

LA84 Coaches Clinic

Head Coach Responsibilities

- I. Maintain current CPR, First Aid and Coaches Safety Training certifications.
- II. Attend all Team Meetings.
 - A. Communicate clearly with assistant coaches.
 - B. Pass on pertinent information to assistant coaches and team members.
 - C. Set team competition schedule.
 - D. Meet all deadlines for submission of information requested by the League/Conference Officers and their committees.
- III. Attend VCSC staff meetings in June, July and August.
- IV. Read and be knowledgeable of all the information available on the Team/League/Conference web site.
- V. Create and Maintain a Team Roster – name, address, phone number, email address, birth date, etc.
 - A. Obtain preliminary roster from initial registration forms.
 - B. Update roster through direct communication and phone calls.
- VI. Take attendance at every practice and competition.
- VII. Handout Team Event Schedule.
 - A. Review schedule with swimmers.
 - B. Review schedule with parents.
- VIII. Follow Recommended Practice Content Outlines.
- IX. Make daily notes in your Practice notebook
- X. Organize Parent Meetings and volunteers.
 - A. Hold parent meetings in accordance with recommended schedule.
 - B. Fill all positions outlined in parent meeting outline.
- XI. Communicate with Assistant Coaches.
 - A. Schedule and hold bi-monthly staff meetings.
 - B. Review practice and competition schedule.
 - C. Review practice content outlines.
- XII. Coordinate team uniform package.
- XIII. Coordinate team picture day with your team's Parents and swimmers.
- XIV. Coordinate end of season gathering with your team's Booster Group Awards person.
- XV. Build the membership of your team. Develop strategies with the Recreation and Parks staff at your pool to promote and build your team numbers.
- XVI. Develop outstanding working relationships with all staff and programs that share the pool you work at.

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The Habits of Great Coaches

Great Coaches

- 1) Get to practice early, and are prepared for an organized, focused and productive practice sessions.
- 2) Praise in public, discipline in private.
- 3) Always remember, they are viewed as a professional, a leader, and a role model.
- 4) Respect their athletes and their efforts.
- 5) Communicate clearly, directly and in a timely manner with athletes and parents.
- 6) Always keep their eyes on the pool or upon their group's activities.
- 7) Avoid distractions during practice (parents, idle talk with other coaches).
- 8) Do not use cell phones during practice sessions, except for emergencies.
- 9) Do not sit down during a practice session.
- 10) Do not use profanity.
- 11) Never push their swimmers into the pool.
- 12) Get into their practices (coaches should be tired after practice, too!)
- 13) Look for (and find) teaching opportunities.
- 14) Are willing to go the extra mile to get things done right!

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Principles of Dryland Training for Young Swimmers

Overview

Prior to each practice and competition it is important for every swimmer and team to gather and perform a series of necessary physical and mental activities. The warm-up should last 5-10 minutes.

The warm-up activities that young swimmers ought to perform must function to prepare both the body and mind for the tasks and exertions that lie ahead of them.

Words from the coach are also a necessary aspect of preparing each young swimmer to receive the greatest benefit and learning from the activities that lay ahead. The coach should briefly preview the specific points of focus that will be most important in achieving desired results.

A loud and lively team cheer following the warm-up and discussion will often raise the interest and motivation of all the members of the group.

Physical Objectives for Pre-Practice and Pre-Meet Warm-up

A physical warm-up increases circulation and raises the body temperature. The result will be muscles that are ready to perform and much less likely to become injured.

The greater the variety of skills performed the better. A high level of specificity of the activities, related to the upcoming swimming, will also allow the young athletes to improve their kinesthetic awareness of the skills to be performed in the water. Dryland activities prior to warm-up and races should awaken the muscle movements and instincts that will lead toward a maximal performance by the swimmers.

Watch the group closely and make sure that the physical skills that you ask the swimmers to perform are executed correctly. Require that all group members remain attached to the group. Do not allow sub-groups to form. Talking amongst the athletes needs to be minimal.

Mental Objectives for Pre-practice and Pre-Meet Warm-up

The physical "warm-up" activities and the mental "focus" activities performed prior to the upcoming event are equally important all swimmers.

Whether a practice or a competition, the coach must take the moments prior to a practice or competition to speak with the team and individuals about what they will be doing. The coach should recognize and address situations and details that an energetic or reluctant young competitor and their parents may have overlooked. It is the coach's responsibility to enable the team to be aware of and focused upon the task at hand.

There is a balance of excitement, confidence and control that the coach needs to inspire in the swimmers, the swimmer's parents and even the assistant coaches. Too much of any one of these elements will almost certainly undermine the success that individuals and the team may have on a given day. The coach needs to "read" the team and know what the team and individual team members need from their leader.

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Principles of Coaching a Summer League Swim Team

Basic Overview:

The purpose of a summer league swim team is to provide a fun, exciting, seasonal competitive swimming experience. The long-term objectives are to promote the sport of competitive swimming as a fun, activity, to make kids water-safe, to promote fitness as a way of life and to build self-esteem in the young athlete.

General Objectives For The Swim Team Program:

1. To provide a safe, enjoyable introduction to the sport of competitive swimming
2. To teach the fundamentals of proper swimming technique in a supportive, challenging and, above all, professional manner.
3. To help swimmers to improve their self-esteem by emphasizing individual improvement instead of winning races.
4. To teach promote fitness as a way of life.
5. To promote a good sportsmanship.

Specific Tips For a Good Summer:

1. Show up 15 minutes early to make sure that pool set-up is done and you are ready to greet each group of kids and parents when they first show up to the pool.
2. Learn the names of each kid in the program within the first week. Use the names at every opportunity.
3. Coach to the individual. Make sure that you say something specific to each kid in the water at least 3 times per practice (quite a challenge).
4. If a child cries, stops at the wall or makes a similar plea for attention, notice it, find out what is wrong and encourage continuation with the activity.
5. Always have at least one coach in the water every practice, particularly on the coldest, wettest days of the year.
6. Start on time. Where running multiple programs, finish the previous one early enough that the next program gets in on time. Where necessary, have one coach start warming up the next group while the previous group is in the water or while pool set-up is being finished.
7. Provide frequent, timely communication. Warn parents when deadlines are approaching. Assume nothing and remember, most kids and parents have NO experience with the sport.
8. Take a pro-active approach toward getting kids to workout and meets. Take daily and meet attendance, and follow-up with kids who miss.
9. Put on your best face and be warm and friendly every day at practice no matter what else is going on in your life. Many of these kids will revere you and a smile from you could well be the highlight of their day.

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Principles of Stroke Development for Novice Swimmers

Overview:

Planned practice time for a novice level swim team should be directed 90% to the acquisition and development of physical and mental swimming skills that will guarantee each swimmers continued improvement in the sport. The remaining 10% of the practice time should be directed toward enjoyment of the water and team environment. Novice swimmers do not need to be “trained” they need to be taught. Novice swimmer need to rehearse movements and skills until either physical or mental fatigue lead to a deterioration of the desired actions occurs, then it’s time to move on to something else.

Novice coaches should be prepared to take small steps, keep activities simple, explanations short, keep a smile on the face and maintain the patience of a saint. Watch and listen to your swimmers and do not push them beyond what they are capable.

If an individual is not getting what you are working on, move on. If a group is not getting what you are working on you may be moving too fast or not making yourself clear. Try it another way and be ready to move on.

General Objectives for Stroke Development:

- Keep drills simple and keep distances swum short.
- Primary focus should be placed on head and body position.
- Develop a proper kick and be as repetitive as possible with kick oriented drills.
- Use a kickboard to teach kicking with a stabilized upper body.
- When developing the arm strokes start with low frequency repetitions of stroke cycles.
- Maintain focus on stable head and body position.
- Use a small pull buoy to assist with body position as the swimmer focuses on the arm stroke.
- Encourage the swimmers to kick with their feet while using the pull buoy.
- Increase stroke cycle frequency gradually with the progression of the drills.
- Recognizing the breath cycle as offering a major moment of stroke interruption and inefficiency for inexperienced swimmers.
- Don’t spend too much time talking. Young kids are easily bored; they get cold quickly and will only remember one or two basic commands.
- Communicate a clear model of what you want each stroke to look like. Utilize visual aids whenever possible.
- Develop an initial model including the idea of “holding” on to the water with the arms.
- Use one word commands to identify and relate the movements you want the swimmers to perform.

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The Long Axis Strokes

Freestyle and Backstroke are the typically easier to teach than their counterparts, the short axis strokes.

Challenges to overcome are; core instability resulting in flailing arms and legs, side-to-side head movement, lower body drag or wiggle.

Use a kickboard to stabilize the upper body and focus on the kick.

Use a buoy to elevate a dragging lower body and work on the arm strokes.

Follow the progression of pause drills in the stroke drill list to develop the full stroke.

Specifically determine the timing and placement of the breath within every lap and drill cycle performed.

Teaching swimmers to count the six kicks of a six-beat-kick will enable them to develop a sense of stroke rhythm more quickly.

The Short Axis Strokes

Butterfly and Breaststroke require greater core control and more powerful movement capabilities than their counterparts, the long axis strokes.

Challenges to overcome are; core instability resulting in low body position and or poor coordination of upper and lower body movements.

Use a kickboard to stabilize the upper body and focus on the kick.

Use a buoy to elevate a dragging lower body and work on the arm strokes.

Follow the progression of pause drills in the stroke drill list to develop the full stroke.

One arm swimming for butterfly greatly reduces the power component of each stroke cycle and permits repetitive strokes and the opportunity to develop the butterfly kick and arm stroke rhythm.

Specifically determine the timing and placement of the breath within every lap and drill cycle performed.

Dryland instruction of the breaststroke kick is very helpful in teaching patterning the leg muscles in what to do. Multiple kicks with periodic arm cycles allow the opportunity to develop the breaststroke kick and arm stroke rhythm.

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Novice Team Stroke Drill Lists Basic Instruction Progression

Freestyle

I. Proper Push-off Technique

One hand on the wall, knees up, bottom down.
Under, over, sink, streamline, push, kick, break out.

II. Head and Body Position

Maintain balanced, powerful positions Flat body, neutral eye position.
Water across top of head.
Maintain a steady kick on the surface.
Even body roll from hips to shoulders.
Sustain full roll as stroke frequency increases.

III. Kick

A. Power Kick Drill

Under water kicking, 2-3 feet below the surface, streamline position, eyes remain neutral.

Scull up for a breath, dive under and continue.

Toes pointed, allow knees to bend, feel up-kick and down-kick.

B. Surface Kick Drill

Arms extended, hands sculling.

Lift face for breath.

Return to proper head position.

Experiment with different head positions while kicking and recognize effect on

hips and kick (chin to chest :05 -- neutral :05 -- eyes forward :05).

C. Side Kick Drill

Bottom arm extended, hand sculling, top arm at side, shoulder up.

Maintain proper head position and pressure on chest.

Begin to build a full and balanced rotation.

IV. Arms

A. Pause Drill

On side, bottom arm extended and sculling, top arm at side.

Maintain proper head position.

Switch every 6 kicks with a bottom arm pull and a top arm recovery (breathe after pull).

Begin to build a full and balanced rotation.

Hand entry -- fingertips first, followed by hand, wrist, elbow and shoulder with no splash, reach.

Arm pull -- press down with fingertips, elbow up, hand follows centerline of body until push finish where thumb touches thigh.

Recovery -- lift elbow high, lift shoulder over water, let hand follow remaining relaxed.

A. 3 Stroke/ Pause 6 Drill

3 arm strokes followed by a 6-kick pause.

Maintain full rotation and a balanced hip and shoulder roll.

Build rotation frequency in drill sequence.

Maintain balance and core power positions.

V. Full Stroke

Maintain balance and core power positions.

Emphasize and build upon even rotation from hips to shoulders.

Alternate breathing pattern of every 3rd stroke should be required at all times (Use mirror image model).

Accelerate hand from beginning to end of arm stroke, good pressure on palm.

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Backstroke

I. Proper Push-off Technique

One hand on the wall, knees up, bottom down.

Under, over, sink, streamline, push, glide, 3 dolphin kicks, flutter kick, breakout (one arm pull).

II. Head and Body Position

Even body roll from hips to shoulders.

Still head position, eyes up and neutral.

Sustain full roll as stroke frequency increases.

III. Kick

A. Surface Kick Drill

On back, in streamline position, eyes remain up and neutral.

Toes pointed.

Bend at knees.

Light splash.

Experiment with different head positions while kicking on back, recognize effect on hips and kick (chin to chest :05 -- neutral :05 -- way back :05).

B. Side Kick Drill

Bottom arm extended and sculling, top arm at side, shoulder up.

Maintain proper head position, eyes up and neutral and pressure on back.

IV. Arms

A. Pause Drill

On side, bottom arm extended and sculling, top arm at side.

Maintain proper head position, eyes up and neutral.

Switch every 6 kicks with a bottom arm pull and a top arm recovery.

Hands enter at 10 o'clock and 2 o'clock, pinkie first.

Arm pull -- press downward, lift pinkie, push to finish.

Recovery -- lift thumb out of the water first, lift shoulder over water, begin rotation of the hand for re-entry, pinkie first.

B. 3 Stroke/Pause 6 Drill

3 arm strokes followed by a 6-kick pause.

Maintain full rotation and a balanced hip and shoulder roll.

V. Full Stroke

Emphasize and build upon an even rotation from hips to shoulders (starts in hips).

Accelerate hand from beginning to end of arm stroke, good pressure with palm.

LA 84 SWIM COACHES CLINIC



Butterfly Presentation

City of Los Angeles Aquatics Club

When coaching Novice level swimming there are three important rules we follow:

- 1) Keep it Simple**
- 2) Make it fun**
- 3) Variation is the key**

These three important rules can help to build a strong foundation for the future development of young swimmers. As a novice coach you have the ability to leave the first positive lasting impression that will either fuel the swimmers burning flame for future competitive swimming or lead them in search for another athletic experience left

Butterfly

Body position – head position, body, high hips, legs, feet

Propulsion – pull, body, kick

Breathing – inhale, exhale

Timing –catch, mid pull, finish, recovery

Butterfly drills

Bread and Butter

- **Variation of kick: left, right, back, stomach**
- **Isolation left arm only**
- **Isolation right arm only**
- **Combination of 3 iso, 3 iso, 3 full stroke, 3, 2, 1, full stroke**

Advanced drills

- **Wave drill:** Stream line off the wall, scull into catch phase, drive hips up, scull back to streamline. Focus on keeping your head position inline and pulsing forward. Use your core.
- **Mad Cat Fat Cat:** Streamline off the wall, bring your hands slowly down to your side. Focus on pulsating forward using your body core. Key imagery of a mad cat arching his back and a fat cat with his belly extended.
- **Superman pull through:** Streamline off the wall, scull into catch phase and start kicking. Every fourth kick, initiate correct pull through, while driving head up to

breathing position. Sneak hands back forward to superman position. Do not bring arms out of water.

- **Shamu:** start by going to bottom of pool. Position yourself at an angle to glide forward leaping off the bottom of the pool into a full stroke butterfly. Repeat same action till you have traveled to the other side.
- **Ez Stroke:** Have the swimmer streamline off the wall race pace and perform 3 quality stroke cycles with out breathing, then easy free the rest of the way.

Remember to be patient, give positive feed back, and always give praise when your athletes are doing something right. Inclosing the only thing stopping a child from learning to do a stroke properly is your creativity and imagination.

LA 84 SWIM COACHES CLINIC



Backstroke Presentation

City of Los Angeles Aquatics Club

When coaching Novice level swimming there are three important rules we follow:

- 1) Keep it Simple**
- 2) Make it fun**
- 3) Variation is the key**

These three important rules can help to build a strong foundation for the future development of young swimmers. As a novice coach you have the ability to leave the first positive lasting impression that will either fuel the swimmers burning flame for future competitive swimming or lead them in search for another athletic experience.

Backstroke

Body position – head position, straight body, high hips, body roll

Propulsion – kick, pull

Breathing – inhale, exhale

Timing –catch, mid pull, finish, recovery

Backstroke drills

Bread and Butter

- **Variation of kick: left, right ,back**
- **Isolation left arm only**
- **Isolation right arm only**
- **Combination of 3 iso, 3 iso, 3 full cycles**
- **Double arm backstroke**

Advanced drills

- **Sushi drill:** isolated rotating kick on each side with your hands down to your side. Focus on keeping your head position Inline and rotating from your core.
- **Sail Boat:** Hold one hand straight up and kick on your side while the other hand is extended in front and sculling at the catch face of the stroke.
- **Mid. Recovery Catch-up:** Hold one hand straight up while performing a stroke with the other hand touch hands and switch hands.

- **Double Arm Recovery:** Take a stroke after the recovery return back to the recovery starting position and recover again this time take the stroke and do the same with the other hand.
- **Ez Stroke:** Have the swimmer streamline off the wall race pace and perform 3 quality stroke cycles, then easy free the rest of the way.

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LA 84 SWIM COACHES CLINIC



Breaststroke Presentation

City of Los Angeles Aquatics Club

As a Novice coach, remember, you are also a teacher and your swimmers are students. Your ability to effectively communicate your ideas and thoughts about stroke development are very important. When coaching Novice level swimmers there are three important rules we follow:

1. **Keep it Simple:** speaking ability, eye contact, knowledge base, vocabulary
2. **Make it fun:** enthusiasm
3. **Variation:** examples, demonstration

Breaststroke

Body position – head position, straight body, high hips, swim downhill

Propulsion – kick, pull (out sweep, in sweep)

Breathing – inhale, exhale

Timing – pull, kick, glide (catch, pull, stretch/reach - recovery)

Breaststroke drills

- **Variation of kicks:** sitting at pool edge, back, stomach, wall, vertical kicking
- **Sculling:** vertical tread, horizontal sculling
- **Pulling:** pull, underwater pulling
- **Timing and distance:** 1, 2, 3 count glides

Advanced drills

- **Kicking no kick board:**

In prone position: Extending the arms straight in front of you, hand over hand, chin on the water, looking over the top on the finger, focus – keeping the body long after each kick, kicking slightly down and back, keep the hips near the surface.

In supine position: With the hands behind the back, try and kick your hands or your butt, whipping the legs round and close until the ankles touch, try not to lift the knees out of the water, drop the heels down and back.

Wall kicking: In deep enough water, have the swimmer to submerge under water, placing both hands on the wall and kick 10 times into the wall strong and hard. Focus on the mechanics of the kick, keeping the knees in, feet extends out past the shoulders as they whip round and close.

Vertical Kicking: With arms on the hips or out of the water, practice the whip kick while in a vertical position.

- **Pulling:**

Pull with Dolphin kick: The idea is to anchor the hands out in front of the body, scull the hands out, and pull as much water as possible bringing your hips forwards. As you reach maximum height press forwards with the chest, arms, and hands as quickly as possible, reach as far forwards as possible through the surface of the water.

Pull with flutter kick: Focus is on fast hands into as streamline, keeping the head out of the water, shooting the hands through the surface of the water.

- **Isolations:** left arm only, right arm only, arms only, kick only
- **Combination:** 3-rt, 3-lft, 3 mid/ 2-rt, 2-lft, 3 mid/ 2-kicks, 1 pull/2 pulls, 1 kick
- **Easy Swim:** *Timing drill:* regular breaststroke, however, glide for a 2 count, glide for a 1 count, or race pace. This will differ for all swimmers based on the amount of distance they will be able to generate per pull, kick glide cycle.

Remember to be patient, give positive feed back, and always give praise when your athletes are doing something right. In closing the only thing stopping a child from learning to do a stroke properly is your creativity and imagination.

PART ONE

TECHNICAL RULES

1

Except as otherwise noted, all provisions under Part One, the Technical Rules, are effective beginning May 15, 2007, and until changed. Rules in effect on the first day of a meet shall govern throughout that meet.

All competitive swimming events held under USA Swimming sanction shall be conducted in accordance with the following rules that are designed to provide fair and equitable conditions of competition.

It is recommended that the LSC and regional short course and long course championships be held annually and that they be conducted under the rules governing national championships (Article 207), subject to available facilities and personnel. Events other than such championships may use Article 207 as a guide, subject to local conditions and preferences.

It is not the purpose of the Rules and Regulations of USA Swimming (the national governing body) contained herein to set standards of care for the safety of the swimmer. The swimmer, the swim coach, the swim club and the local public entity or pool owner should address safety considerations where events are held.

ARTICLE 101

INDIVIDUAL STROKES AND RELAYS

101.1 STARTS

- .1 **Equipment** — A loudspeaker start system conforming to 103.15, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers and for forward and backstroke starts, shall be the preferred starting device. A .22 caliber starting pistol may be used.
- 2 **The Start**
 - A At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.
 - B When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.
 - C On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.

101.1

- D When a swimmer does not respond promptly to the command "take your mark", the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.

.3 False Starts

- A Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand up" command and may step off the blocks. The Starter shall restart the race upon signal by the Referee.
- B If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.
- C If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
- D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.
- E A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.
- F Declared false start: swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete will be disqualified except as noted in 207.12.10D.
- 4 Warning Signal — With the exception of relays, in events 500 yards or longer, the Starter or a designee shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards or five meters to swim. As an alternative, a bell warning signal may be given over each lane by a lane judge or timer for that lane.
- 5 Deliberate Delay or Misconduct
- A Any swimmer who delays the start by entering the water or by willfully or deliberately disobeying a command to step on the blocks or to take a starting position, or for any other misconduct taking place at the start, may be disqualified from the event by the Starter with concurrence of the Referee.
- B The Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat.
- C Such disqualification shall not be charged as a false start.



101.2 BREASTSTROKE

- .1 Start — The forward start shall be used.
- 2 Stroke — From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.



All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

- .3 Kick** — After the start and each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

- .4 Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

101.3 BUTTERFLY

- .1 Start** — The forward start shall be used.
- .2 Stroke** — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.
- .3 Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- .4 Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- .5 Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

101.4 BACKSTROKE

- .1 Start** — The swimmers shall line up in the water facing the starting end, with both hands



101.4

placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

- 2 **Stroke** — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.
- 3 **Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- 4 **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

101.5 FREESTYLE

- 1 **Start** — The forward start shall be used.
- 2 **Stroke** — In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
- 3 **Turns** — Upon completion of each length the swimmer must touch the wall.
- 4 **Finish** — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

101.6 INDIVIDUAL MEDLEY — The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

- 1 **Start** — The forward start shall be used.
- 2 **Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- 3 **Turns**
 - A Intermediate turns within each stroke shall conform to the turn rules for that stroke.
 - B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 - (1) **Butterfly to backstroke** — The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - (2) **Backstroke to breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swim-

mer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

- (3) **Breaststroke to freestyle** — The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner.
- 4 **Finish** — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.



101.7 RELAYS

- 1 **Freestyle Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- 2 **Medley Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
- 3 **Rules Pertaining to Relay Races**
- A No swimmer shall swim more than one leg in any relay event.
- B When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
- C In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- D Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- E Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- F In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- G In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.



SAMPLE SCHEDULE

(Below is for LA City Aquatics)

JULY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Free /Back Stroke Clinic Dive Progression 25 sprints	2 Fun Friday Breast/Fly Stroke Clinic Dive Progression 25 sprints PLAY SOME GAMES	3
4	5 TEAM MEETING Cardio swim test min 5 + 3 2 1 between each one do 2 min social kick reward good stroke	6 Back to basics Focus: Streamline / Fast Kicking Goal : Free/Back 25's Breaststroke Kick intro w/Dives TURNS	7 Review previous skill Focus: Legal BR kick Intro fast hands w/Breathing Goal: 25's Q Breast w/Dives FINISHES	8 Review previous skill Focus: Fly stroke work Kick, Dills, Breathing, Quality 25's w/Dives TURNS	9 Fun Friday Dive Progression IM Relays, Free Relays Relay Starts, turns, Finishes	10 Swim Meet @ Roosevelt
11	12 Back to basics Focus: Streamline / Fast Kicking Goal : Free/Back 25's Breaststroke Kick intro w/Dives TURNS	13 Breast/Fly Stroke Clinic Dive Progression 25 sprints FINISHES	14 Cardio swim test min 5 4 3 2 1 between each one do 2 min social kick reward good stroke	15 Focus: Free/Back stroke work Kick, Dills, Breathing, Quality 25's w/Dives TURNS	16 PASTA PARTY Focus: Fly/Br stroke work Kick, Dills, Breathing, Quality 25's w/Dives FINISHES	17 Swim Meet @ FREMONT, VNSO, ROOSEVELT BANNING HUMPHREY
18	19 Team Meeting Awards Cardio swim test 15 min Swim how many laps can you do? interval training	20 Focus: Fly stroke work Kick, Dills, Breathing, Quality 25's	21 Focus Breast work Kick, Dills, Breathing, Quality 25's	22 Focus: Breast/Fly work Kick, Dills, Breathing, Quality 25's Goal: 25's Q Breast w/ dives	23 Free/Back stroke work Kick, Dills, Breathing, Quality 25's w/Dives TURNS	24 Swim Meet @ FREMONT, VNSO, ROOSEVELT BANNING HUMPHREY
25	26 Team Meeting Awards Have some fun play sharks and minnows, relays and starts	27 Free/Back stroke work Kick, Dills, Breathing, Quality 25's w/Dives TURNS,	28 Back stroke work Kick, Dills, Breathing, Quality 25's Goal: 25's Q Breast w/ dives	29 : Breast/Fly work Kick, Dills, Breathing, Quality 25's Goal: 25's Q Breast w/ dives	30 Fly stroke work Kick, Dills, Breathing, Quality 25's Relay Starts and Finishes	31 Swim Meet @ FREMONT, VNSO, ROOSEVELT BANNING HUMPHREY

SAMPLE SCHEDULE

(Below is for LA City Aquatics)

AUGUST 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Team Teaching Have your more experienced swimmers help each other	2 Team Meeting Awards Cardio swim test 15 min Swim how many laps can you do? Intro: interval training	3 Focus: Stokes for finals stroke work Kick, Dills, Breathing, Dives, starts	4 Focus: : Stokes for finals stroke work Kick, Dills, Breathing, Quality 25's	5 Focus: Stokes for finals stroke work Kick, Dills, Breathing, Quality 25's Goal: 25's Q Breast w/ dives	6 Focus: Stokes for finals stroke work Kick, Dills, Breathing, Quality 25's Goal: 25's Q Breast w/ dives	7 District Finals @ Expo, VNSO, Roosevelt
8	9 Team Meeting Awards Free style and back stroke work Kick, Dills, Breathing, Quality 50's	10 Focus: Breast/Fly Work Kick, Dills, Breathing, Quality 25's Goal: 25's Q Breast w/ dives	11 Free/Back stroke work Kick, Dills, Breathing, Quality 25's w/Dives	12 Focus: : Stokes for finals stroke work Kick, Dills, Breathing, Quality 25's	13 Focus: : Stokes for finals stroke work Kick, Dills, Breathing, Quality 25's	14 Regional Finals @ Expo, VNSO, Roosevelt
15	16 2 Team Meeting Awards Fun Monday Games races etc.	17 Breast/Fly Work Kick, Dills, Breathing, Quality 25's Goal: 25's Q Breast w/	18 Focus: Sprints Distance Per Stroke (DPS), less work and more	19 Free/Back stroke work Kick, Dills, Breathing, Quality 25's w/Dives TURNS	20 Fun Friday Dive Progression IM Relays, Free Relays Relay Starts, turns, Finishes	21
22	23 Focus: ADV Skills Stroke Refinement	24 What's next? Winter Sports @ year around pools Promote Programs literature Club Swimming	25 What's next? Winter Sports @ year around pools Promote Programs literature Club Swimming	26 What's next? Winter Sports @ year around pools Promote Programs literature Club Swimming	27 Focus: ADV Skills Stroke Refinement	28 LA84 Festival @ EXPO CENTER
29	30 In you have LA84 Kids Keep training them for The competition as well as the whole	In you have LA84 Kids	Keep training them for	The competition as	well as the whole team.	Great Job Coaches It's all over. See ya Next Year