



## **Swimming Women ~ The Beginning Women Extra info**

GOAL of Swimming Women is the 3 F's Help you swim better Fitter, with more Finesse in the water & have fun

Great, powerful, relaxed freestyle is all about

**Balance** - head, body, legs all helping

**Perfect alignment** - your hips, legs & feet, plus Elbows, wrists, hands

**Stable Core**

**Good Catch & Rotation**

**Smooth Breathing**

We will work through these things each week, using a series of drills, which is where we break down the stroke to emphasise one component, and use different exercises to help build up your strength and fitness in the water.

### **SWIMMING WOMEN RULES:**

This pool is my second home and from time to time I will say something too fast, or that you don't understand. Please promise you will stop me and ask questions.

Don't be afraid to miss something out, take a rest or ask for an alternative if it is too much. You must listen to your body & stop if you need to.

### **Introduction to Lane etiquette & the Clock.**

The clock is your friend. Have a look at it as you push off for a swim. As you get a feel for the water you will be able to see if the extra effort really makes a difference to how long it takes. Being familiar with the clock will also help you with your counting on longer swims.

As a general guide I'll say top of the clock, on the bottom, white bottom, red 15 etc., Red 15 means we are about to get going on our next swim and are leaving when the red end is on the 15 second mark. Then each person leaves 5 seconds after the one in front.

### ***Swim in a clockwise direction***

In Margaret River and Australia in General people swim in a clockwise direction in the pool. If you are sharing a lane with someone and catch them up and can't overtake, gently tap the toes of the other person and they will normally move over, or wait to the end of the set or length and go past them. If you are resting at the end of the pool, wait close to the lane rope so other swimmers can turn with space.

If you are feeling strong don't be afraid to say to the person in front...can I go?