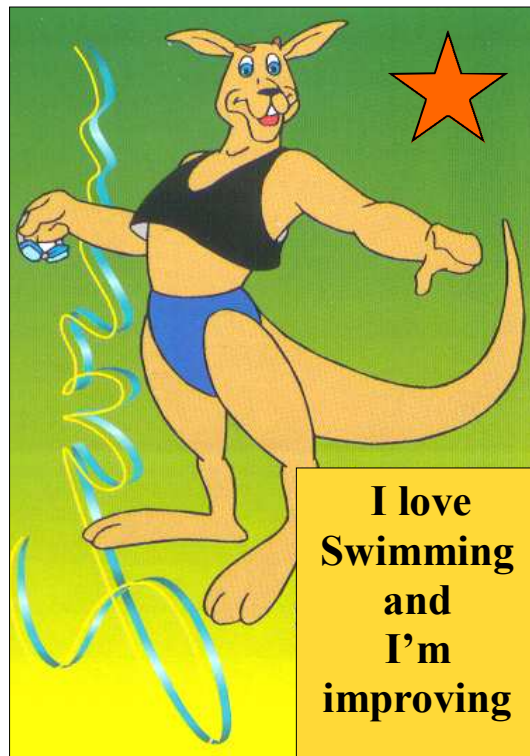


**North West Athletics**  
Russell Parsons, OAM, ASCTA (Bronze)  
2/72 Hopwood Street, ECHUCA, 3564  
03-54-801-705 nwa@iinet.net.au www.nwaswimaths.com

## **A Few Skill / Motivation Tags for Swimmers**

There are hundreds more  
Check out [www.nwaswimaths.com](http://www.nwaswimaths.com) > PROGRAMS > Swimming Programs ...  
or, contact me for details



Resources are in a process of continual upgrade / extension.


A few tag examples .. there are hundreds more



**BONUS**

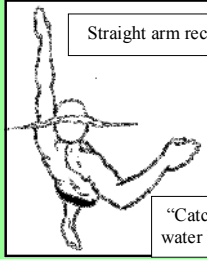
**Today  
I  
was a  
Star**

www.nwaswimaths.com



**BONUS**

Bi-lateral Breathing (3/5): helps balance your stroke  
www.nwaswimaths.com



Straight arm recovery

**NWA  
Swimming**

Backstroke  
Reminders

"Catch" .. throw the water back at your feet

**2**


www.nwaswimaths.com



North West Athletics

**Bomb -  
Pin Drop  
Award**

www.nwaswimaths.com



**NWA Swimming** 5

**Poolside  
Breaststroke  
Drills**

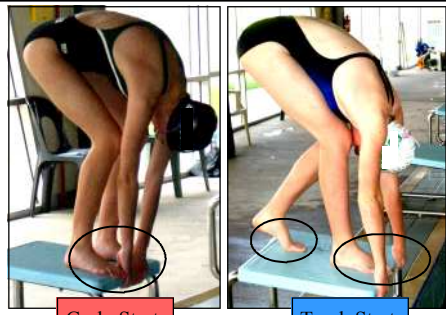
*I know the cues, and  
I can do the drills*

www.nwaswimaths.com

**NWA Swimming**

**Intro to Diving**

Kneeling Dive      Half Kneeling

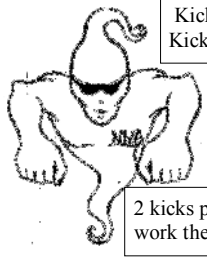



**Grab Start**      **Track Start**



**Backstroke  
Start**

Head back;  
drive hard off the wall  
Hips high  
Hands together on  
entry; tight streamline  
3-6 Fly kicks  
to surface (before 15m)  
www.nwaswimaths.com



Kick "in"  
Kick "out"

**NWA  
Swimming**

Butterfly  
Reminders

2 kicks per stroke;  
work the 2nd kick

**3**

www.nwaswimaths.com



North West Athletics

www.nwaswimaths.com

**The thrill is not winning,  
but  
having the courage to join the race**



Knowledge accumulates quickly ... but only in open minds

# North West Athletics Swimming Skills

## Test 1

Name: \_\_\_\_\_ (Please **PRINT** neatly)

Circle the **best** answer

1. When **you** arrive at the pool for your session, **you** should ensure **you** have available?

- A Full water (drink) bottle
- B Fins and Goggles
- C Kick Board, Fins, Goggles
- D All of the above

2. What does the term "**lateral**" mean?

- A (On your) back
- B (On your) side
- C (On your) front
- D (On your) toes

3. What does the following abbreviation mean: **B/R** ?

- A Backstroke
- B Freestyle
- C Breaststroke
- D Butterfly

4. **Bilateral breathing** means breathing every:

- A 2 strokes
- B 6 strokes
- C 4 strokes
- D 3 strokes

5. Which of the following is an important reminder in **freestyle**?

- A Fingers always point to the bottom of the pool
- B Breathe every eight (8) strokes
- C Little finger in the water first
- D Fast Arms – Fast Kick

6. Which if the following is the stroke order in an **individual medley**?

- A FLY – B/R – B/K – F/S
- B B/K – FLY – B/R – F/S
- C B/R – FLY – F/S – B/K
- D FLY – B/K – B/R – F/S

7. Which of the following are the **starter's commands**?

- A Ready – Set – **Go**
- B On Your Marks – Set – **GUN**
- C Are you ready? – Are you set? – **let's GO** (or whistle)
- D Whistle – Take Your Marks – **GUN**

8. In performing streamline B/R kick on your back, what **cues** should you keep in mind?

- A Faster is Best
- B Head back – Hips up – Toes up
- C Watch your feet
- D Head up – Hips down

9. What does "**pb**" mean?

- A Personal Best
- B Popular Boy
- C Pretty Boy
- D Point Blank

### Awards

#### 9 correct answers

Special Tag, or, Swimmer Photograph,  
to extend your collection, or,  
I may let you look at my  
Melbourne FC Polo Top  
.. your choice

#### 8 correct answers

Special Tag

#### 7 correct answers

Hand shake from the coach

#### 6 or less correct answers

Collect kick boards after each session  
for two weeks, and, re-submit test

**Parents or Senior Swimmers  
may offer assistance**

A **cue** is something the coach asks you to  
remember as you complete a task.  
(Often the coach will repeat this cue over and  
over again to help you focus.)

The Test should be completed and returned  
to your coach at your next session.