



# Swimming Basics

## Streamlining

Streamlining is an important skill that is taught to create the most efficient body position in the water. It creates the least amount of resistance.

Streamlining occurs in all strokes on start (regardless of water and dive) and on turns/changeovers in medleys.

### Teaching Points:

- Start in waist deep water, back against the wall, leaning forward
- Arms straight, above the head, elbows locked, squeezing the ears, hands on top of each other
- Leaning forwards, bending from the waist until the ears are submerged
- Give a very slight push off the wall

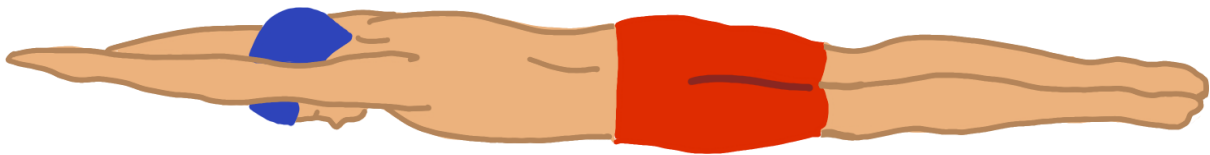


Figure 15: Streamlining Position

## SCULLING

Sculling water is a basic swimming technique where you use quick horizontal movements of the hands in the water to maintain your head above the water surface.

### Teaching Points:

- Float on the surface with your arms in a streamline and doing no kick.
- Start kicking as fast as possible.
- Feel how the kick should originate from the hips all the way down to your feet.
- After 5-seconds add arms and swim to the other side, still kicking as fast as possible.

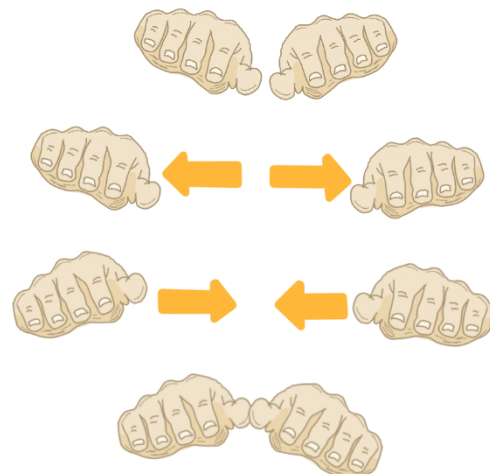


Figure 16: Sculling - Hand Positioning





## SURVIVAL FLOAT

Floating is an important survival skill to master however some swimmers may find it difficult to do due to their body composition.

Have your swimmer practice floating both prone and supine.

Check your swimmer centre of buoyancy.

If a swimmer is floating on their back (supine) and they start dropping at their hips and their legs move toward the bottom of the pool try and have them bend at the knees- this will change their centre of buoyancy and will assist them in maintain a float.

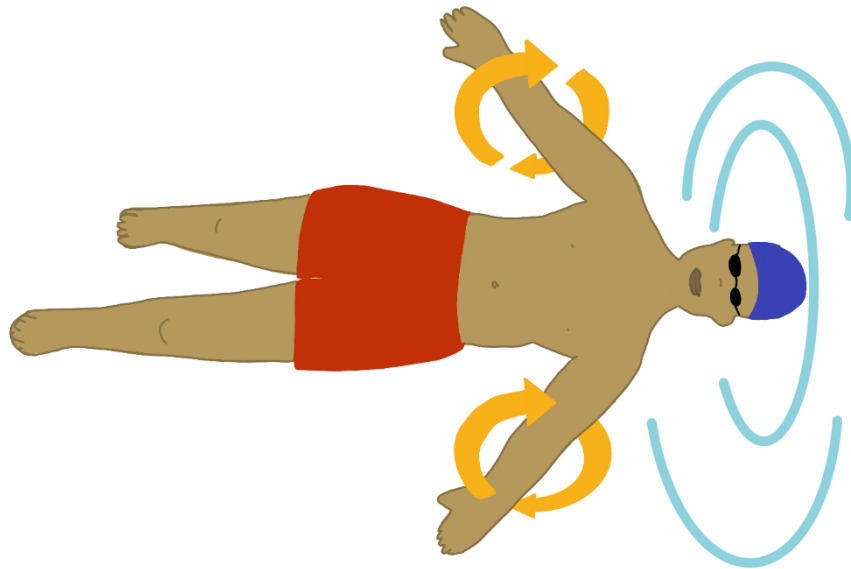


Figure 17: Survival Float Position

## PRONE FLOAT

Horizontal position in the water with your face down, floating on the chest.

### Teaching Points

- Standing in waist-deep water and bending forward at the waist, place arms straight in front of body, no wider than shoulder width.
- Lower the head until face is well into the water.
- Leaning forward, give a very slight push on toes until the feet leave the bottom and float to the surface.



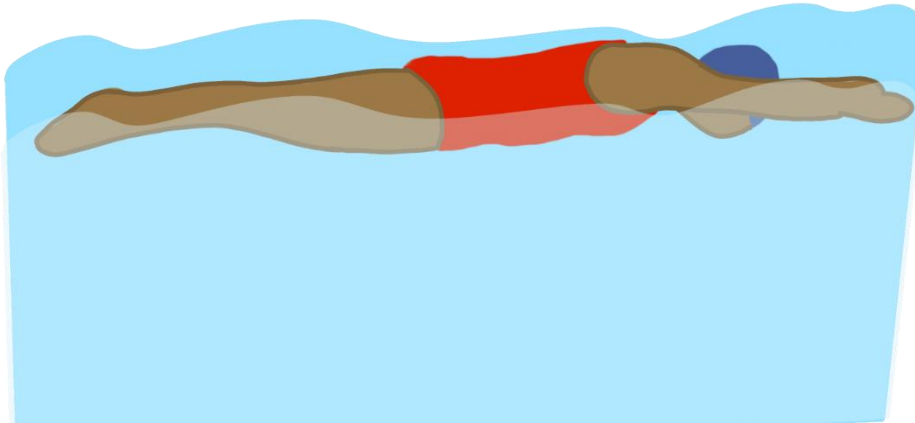


Figure 18: Prone Float Position

## SUPINE FLOAT

Horizontal position in the water with your face up, floating on the back.

### Teaching Points

- Start with the swimmer lying back with either their head on the instructor's shoulder or the head is supported by the instructor's hand. The other hand is supporting the back to keep the chest up.
- Make certain your ears are in the water with chin up. This will also help the swimmer naturally keep their chest up.
- Have the swimmer to continue to relax and spread legs slightly and put arms out to the side with palms up forming a "T".
- As the swimmer gets more comfortable move their head off your shoulder or remove your hand from the back of their head, but continue to gently support their back with a hand.
- As the swimmer becomes more and more comfortable on their back start removing hands and/or fingers to get them to independent floating.

**Key reminder:** Not everybody can float naturally the first time they jump in the water. In fact, it's actually harder for some people than others. It takes practice.

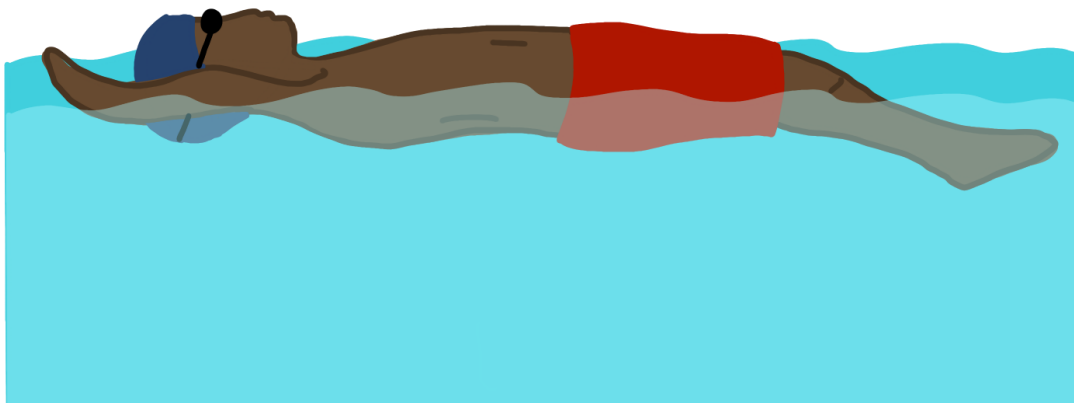


Figure 19: Supine Float Position





## FRONT AND BACK FLOAT RECOVERY

Aim is to return to a safe standing position

- Lift the head forward
- Bend knees while using hands to scull push legs down to the bottom of the pool to regain balance.
- Use hands to scull to regain balance

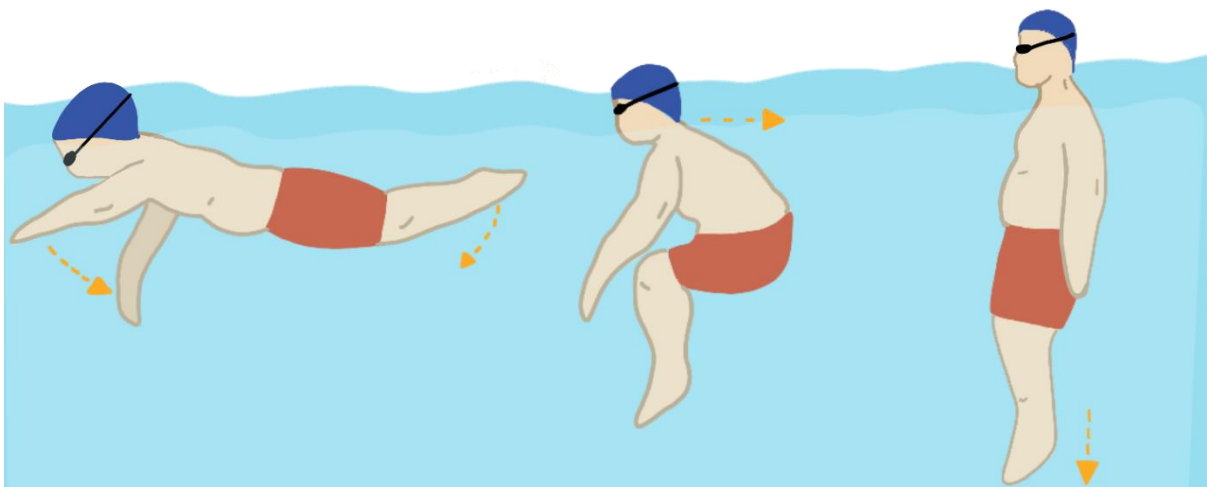


Figure 20: Front Float Recovery

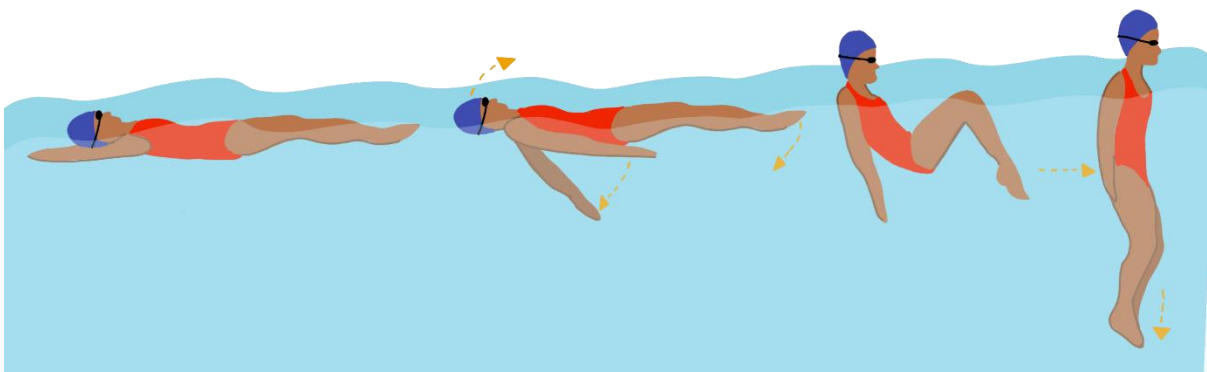


Figure 21: Back Float Recovery





## EGG BEATER KICK

The Egg-Beater Kick, also known as “threading water” is an important survival skill to learn how to perform and master. The whole “threading water” skill will incorporate a sculling action.

The best way to teach this skill (or any technique is to “Break down the skill” and tell the swimmer WHY they are learning the skill” Correct demonstration is very important.

Points to consider when teaching an egg beater kick action.

- Correct demonstration- coach can demonstrate skill in and out of the water.
- Swimmer sits on the edge of the pool legs/feet in water
- Swimmer kicks in a circular motion pressing feet on water- swimmers should be encouraged to “feel the water with the bottom of their feet”
- Practice this skill in the water using 2 kickboards under each arm or a noodle for support.
- Once the swimmer has demonstrated that they can demonstrate an efficient eggbeater kick then introduce the arm action.

### Introduce Arm action

- On land demonstrate the arm action required- this will be a sculling action
- Inward Scull action- Use such cue as: “Push the water inward with hands – thumbs upwards” - Rotate hands ready for outward scull
- Outward Scull action- Use such cue as “Push the water outward with hands- thumbs pointing downwards- rotate and repeat

### Introduce Full Treading water skill

- Swimmer sitting on edge of pool have the swimmer demonstrating their leg action then introduce arm action- some swimmers may find it difficult to co-ordinate
- Swimmer can enter the water using a noodle practicing using both arm and leg action- when demonstrating good technique remove the noodle and have the swimmer practice the full skill close to edge of pool



Figure 22: Egg Beater Kick (Threading Water)

