



Vince Mikuska, Provincial Team Coach,

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Lower Mainland Regional Camp – April 13-14, 2013

Saturday April 13, 9:00-11:00 AM

Big Ideas – FISH KICK - POSTURE – RECOVERY – ANCHOR - ACCELERATION

Posture

- suck in belly button for good tone, tall, shoulders back, chin level

Streamline

- head between arms, one hand on top of the other, locked with thumb and pinky, small triangle above head, feet, knees thighs tight

Push-offs

- feet hip width apart, on side, GLIDE – KICK FAST to maintain speed. Better to kick too late than too early.

Fish Kick

2 X 25 dolphin kick on surface, arms down, Keep feet in water, gentle movement from the solar plexus

Vertical kick – hands on shoulders, keep your head still, smaller undulation. Kick from solar plexus.

8 X 25 @ 60 FINS

2 – Fish kick, switch sides by 25

2 – Kick on front

2- Kick on back

2 – Spin kick, 4 kicks, side, front, side, back

Dolphin into break-out stroke. NO flutter kick

Ready Position

6 x 25m. @ 60 Good ready position, one arm on wall, one arm out, push off with feet hip width apart. 6 fish kicks, 2 dolphin kicks FAST, swim to 12.5m. and circle back.

Freestyle (6 Fish kicks – 2 Dolphin kicks off all walls, FAST)

PUSH – GLIDE- KICK

Posture and Recovery (Eyes down, long neck, suck in belly button)

18 x 25 @:60

2 – head lead balance drill (easy kicking)



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2 – 1 arm extended on side, other arm “in the saddle” (1 goggle in-1 goggle out) (stretch arm forward to roll)

4 – 1 arm extended with recovery (breathe, recover)

4 – 1 arm extended with recovery (focus on recovery – keep arm in front of body, use shoulder and elbow, “put” hand in water)

2 – wrist drag, keep wrist locked, push with shoulder and elbow

2 – swim focus on recovery

2 – swim, breath every 2 right side only down, left side back

Dives – from the side “shoot to Seven” Stand up straight, drive with legs, push head in between arms, fingers-shoulders-hips-feet all go through the same hole.

Saturday April 13, 2:00-4:00 PM

Fish Kick

8 X 25 @ 60

2X 25 – head lead balance drill freestyle, gentle kick-balance on the surface

2 X 25 dolphin kick on surface, arms down, Keep feet in water, gentle movement from the solar plexus

2 – Fish kick, switch sides by 25

2 – Streamline kick on front

Anchor – body moves past hand. You must take a little more time to get hand down into catch to make a good anchor point to push past. Slower in catch (not so hard) faster in push phase.

16 X 25 @ :60

2- racing dog paddle (press hand down, elbow up – soft catch) ANCHOR

2 – single arm (off arm up) ANCHOR

2 – 3/3/6 drill (vault past the anchor point)

2 – swim focus on acceleration (slower, easier to start, harder in push, use elbow)
repeat

6x50 Freestyle @ 1:20 stroke count, focus on head position into the turn.

Points to remember:

- POSTURE - head down, good tone, suck in belly
- BREATHING – roll body, one goggle in, one out, 15 and 45 on pace clock
- RECOVERY – use elbow and shoulder, relax hand, wider
- ANCHOR – press hand down and elbow up, slower in catch



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- TURNS - look farther down the T, small legs only fish and dolphin kick FAST
- STROKE COUNT – don't change your stroke to get it down. Same as backstroke

Freestyle Turns

Look further down the T to line up the wall, don't lift your head.

Full pull into the turn, get used to using both arms in practice.

Bend at the waist to start turn, tuck chin when back parallels the wall

PUSH hard, GLIDE good streamline, FAST 6 Fish kick, roll over, 2 dolphin kick.

Backstroke

(6 Fish kicks – 2 Dolphin kicks off all walls, FAST)

PUSH – GLIDE- KICK

28 x 25 Back @:60

2 – kick 25 arms in the saddle (POSTURE, kick from hips boiling water)

2 – streamline kick (POSTURE, kick from hips boiling water)

2- single arm 3/3 – focus ANCHOR

2 – 2 double are, 2 right, 2 left (pulse out of finish into recovery) ACCELERATION

2 - 3/3/6 one cycle focus ANCHOR, 1 cycle focus ACCELERATION

repeat

Backstroke Turns

Roll onto side for last back stroke, look farther down the T, small legs only fish and dolphin kick FAST

6 x 50 Back @1:15 stroke count (try to equal freestyle count)

Backstroke points to remember:

- POSTURE - don't over-reach on back
- BREATHING - pattern on back
- RECOVERY - relaxed
- ANCHOR – as freestyle
- TURNS – roll onto side for last back stroke, look farther down the T, small legs only fish and dolphin kick FAST
- STROKE COUNT – same as freestyle

Back to breast suicide turns



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Sunday, April 14 9:00-11:00 AM

Freestyle/Backstroke Review

Freestyle (6 Fish kicks – 2 Dolphin kicks off all walls, FAST)

PUSH – GLIDE- KICK

10 x 25 @ 60

2 – 1 arm extended with recovery (breathe, recover)

2 – swim, breath every 2 right side only down, left side back

2 – wrist drag

2 – 1 arm extended with recovery (focus on recovery – keep arm in front of body, use shoulder and elbow, “put” hand in water)

2 – racing dog paddle (press hand down, elbow up – soft catch)

4 x 50 @c 1:15 stroke count (look farther down the “T” on the turn)

Backstroke Review

(6 Fish kicks – 2 Dolphin kicks off all walls, FAST)

PUSH – GLIDE- KICK

10 x 25 Back @ 60

2 – “Titanic kick” arms straight up

2 – streamline kick (POSTURE, kick from hips boiling water)

2- single arm 3/3 – focus ANCHOR

2 – 2 double are, 2 right, 2 left (pulse out of finish into recovery) ACCELERATION

2 - 3/3/6 one cycle focus ANCHOR, 1 cycle focus ACCELERATION

4 x 50 @ 1:10 stroke count

Timed 25 dolphin kick underwater from a dive.

Breaststroke

POSTURE (Knees straight, neutral head – look at next place hands will go)

16 X 25 @:60

2 - kick on back arms down hands on thighs – make sure knees are below surface and not moving side to side

2 - streamline kick, breath every kick, don’t look at the end of the pool

2 - 3k-1p streamline position, glide between kicks, breath every kick, ANCHOR KICK

2 – 2k-1p

2 - “Y” drill elbows locked, thumbs down slow out-sweep

2 - windshield wiper drill

Out-sweep to just past shoulder width. Press fingers down on in-sweep ANCHOR PULL



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2 - head-up breaststroke. Mouth stays at the surface.

2- swim

Breaststroke points to remember:

- POSTURE – neutral neck, look next place hands will go
- ANCHOR – feet push straight back
- ANCHOR – finger tips down on in-sweep
- RECOVERY – relaxed and fast
- TURNS – stay in the pool, don't breathe on wall, less motion
- STROKE COUNT – same as butterfly

Sunday, April 14, 2:00-4:00 PM

Breaststroke Review

POSTURE (Knees straight, neutral head – look at next place hands will go)

12 X 25 @:60

2 - streamline kick, breath every kick, don't look at the end of the pool

2 - 3k-1p streamline position, glide between kicks, breathe every kick, ANCHOR KICK

2 – 2k-1p

2 - alternate “Y” drill

2 - windshield wiper drill

Out-sweep to just past shoulder width. Press fingers down on in-sweep ANCHOR PULL

2 - head-up breaststroke. Mouth stays at the surface.

4 x 50 @1:20 stroke count

Butterfly

26 x 25 @:60

2 - streamline kick on surface (POSTURE kick from solar plexus both ways, less knee flexion)

4 – surfing drill, (focus ANCHOR, push elbows up hands down) breath then push

4 – surfing drill, (focus ANCHOR, push elbows up hands down) breath while pushing

FINS

4 – swim breath by pushing chin forward (POSTURE, don't look at end of pool)

4 – 1/1/3 drill, make sure the single arm strokes are butterfly pull not freestyle (Straight arm recovery, with out-sweep) breath on all full strokes

4 – swim, focus on chin forward breathing (RECOVERY with arms not hands)

4 – swim, focus on ACCELERATION in the push phase (press down with triangle of head and shoulders to get hips up)



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Continuous Relay – 10 minutes, choice stroke, focus on technique. “Shoot to Seven” on the starts.

Butterfly points to remember:

- POSTURE – flat stroke, neutral neck
- ANCHOR – push elbows up like freestyle
- BREATHING – push chin forward, eyes down
- RECOVERY – relaxed, recover your arms
- TURNS – stay in the pool, don’t breathe on wall, less motion
- STROKE COUNT – same as breaststroke

Breaststroke and Fly Turns

Head down into the wall

Breathe as you push off the wall, don’t breathe on the last stroke into the wall.

Get your legs up fast before hands leave the wall.

Face down close to surface, “slick back your hair”.