

# Coaches Corner

*by Joe Biondi (Florida LMSC Newsletter November 2005)*

## Streamlining

Here is a quick swimming tip, for the novice and the experienced swimmer, that most everyone has heard from a coach or teammate, or has read in a swimming article.

### **Dive & push-off for success...**

On your dive in at the start of a race and on your push-off and breakout, you are going faster than you can swim. Every swimmer should strive to practice an efficient streamlining technique and break out at practice every time you do a turn or initiate a push-off and break out at the beginning of a set ... every time.

Make this a habit and you will be very pleased when you go to the next meet and your time drops a 1/2 second, or four or five seconds.

Swimmers will gain a significant time drop if the time is taken to work on this. It is easy, it takes hardly any effort, it saves one or two strokes, and if done properly on a regular basis, it will make you faster.

### **Father Time and streamlining...**

As swimmers change age groups and Father Time starts to sneak up on us, one of the greatest things swimmers can do is to pay greater and greater attention to swimming technique. Some swimmers have been very successful for years with the same technique. But as we start to lose some strength and the swimming research shows us a more efficient way to propel ourselves down the pool, perhaps it is worth looking at. And some times a simple thing like being very streamlined off of a start or turn can make the difference between a best time (regardless of age) or a win or not. At the next meet, take a moment to notice the swimmers who are streamlined and notice also that most of the fast swimmers, regardless of age, will be streamlining.

Thanks for taking a couple of moments to consider a small change in your practice routine that could give a big dividend at your next meet.

Hope to see you at the next meet, and don't forget to swim the postal events. They are challenging and a lot of fun.