.01

GARY BARCLAY

First Published in 2012

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Version 2.01

ISBN: 978-0-9872614-1-0 (eBook)

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ABOUT GARY BARCLAY



GARY BARCLAY is one of the world's leading educators in the sport of swimming and has spent more than 37 years as a swimmer, swim teacher, swimming coach and athlete manager of elite swimmers.

His passion is to educate swimmers and their parents, swim teachers and swimming coaches on the many different and important facets of swimming.

Gary's book 'Swimming for Parents' has received rave reviews from parents of swimmers from countries all over the world. Recent sales have been made to parents in USA, Canada, Great Britain, Australia, New Zealand, Sweden, China and Japan. The book has also been enjoyed by swimming coaches and age group swimmers with terrific feedback received.

Gary has lectured to teachers, coaches and parents in many countries around the world with the most recent visits to Sweden and China. He is a regular lecturer at the Australian Swim Coaches and Teachers Association Convention in Australia.

Gary coached swimming for 10 years and was very successful with swimmers at a State, National and International levels. His ability to clearly communicate with the swimmers and parents was a major asset during his coaching career. He was also able to combine solid programming with a culture of motivation to ensure each swimmer reached their potential.

He currently works as CEO for a large swimming organisation that employs more than 130 swimming teachers and coaches in Melbourne, Australia.

You can reach Gary at www.theswimmingexpert.com

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INTRODUCTION

Over many years I have watched swimmers of all ages and abilities take part in swimming training sessions and compete at swim meets.

'50 Swim Tips for Junior & Age Group Swimmers' lists my observations and recommendations on how swimmers can improve in their swimming and how parents can support their child's involvement in the sport.

The tips will assist swimmers of all ages to improve how they train and how they swim each of the four competitive strokes—freestyle, backstroke, breaststroke and butterfly.

Junior and age group swimmers will be the ones who will benefit the most by reading and practicing the suggestions in these tips.

The book begins by listing 20 of the most important tips based on observations at training sessions.

By following these tips, swimmers will be able to dramatically improve their swimming and associated technique, skills and drills.

Swimmers who actively improve in these areas will also show major improvements in their competition performance over time.

Health and nutrition is an important part of every swimmers training and competition program. The tips in this chapter will assist swimmers to perform at their best by eating well and staying hydrated.

Parent education is very important in the sport of swimming and the next section provides tips for swimming parents on how they can best support their child.

There is also a link to my book [Swimming For Parents](#) which is the only book of its kind available for swimming parents and has been purchased by swimming parents in more than 30 countries around the world.

The remaining chapters look closely at each of the four competition strokes—freestyle, backstroke, breaststroke and butterfly. The tips provided here will assist all junior and age group swimmers to improve in training and competition.

Give a copy to a friend

This eBook is free and can be passed onto others in its entirety only. If you paid for it, you've been robbed.

Swimmers, parents and coaches are welcome to pass this book onto other families in their swimming club.

It may also be provided in its entirety as a resource to families in your swimming club or swimming organisation through your club newsletter or website.

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TRAINING SKILLS

The training skills listed below provide the foundation for you to become a top level swimmer. Read each of them carefully and then put them into practice on a daily basis.

1. Push off on time

Many swimmers of all ages push off the wall to begin a swim by either pushing off early, so they can beat the person next to them or get a fast time, or by pushing off too late.

For those leaving early, you are only cheating yourself and the time you get is not a real time. If you push off late it is normally because you are not 100% focused.

A majority of swimming pools either have digital clocks or round clocks that swimmers can use to push off at the right time. Make sure you always start a swim on the right time.

2. Push off the wall correctly

Swimmers should be taught at a young age to push off the wall on their side with their feet pointing towards the side of the pool, not the bottom. One hand can hold the wall and the other hand out in front so that the swimmer can push off on their side. Bring the hand on the wall over the water to join the hand in front and then streamline underwater.

By developing the skill of pushing off correctly swimmers will find it much easier to learn freestyle, breaststroke and butterfly turns as the push off from the wall in all three strokes begins on their side. By practicing pushing off the wall correctly, established swimmers will also benefit from improved coordination of their turns.

3. Streamline underwater

If I had one dollar for every time I have heard a coach ask a swimmer to streamline, I would be a very rich man. Streamlining is one of the first skills young swimmers are taught in learn-to-swim however it seems to be one of the most difficult skills for age group swimmers to do correctly.

Streamlining is about placing one hand on top of the other, extending the arms so the elbows are straight, squashing the head in between the arms to minimise resistance and keeping the body in a nice straight position as you kick hard through the water.

It is also about keeping the core body tight and straight, the legs straight and together, and the feet together with toes pointed. Make sure that you are streamlining correctly with your whole body every time you dive in or push off the wall.

4. Fast kicks off the wall

The reason many swimmers do not move fast when they are underwater is because they do not put the effort required into their kick. Once you have pushed off the wall correctly, in a streamlined position, and you feel yourself just starting to slow down, you need to do fast butterfly kicks to maintain your speed. Slow or even moderate kicks just don't rank.

The kicks must be fast in both the upward and downward directions.

5. Read the clock

As you become a more established swimmer, you must learn to read the clock.

Too many swimmers rely on others to work out when they should be leaving for the next set rather than learning themselves. Reading the clock also becomes important when you are doing sets and need to know what time you are swimming.

Practice reading the clock on dryland first. Once you can master this, you can practice reading the clock and understanding how it works in the water.

6. Swim or kick each lap continuously

Get your feet off the bottom. Young swimmers have a desire to stand up if they train in water that is not deeper than them. This is especially true in kick sets where some swimmers will place their feet on the ground and push off at least once on each lap.

By standing up in the middle of a lap you reduce the training effect of swimming or kicking continuously. You will also get in the way of the person behind you, leading them to stand up and push off the bottom as well.

7. Accelerate Turns

A really good habit for swimmers of all ages is to accelerate in and out of the wall every time you complete a turn in training. By doing this, you will train the body to accelerate naturally when you are approaching a turn and this will be reflected in your races.

Many swimmers actually slow down as they enter a turn, so if you practice speeding up, your turns will become a major advantage for you compared with other swimmers and your times will improve.

8. No breaking on dives

In training, coaches will provide swimmers with the opportunity to practice dive starts. These may be done just as dive sprints to 15 or 25 metres or as part of a bigger set. When you do these, it is important that you practice exactly what you wish to do in a race.

There is no excuse to break (leave the block before the coach says go) when you are practicing these in training. What you do in training is what you will do in a race and there is no worse feeling than being disqualified in a race for breaking at the start.

9. Accelerate Finish

A great habit for swimmers of all ages is to accelerate (swim faster) from the flags into the wall at the end of every swim in training. By creating a habit of finishing strongly in training, you will also be able to finish strongly in races.

When you are swimming into the wall fast, make sure that you touch the wall correctly (eg two hands together in breaststroke and butterfly) at the end of every swim.

10. Correct Technique

The best swimmers train and compete using correct technique. Learning to swim with correct technique is the most important part of becoming a top level swimmer.

Many swimmers do not realise how important correct technique is at a young age. It is much easier to change your technique between the ages of 8 and 12 years than it is when you are 13 years and over.

Every time your coach talks about technique, listen carefully and then do exactly what they say.

11. Learn How to Pace

Once you can swim distances of 100 and 200 metres and above, your coach will begin teaching you about pacing. The idea behind learning how to pace yourself is to achieve the fastest time possible in your race by completing a number of equally fast laps.

Learning to pace can be fun and many coaches will provide swimmers with the opportunity to do 50 metre swims aiming to hold the same time for each one, so that you know how it feels to swim that fast lap after lap.



12. Stroke count

A great way to measure how efficient you are in training is to count the number of strokes that you do each lap. By reducing the number of strokes in a lap and swimming the same time, you are swimming more efficiently.

Stroke count can be used in all four strokes and is a popular way of ensuring that you get the maximum distance per stroke.

13. Fingers together

One of the easiest ways to ensure you get maximum distance on each stroke is to make sure that your fingers are together when you are pulling through the water. Your fingers should be held lightly together so that they form a webbing.

If they are squeezed tightly together you will not be able to feel the water. Swimmers should be able to feel when their fingers are apart as the water will move between the fingers. If this is the case, bring your fingers together.

14. Negative Split

A great skill to learn in swimming is to be able to negative split in training and races. To negative split is where the second half of the race is faster than the first half of the race.

For example, many children swim quite fast in the first 50 metres of a 100 metre race and then swim considerably slower in the second 50 metres. By training to swim the second half of the race faster than the first, swimmers will gradually close the gap between the first and second 50 metres until there is a very small difference between the two.

15. Train in all 4 strokes

While many swimmers want to focus on one stroke at an early age it is important that they concentrate on all 4 strokes at least until they are 15 years of age.

There are many top swimmers around the world who achieved results in one stroke at a young age and have gone on to represent their country in a different stroke. The reason this was possible was because they continually practiced all 4 strokes throughout their junior and age group years.

Swimmers who train and compete in all 4 strokes also enjoy a lot of variety in training and at competitions.

16. Train to race IMs

One of the best events to measure your improvement at a young age is the 200 metres Individual Medley.

All young swimmers should be encouraged to train for and compete in this event. It provides swimmers with a guide on how they are improving in all four strokes and how their fitness and aerobic capacity is improving. Swimmers also learn how to pace themselves over a 200 metre event and how to complete medley turns correctly.

17. Pre-training warm-up

Many coaches encourage the swimmers in their squad to arrive at least 15 minutes before practice starts to complete a dryland warm-up. The purpose of this is to warm up the body, increase flexibility, get the blood flowing and reduce chances of injuries.

Many swimmers do not realise how important a correctly completed pre-training warm-up can be if it is done correctly on a daily basis. They waste the opportunity to reduce the chance of injury and make other improvements.

18. Encourage Your Teammates

While swimming is an individual sport, working together with your training mates is an extremely important part of being involved in the sport. Whether it be in training or at a competition, the encouragement that swimmers can provide to each other is extremely important.

The best times to encourage your teammates are during hard sessions at training or if one of them is having an 'off' day. Make it a priority to encourage your team mates on a regular basis.

19. Listen to Your Coach

This is particularly relevant to young swimmers who love to catch up and chat with each other at the end of every set.

Once your coach begins talking, all swimmers in the pool should zip their mouths and listen intently. Watch the coach closely so that you can see them speaking and watch any demonstrations. Listen to your coach with an open mind, ready to learn new skills, drills or hints that can help you to improve your swimming.

20. Remember what you have been asked to do

It is one thing to listen to your coach and read what you are doing off the whiteboard, it is another altogether to do what you have been asked to do. This is especially true when you are asked to make an alteration to your stroke technique by your coach.

When your coach asks you to adjust your stroke or aspects of a start, turn or finish you have the responsibility to remember to make the change every time you do that skill. Doing it once or twice and then forgetting about it is not acceptable. If you wish to improve then you must continually work on improving the skills required.

Your coach should not have to ask you over and over again to do the same thing.

HEALTH & NUTRITION TIPS

By learning and maintaining healthy habits, junior and age group swimmers will perform better in and out of the pool.

21. Heart Rate in the Morning

An easy way to monitor your own health is to check your heart rate as soon as you wake up in the morning. If you do this on a daily basis, before you get out of bed, you will record a similar heart rate each day. If you wake up and check your heart rate in the morning and it is slightly higher than normal, then this is an early indication that you may be getting sick.

22. Drink Fluids during Training

Swimmers train in water, and when they train hard, they sweat. Many swimmers don't realise they are sweating because they are already in water.

It is vital for swimmers of all ages to drink water or sports drinks before, during and after training to ensure that they stay hydrated. It is very common that swimmers take water bottles to practice and leave them at the end of the pool to sip on throughout the session.



23. Baseline Nutrition

The baseline diet is the day to day diet that a swimmer and other family members consume. There is little point in introducing specific sports nutrition strategies if the basic diet of a swimmer is poor.

Sports nutrition strategies have the most benefit when they are teamed with a well balanced and designed baseline diet.

24. Fuel for Training

The body needs fuel to drive performance and if that fuel runs out, then fatigue will set in. This is important to consider for training sessions. In general for a training session less than an hour in duration, drinking water is fine and the swimmer will not need extra carbohydrate food sources. For any training session over an hour in duration, a sports drink may help maximise performance (as they provide extra fuel for the muscles which helps to delay fatigue). If the swimmer chooses not to consume sports drinks they can have a small carbohydrate based snack and water.

25. The Best Snacks

Two to four hours before a training session is the ideal time to top up the muscles with carbohydrate and ensure that the swimmer is hydrated before starting the session.

Some great snacks include fresh fruit like a banana, strawberries or watermelon and breads like crumpets, multigrain toast or wholemeal toast.

Nutrition for Swimmers

For athletes or parents who are after more information on sports nutrition and the best foods and drinks to have in periods of training and competition, go to www.NutritionForSwimmers.com.

PARENT TIPS

Parent involvement is very high in swimming, particularly once a junior or age group swimmer starts training more regularly and attends competitions. The tips below will help every swimming parent to better support their child.

26. Let the Coach, coach

Most parents will pay good money for a swimming coach to train their son or daughter so let the coach lead and develop your child with their swimming.

It is important that parents let the coach be the coach and do not provide their son or daughter with conflicting advice. This is especially important at competitions. Many parents think they are doing the right thing and provide their children with advice. Often, this advice conflicts with advice provided by the coach and the swimmer does not perform to their best.

27. Support the Coach

Parents are encouraged to support their child's coach. Children are very perceptive and will often pick up on the vibes if you are not supportive of their coach.

Both public and private (at home) support of your child's coach is important. If you have concerns in regards to what the coach is prescribing in training or how the coach is communicating with your child, then speak to the coach privately in regards to your concerns.

28. Encourage Your Child to Attend Training

Most coaches will advise swimmers how many sessions they should attend. There will be days where your child may need some encouragement to attend a designated training session. They may be a bit tired or not as focused as normal. It is okay to provide encouragement for your child to attend training on these days.

There may also be days where your child is unwell. It is okay to miss a session if this is the case, particularly if it helps them to recover more quickly.

29. Strong Parent / Child Relationship

Developing a strong relationship with your child is very important.

Swimming offers a number of opportunities to further development this relationship. There is often a lot of time spent driving to and from training and competitions whereby the parent and child can spend time chatting and sharing ideas and thoughts.

To be an active swimmer, parents need to provide many different types of support for their child including emotional support during the year and at competitions.

30. Educate Yourself on the Sport of Swimming

Many parents do not educate themselves to the levels required to support their child once their child starts competing in junior and age group swimming.

There are so many things to learn and so many situations that you will come across that it is important to arm yourself with the correct information to ensure that you possess the information that will assist your child on their journey through competitive swimming.

Swimming for Parents Book

The most popular educational resource for parents of swimmers of all ages is the book 'Swimming for Parents'. Copies have been purchased by parents and coaches in more than 30 countries around the world. The latest edition of the book has been released and is now available at www.SwimmingForParents.com.

FREESTYLE

Freestyle is the first stroke that a majority of junior and age group swimmers learn and then use in competitions. Listed below are five key tips that will assist the development of a swimmer's freestyle.

31. Breathing out of a Start or Turn

When a swimmer has just dived into the pool or pushed off the wall to swim freestyle, a majority of them will turn their head to breathe on the first stroke. There is no need to take a breath on the first stroke as the lungs do not need additional air straight away.

The swimmer should take two or three strokes, blow all their air out and then turn to take a breath. This enables them to streamline more effectively, get some good power on the first few strokes and sets them up with good technique from the start of each lap.

32. Breathing Head Position

A swimmer's head position in freestyle is important and none moreso than when the swimmer is breathing. When the head turns to the side to breathe, it should turn to a 90 degree angle so that one eye and most of your mouth are out of the water. Aim to keep the head parallel to the water surface with one eye remaining under the water. It is not necessary to turn the head any more than this.

Also be aware not to 'lift' the head when breathing as this will increase the resistance against the body and slow the swimmer down.

33. High Elbow Position

Swimmers traditionally have a high elbow position when the arm is recovering over the water in freestyle. It is however a high elbow position under the water that will ensure that the swimmer gets a good catch and propulsion forward.

Too many swimmers drop their elbow under water and do not get a good catch and their hand just slides through the water.

34. Finish Your Stroke

As swimmers get tired swimming freestyle, some of them will shorten their strokes so that their hands come out of the water at their waist. If the elbow bends towards the end of the underwater pull and the hand leaves the water before it has finished pulling through, the stroke is shortened and the swimmer expends more energy because they have to take more strokes in each lap.

Make sure each freestyle armstroke is completed underwater so that the body moves as far forward on each stroke as it can before starting the arm recovery.

A good reference point is for the thumb to brush past the side of the thighs, below the bather line, before the hand leaves the water.

35. Breathing at the Finish

Many races are decided in the last 5 metres, between the flags and the wall.

Everytime a swimmer does a finish in training, whether it be an easy swim in warm-up or a hard effort, they should practice holding their breath from the flags into the wall. If this is practiced enough in training it will become a habit in a race.

Learn More on Freestyle

If your favourite stroke is freestyle and you wish to improve your technique and want to swim freestyle faster then go to www.SwimFreestyleFast.com.

BACKSTROKE

The 5 backstroke tips below will assist a backstroke swimmer to improve key elements of training and racing in backstroke events.

36. Butterfly Kick Underwater

The more backstroke races you watch, the more you will see swimmers doing butterfly kick underwater on their back every time they push off the wall.

Short fast butterfly kicks underwater will propel the body fast through the water on every start and turn. Young swimmers should initially practice doing 4 butterfly kicks off the wall and then extend this to 6, 8 and then 10 kicks on every push off. The more this is practiced in training, the easier it will be done in a race.

37. Hand Entry

The correct position for the hands to enter the water in backstroke is with the arms straight, elbows locked and the little finger entering the water first with the palm facing outward.

The hand should be positioned in-line with the shoulder and cut into the water taking the minimum number of air bubbles with it.

38. Body Roll

Many young swimmers start swimming backstroke with fairly flat shoulders. Once they begin junior squad swimming, their coach will introduce a rolling of the shoulders so that when their left hand enters they are rolling onto their left side and when their right hand enters the water they are rolling onto their right side.

By rolling from side to side (through an axis down the middle of the body) they will be able to press down on the catch on each side and pull through more effectively.

39. Stroke Rate

Once a backstroke swimmer has developed correct technique, their stroke rate will determine how fast they go (so long as they maintain a clean catch on the water throughout the under water pull).

Many swimmers develop good technique in backstroke but do not train at different speeds to teach their arms and hands to hold the water at various speeds. Moving your arms over at a reasonably fast rate, whilst still maintaining a good feel of the water is very important to be a successful backstroker.

40. Accelerate Turns and Finish

Everytime a swimmer gets the opportunity to do a backstroke turn they should accelerate as they go under the backstroke flags and do a fast turn and then kick hard off the wall using the butterfly kicks described earlier. As they break the surface, the first 3 strokes should be strong and fast.

If this is practiced over and over again in training, a swimmer will naturally complete fast turns in a race. The same can be said for finishes. If fast finishes are practiced in training, then it will become a habit to finish fast in a race. The best thing about practicing fast turns and finishes is that 95% of swimmers slow down as they turn or finish and fast turns and finishes can be a real asset to a swimmer.



Learn More on Backstroke

If your favourite stroke is backstroke and you wish to improve your technique and want to swim backstroke faster then go to www.SwimBackstrokeFast.com.

BREASTSTROKE

Now the tips below will really help a budding or accomplished breaststroke swimmer to improve.

41. Elbows Straight on Out Sweep

One of the most common mistakes that swimmers make in breaststroke is the bending of the elbows on the initial outward sweep.

When you begin the outward sweep in breaststroke the palms should be facing outward and downward and as they press outward, the elbows must stay locked in straight until your hands are just wider than your shoulders.

42. Accelerate Kick

One of the most important aspects of swimming breaststroke well is to accelerate the kick through until the two feet come together. Too many swimmers begin the backward thrust of the kick with good speed and then slow down until the feet stop before they even come together.

When the kick begins it should increase in speed as the feet kick backwards until the feet hit together at the end of the backward thrust.

43. Timing

Correct timing in breaststroke is critical for a swimmer to swim breaststroke well.

The arms begin to pull apart and once they reach just wider than the shoulders they begin to pull backward and the head begins to rise. As the hands sweep inwards at the end of the inward scull the head will be up and the swimmer will be taking a breath.

At the same time as the hands sweep inward, the legs raise and the head and heels will be at their highest point at the same time. As the hands start their underwater recovery, the head starts going back down and the feet begin the backward thrust. The recovery of the hands and the head going down should both happen very quickly so that the front half of the body is in a streamlined position when the legs are completing the second half of the kick backwards. The body then goes into a streamlined position.



44. Split Stroke

From a young age, swimmers are taught to do a split stroke whenever they start or push off the wall in breaststroke. A split stroke includes a breaststroke pull through, so that the hands come down straight by the hips. A dolphin kick may be completed as soon as the hands come apart for the start of the pull through, and a breaststroke kick is done as the hands recover back under the body.

This is all completed under the water so swimmers need to practice them over and over again to get used to holding their breath.

45. Starts & Turns

The breaststroke start and turn are an important component of the breaststroke race and there should be plenty of focus on these two skills in training.

At every opportunity, swimmers should complete all starts and turns with correct technique and at a solid speed. Unless these starts and turns are practiced regularly and correctly in training, they will be very hard to do in a race situation.

Learn More on Breaststroke

If your favourite stroke is breaststroke and you wish to improve your technique and want to swim breaststroke faster then go to www.SwimBreaststrokeFast.com.

BUTTERFLY

For those who want to improve their butterfly, the following 5 tips will help a lot. While they are simple, if they are completed on a daily basis, your butterfly will improve.

46. Dolphin Kick Underwater

Similar to backstroke only on your front, the dolphin kick in butterfly is becoming more and more important each year.

On every start and turn practiced in training, swimmers should aim for 4, 6 and even 8 butterfly kicks underwater while the top half of the body is held in a streamlined position.

Swimmers who cannot complete effective butterfly kick underwater will struggle to compete against their peers.

47. No Breathing on First Stroke

When young swimmers learn butterfly they often breathe on the very first stroke.

The best way to learn butterfly initially is to do 4 strokes without a breath, stop and stand up. As you introduce breathing, the first breath of each lap should be taken on the second stroke and not the first. This gives the swimmer the opportunity to get the timing of the arms and legs correct before introducing the breath. There is no need to breath on the first stroke.



48. Breathe Every Two Strokes

When young swimmers learn butterfly they often learn to breathe on every stroke. By breathing every stroke many young swimmers end up swimming at an angle with the water, with the head high and the legs low in the water, creating resistance, which slows them down.

By breathing every two strokes from a young age, swimmers learn to focus on their arms, legs and their timing. They have a more streamlined position in the water (head down, feet up) and tend to breathe at the correct time rather than too late.

49. Proper Butterfly

Many swimmers are tempted to do a single arm stroke when they pass another swimmer in the same lane to avoid clashing hands. It also provides them with a very brief rest from doing normal butterfly.

The good butterfly swimmers always train using a correct double arm stroke without doing single strokes during butterfly swimming. There is a place for single arm butterfly, as a drill to improve stroke technique and timing, but not when normal butterfly is being swum in training.

50. Swim Butterfly Correctly

Many swimmers want to do longer distances of butterfly including 50's and 100's before they can do shorter distances of butterfly with correct technique and timing.

If a swimmer cannot hold good technique and timing over 25 metres then they should focus on completing shorter distances correctly, eg. 12 ½ 's. The same is said for 50's of butterfly. By doing lots of 25's correctly and gradually shortening the rest, the swimmers endurance will improve, whilst maintaining correct technique and they will soon be able to do the same with 50's.

Learn More on Butterfly

If your favourite stroke is butterfly and you wish to improve your technique and want to swim butterfly faster then go to www.SwimButterflyFast.com.

RESOURCES

Throughout this book I have referenced a number of useful websites. They have been provided for you in summary below.

The Swimming Expert

www.TheSwimmingExpert.com

The swimming expert provides useful tips, resources and information to help you improve your swimming. The website will continue to expand over time and provide plenty of information for swimmers of all ages, coaches and parents.

Swimming for Parents

www.SwimmingForParents.com

Swimming for Parents is an excellent resource for all swimming parents. The book 'Swimming for Parents' has been written for an international audience and is the number one selling book on this topic in the world.

There is also a great resource section www.SwimmingForParents.com/resources that includes information for club websites and how to join the Swimming For Parents affiliate program, where you can make money for your swimming club for every book sold.

Nutrition for Swimmers

www.NutritionForSwimmers.com

All children who participate in the sport of swimming can greatly benefit from sports nutrition. As swimming is based on strength, power, endurance and agility, a swimmer can eat a tailored diet based on their training and competition requirements.

As well as the benefits an athlete will enjoy from improving their sports nutrition habits, adolescence is also a great time to introduce and reinforce good overall nutritional habits for the future years. Nutrition for Swimmers is an ebook that can be used as a guide for families on what to eat when and specifically focuses on eating guidelines around swimming training and competition programs.

Swim Freestyle Fast

www.SwimFreestyleFast.com

The Swim Freestyle Fast website provides information on freestyle technique including tips and drills to swim better freestyle.

There are also a range of DVDs available that look solely at freestyle and provide drills and skills for swimmers, parents and coaches.

Swim Backstroke Fast

www.SwimBackstrokeFast.com

The Swim Backstroke Fast website provides information on backstroke technique including tips and drills to swim better backstroke.

There are also a range of DVDs available that look solely at backstroke and provide drills and skills for swimmers, parents and coaches.

Swim Breaststroke Fast

www.SwimBreaststrokeFast.com

The Swim Breaststroke Fast website provides information on breaststroke technique including tips and drills to swim better breaststroke.

There are also a range of DVDs available that look solely at breaststroke and provide drills and skills for swimmers, parents and coaches.

Swim Butterfly Fast

www.SwimButterflyFast.com

The Swim Butterfly Fast website provides information on butterfly technique including tips and drills to swim better butterfly.

There are also a range of DVDs available that look solely at butterfly and provide drills and skills for swimmers, parents and coaches.

