

RENEGADIE

AQUATICS

Training Terminology

Based on the current composition of our program, Renegade Aquatics would be categorized as an Age Group swim program. We are developing a core group of dedicated swimmers who will form the foundation of a Senior program, competing at upper level meets (CIF, Zones, Sectionals, etc), and this will be the next stepping stone in the progression of our program. We also offer a Novice program, where we introduce new swimmers to our sport.

While at practice, swimmers will be introduced to a variety of coaching terms. They are expected to learn how to read a clock and understand the concept of intervals (as they progress through the various groups). Here are some other 'swimming terms and phrases' that you could expect to hear while at a Renegade practice:

Strokes: Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley (all 4 swum together)

Training Categories: Kicking (possibly with fins and/or kickboards), Pulling (with combination of pull buoy, paddles, and snorkel), Drills, Sprints, Starts, Flip Turns

Distance: SCY (short course yards, usually 25), LCM (long course 50 meters), SCM (25 meters, rarely used but we do if swimming in Valley Center)

Freestyle Drills

1 arm: non-pulling arm can either be extended in front or positioned along torso

1-10: pattern of 1 pull, 10 kicks and rotating with each pull

3-10: same as 1-10, but taking 3 strokes (encourages breathing to both sides)

catch-up: swimmer tags the extended hand in order to initiate the next pull stroke

zipper: encourage high elbows by dragging the finger tips along the water

We also introduce/emphasize streamline technique and fast turns by using cones placed in each lane.

Backstroke Drills

1 arm: non-pulling arm is usually placed along the torso to encourage good shoulder rotation

1-10 and **3-10:** same as freestyle above, but performed on back

corkscrew: alternating cycle of backstroke and freestyle (usually 3 of each)

Butterfly Drills

1 arm: non-pulling arm either in front or alongside, promoting involvement of hips

double-double: cycle of 2 left arms, 2 right arms, 2 full pulls with both arms

lung buster: sprint dolphin kick underwater, length of the pool (with or without fins)

Breaststroke Drills

2 kicks/1 pull: cycle of 2 breaststroke kicks with 1 breaststroke pull

fly kick: breaststroke arms with dolphin kicking (fins optional) to promote fast hand speed

IM Drills

When practicing individual medley (IM), any combination of the above drills can be used for the designated stroke. In addition, we may incorporate these:

IM transitions: a set of three swims – fly/back, back/breast, breast/free – repeated a specified number of times.

Sliding stroke: usually 4 100 yard swims, where the specified stroke ‘slides’ a 25 on each repeat. For example, fly-free-free-free followed by free-fly-free-free and the last one is free-free-free-fly.

Kicking Exercises

When kick sets are given, they can be with or without fins and, likewise, with or without kickboards. **Note:** a swimmer should never kick breaststroke while wearing fins.

Kick on back: swimmers may be instructed to kick on their back for all or part of the assigned distance. This promotes good horizontal position while moving through the water.

Tombstone kicking: swimmers are expected to hold the kickboard vertically, half of the board in the water and the remainder out. This provides resistance while trying to kick.

Underwater Streamline: swimmers are instructed kick in a streamline position for a designated distance, emphasizing good body position.

Pull Sets

Breath count set: swimmers are instructed to breathe every x number of strokes (pulls). In other cases, they are asked to count the number of breaths for each pool length.

Stroke count set: swimmers are asked to count the number of pulls for each length.

Sculling: swimmers concentrate on the ‘catch’ portion of their stroke, enhancing their feel for holding water on their hands.

The above terms should provide you with a good foundation on what your swimmers are doing each day at practice. It is not meant to be a definitive list, as we are always searching for new drills to help improve performance, but these drills form the foundation of what we teach each week.

As always, if you ever have any questions or concerns please speak with your child’s coach and we will do everything possible to respond to your (and your child’s) needs.