

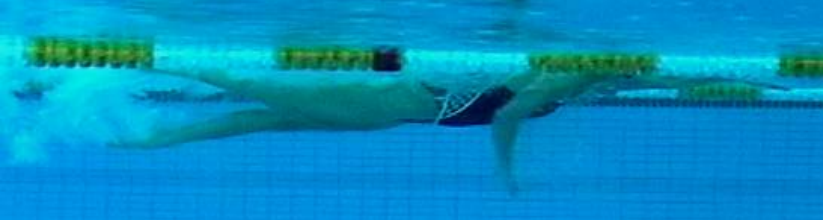
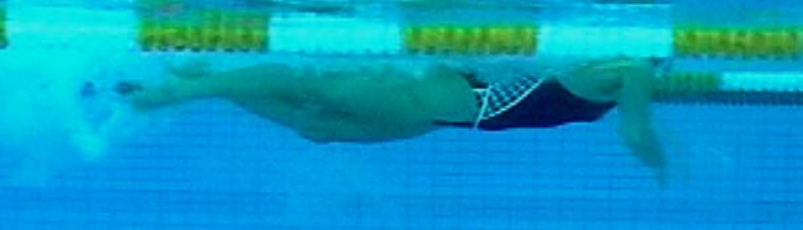



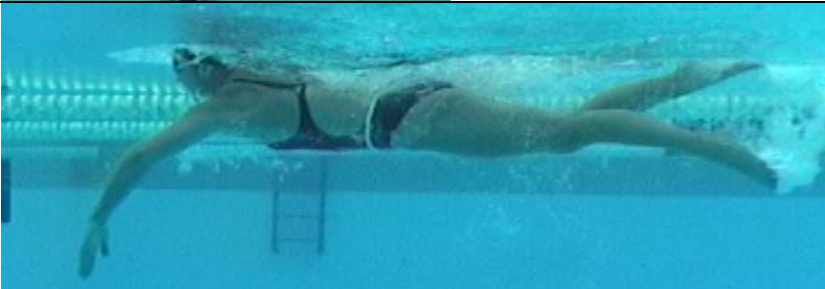







Skills Tips and metaphors for East Kootenay Region

Freestyle:

body rolls from side to side head is steady, tilted up, with eyes looking forward  
 kick is steady and originated from hip knee leads in both directions  
 whipping action of lower leg and foot occur hand enters forward of shoulder  
 whole arm acts as propulsive unit at midpoint, shoulders, arms, forearms are lined up vertically  
 pattern of motion is like a question mark on its side pull phase starts slowly and accelerates, finishing past hip recovery is relaxed and fluid elbow is higher than hand  
 shoulder and elbow initiate removal of hand bilateral breathing pattern is used six-beat kick is used recovery arm is trying to catch-up a bit to pulling arm

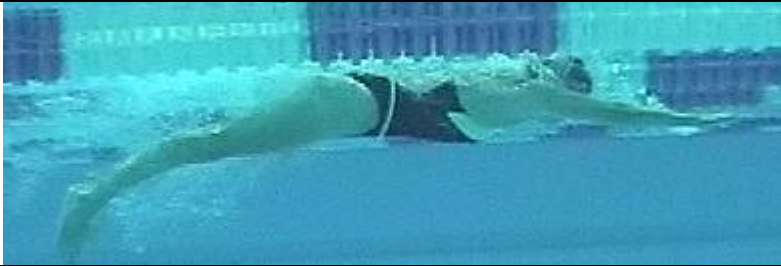


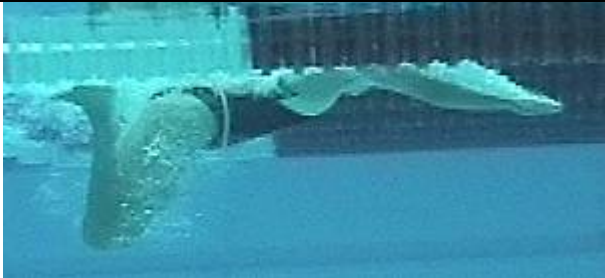
Freestyle	Metaphor	Teaching Tip	Model Snapshot
body rolls from side to side	Waves  Log roll	Shoulder hips towards the bottom of the pool	
head is steady, tilted up, with eyes looking forward	Like Frankenstein Always looking forward	look for the T up ahead	
kick is steady and originated from hip	Pencil legs with boiling toes	Lock your knees when kicking	
knee leads in both directions	Half log roll Side to side	Feet following your knees	








whipping action of lower leg and foot hand enters forward of shoulder	Motor boat Kick	Foot and hand should enter at the same time	
whole arm acts as propulsive unit	Windmill Arms	Arms Always Opposite Each other	
at midpoint, shoulders, arms, forearms are lined up vertically	Your body should be in a rocket position	Body position should always be in a straight line	
patter of motion is like a question mark on its side	Mark of Zoro	Hands manipulation	
pull phase starts slowly and accelerates, finishing past hip	Splash the coach	Start slow finish quick	
recovery is relaxed and fluid elbow is higher than hand	Sail boat or shark fin	Elbow up hand down	






shoulder and elbow initiate removal of hand	Pull the change out of your pocket	Follow your shoulder out follow your hand in	
bilateral breathing pattern is used	123 breathe	Breathe every 3 strokes	
six-beat kick is used	Side three kicks snap the hips	Three kicks per side	
recovery arm is trying to catch-up a bit to pulling arm	Broomstick arms	Teach on deck with broomstick	







body undulates close to surface      body rotates around midpoint like a teeter-totter  
 head rises and falls in time with undulation    heels draw up and close to buttocks  
 feet rotate outward, soles parallel and close to surface      knees separate to  
 about shoulder width feet trace semicircular path backward to extended position  
 outward sweeping action leading to "Y" shape      hands and forearms press  
 down to a vertical position    shoulders start to rise as hands and forearms scull inward  
 and upward to chest    hands and elbows squeeze together, moving forward close to  
 surface breathing occurs every stroke breathing occurs during propulsive phase    arm  
 action begins after kick finishes      when feet are up, shoulders are up






S 4 Breast stroke	Metaphor	Teaching Tip	
body undulates close to surface	Like a dolphins underneath the water	Body just underneath the surface	
body rotates around midpoint like a teeter-totter	Hold your hips like a teeter-totter	Head goes up, knees drop down, feet up	
head rises and falls in time with undulation	Shoot and hide	Arms shoot forward as head goes down	
heels draw up and close to buttocks	Like a frog kicking it's butt	Legs are 90 degrees and toes are pointing out	






feet rotate outward, soles parallel and close to surface	Duck feet	Walk like a duck on deck Sit on ledge and go in water	
knees separate to about shoulder width	Fist between the knees	Show them on the deck or in water	
feet trace semicircular path backward to extended position	Kick like a frog	Whip kick	
to extended position and streamlined glide (toes can be pointed back)	Squeeze into a pencil or rocket or needle	Streamline pointed toes straight body	
ARMS outward sweeping action leading to "Y" shape	Push open the curtain	Sculling in a Y shape	
hands and forearms press down to a vertical position	Windshield wipers	Sculling in scarecrow position	
shoulders rise as hands and forearms scull inward/upward under chin	Scared chicken with I don't know shoulder shrug	Squeeze elbows to rib, shrug shoulders	


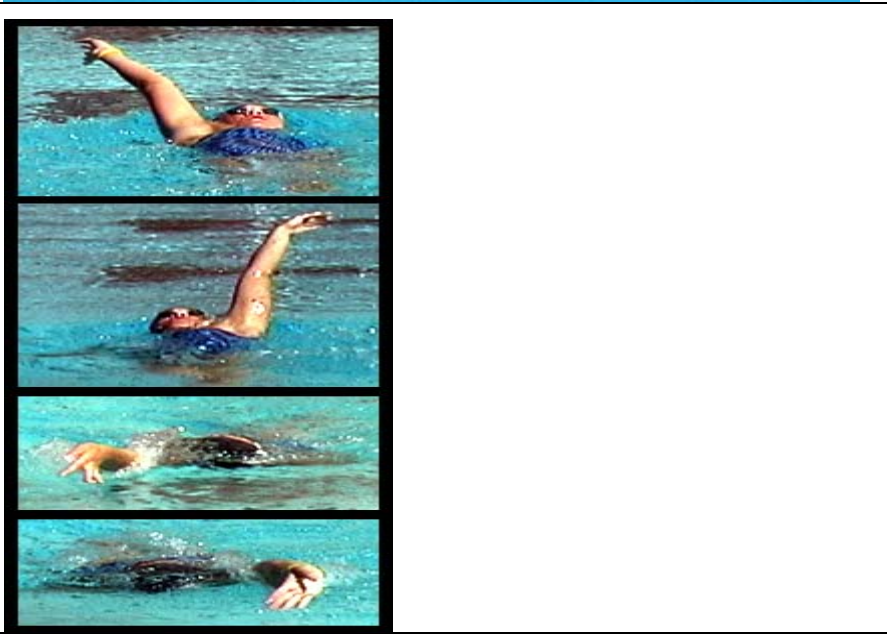
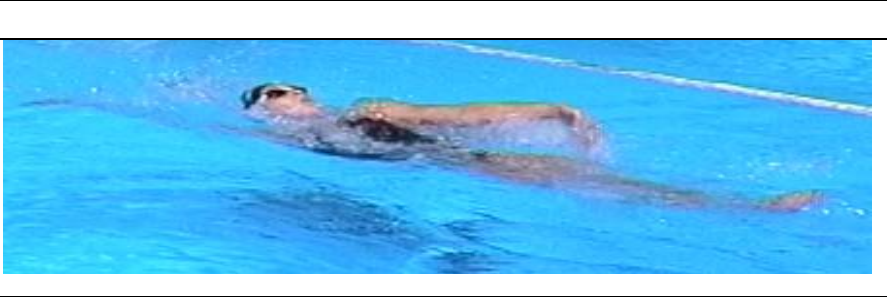


<p>hands and elbows squeeze together, moving forward close to surface</p>	<p>Shrug in pray position  T-rex Arms</p>	<p>Squeeze arms together under the chest</p>	
<p>breathing occurs every stroke</p>	<p>Breathe every time your heads comes up</p>	<p>Demonstrate</p>	
<p>Head @ breathing occurs during propulsive phase</p>	<p>Spit water at the coach</p>		
<p>arm action begins after kick to glide finishes</p>	<p>Push up position with straight legs</p>	<p>Spear Kick glide pull breathe, repeat</p>	
<p>feet rise up as shoulders rise on inward scull</p>	<p>Make a check mark with your body</p>	<p>Demonstrate on white board or show picture</p>	

shoulders and upper back are rounded towards chest  
 body rolls from side to side chest is visible at surface  
 head is steady, tilted forward, and earlobes skim the surface  
 steady continuous six beat kick kick starts from hip feet and elbow stay below surface  
 and water "boils" at feet ankles are relaxed, with toes turned slightly inward arm enters at 11 and 1 o'clock  
 little finger enters first, and entry goes deep (15-20cm)  
 pull phase starts slowly and accelerates, finishing past hip shoulder, arm and forearm are lined up vertically at mid-point a question-mark pattern is formed  
 shoulder leads arm and hand hand exits water, thumb side up arm recovers over its shoulder, rotation in mid-arc breathing pattern is regular, rhythmic and relaxed:  
 in on one stroke, out on next recovering arm enters as pulling arm finishes in on one stroke, out on next  
 recovering arm enters as pulling arm finishes

S 4 Backstroke	Metaphor	Teaching Tip	
shoulders and upper back are rounded towards chest	Sexy model shoulders	Rotating their shoulder in circles	
body rolls from side to side	Rock like a sailboat	Hip shoulder chin	
chest is visible at surface	Birthday balloon chest	Aim your belly Button up	
head is steady, tilted forward, and earlobes skim the surface	Beachball on a pillow of water  Penny on	Keep Nose up with Back half of ears in the water	

	forehead		
steady continuous six beat kick	Six kicks to get your shoes off	Kick Dad's Socks off feet sitting at side of pool	
kick starts from hip	Pretend you are wearing stilts	Try it on the deck first	
feet and elbow stay below surface and water "boils" at feet	Act like A torpedo and put your propeller on	Make sure they are tight and streamlined	
ankles are relaxed, with toes turned slightly inward	Imitate being a penguin Penguin toes	Sit on the edge put your feet in and point your toes	
Arm recovery is lead by knuckles until pinky entry	Rolling to have Tea with the queen	Make sure they wait to the last second before they turn the hand	
arm enters at 11 and 1 o'clock	Reach behind your ear		


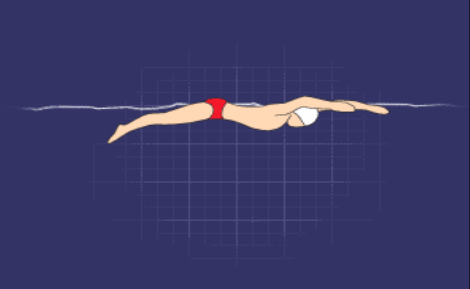




			
<p>little finger enters first, and entry goes deep (15-20cm)</p>	<p>Reach into the back seat</p>		
<p>pull phase starts slowly and</p>	<p>Arm wrestle</p>	<p>Elbow bends toward s the bottom of the pool</p>	
<p>Hand accelerates, finishing fast past hip</p>	<p>Throw water to your feet</p>	<p>Hand flips past the hips toward s the toes</p>	
<p>shoulder, arm and forearm are lined up vertically at mid-point</p>	<p>Quarter roll arm wrestle</p>	<p>Arm wrestle</p>	






<p>a question-mark pattern is formed</p>			
<p>shoulder leads arm and hand exits water, thumb / knuckle side up and arm recovers over its shoulder</p>	<p>Paint a rainbow</p>	<p>Bring a paint brush to pool and have swimmers practice paint their rainbow</p>	
<p>rotation in mid-arc breathing pattern is regular, rhythmic and relaxed</p>	<p>Whip it good</p>	<p>Demonstrate or show them a picture</p>	
<p>in on one stroke, out on next recovering arm enters as pulling arm finishes</p>	<p>Windmill arms</p>	<p>Show picture</p>	
<p>BREATH <i>in on one stroke out on next</i> recovering arm enters as pulling arm finishes</p>	<p>Paint the rainbow breathe in whip it good breathe out</p>	<p>Exhale in time with one arm recovery, and inhale</p>	





		in time with the other	

body undulates continuously    buttocks break the surface    leg action flows from the hip  
     as feet drive down, hips rise    as hips sink, feet rise    feet are turned slightly  
 inward hands enter shoulder width apart, thumb side down    whole arm acts as propulsive  
 unit    at midpoint phase, shoulders, arms and forearms are lined up vertically    pattern  
 of motion is like facing question-mark    phase starts slowly and accelerates, finishing  
 past hips    elbow lifts out of water first    arms are relaxed, swinging forward close to  
 surface breathing occurs every second stroke breathing at most powerful point of the  
 propulsive phase    head enters and exits before hands    there are two kicks per stroke

first kick occurs as arms enter water second kick occurs when arms almost finished push

S 4 Butterfly	Metaphor	Teaching Tip	
body undulates continuously	Ogpogo or roller coaster	On deck; bum belly bum belly	
buttocks break the surface	Moon the coach or martian on the butt	Show the teacher the butt	
leg action flows from the hip	Make a whip from your hip	Use fins	
as feet drive down, hips rise	Mermaid fin down and moon the coach	Use flippers	
as hips sink, feet rise	Mermaid fin splash the coach and hide the butt	Use flippers	
feet are turned slightly inward	Pointed pigeon toes	Demonstrate Sitting on the edge of pool	

hands enter shoulder width apart, thumb side down	Butterfly sucks, movie sucks	Show thumbs down in a circle	
whole arm acts as propulsive unit	Wall push up, throw water down to your feet	Demonstrate pushing yourself out of the water on wall	
at midpoint phase, shoulders, arms and forearms are lined up vertically	Shape of a tadpole	Push up to get the cookies on the fridge	
pattern of motion is like facing question-mark	Key hole or mushroom	Use Harry Potter	
phase starts slowly and accelerates, finishing past hips	Woosh and Splash your coach	Push the water to your feet	
elbow lifts out of water first	Make me	Hands on hip	

arms are relaxed, swinging forward close to surface	Bat wings, Soft wings	Demonstrate on deck	
breathing occurs every second stroke			
breathing at most powerful point of the propulsive phase	Be a jet blowing in the wind	Demonstrate	
head enters and exits before hands	Hide and peek Hold a baby duck under chin	Little duckie or ping pong balls	
there are <b>two kicks</b> per stroke			
<b>first kick</b> occurs as arms enter water	Kick to hide your head Thump, plop, smash	Kick your feet, head in then arms	
<b>second kick</b> occurs when arms almost finished push	Splash and kick the coach	Demonstrate laying on matt on deck	