

# Freestyle Evaluation / Checklist .. Swimmer .. Triathlete



Name:

Date:

Please remember that any observation(s) is only valid for the moment it is made. The key focus is to try to identify an area(s) for improvement.

It's not (only) a matter of swimming faster, but swimming more efficiently; using less energy to achieve the same or slightly better outcome, thereby making more energy available for each stroke, and/or, for cycling and running.

Following are a series of key aspects of efficient swimming form and my assessment of your delivery of these aims ... *We can not all swim as fast as Ian Thorpe, but we can all seek to swim as well as Ian Thorpe.*

Some aspects of form ...

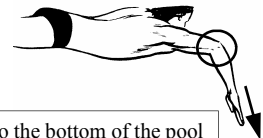
## Freestyle

	Excellent	Good	Work to Improve	
1. Hand entry relaxed (approx. 45°)	5	4	3	2 1
2. Arm extends forward for maximum distance per stroke without elbow drop	5	4	3	2 1
3. Hand entry in front of the shoulder	5	4	3	2 1
4. Scull is an extended "S"	5	4	3	2 1
5. Shoulder lift as arm commences recovery	5	4	3	2 1
6. Elbow high .. alignment of elbow and hand passing the shoulder	5	4	3	2 1
7. Fingers always point to the bottom	5	4	3	2 1
8. In-sweep to the midline of the body	5	4	3	2 1
9. Trunk rotation commences with the hips	5	4	3	2 1
10. Body is streamlined	5	4	3	2 1
11. Head is rolled (not lifted) for inhalation	5	4	3	2 1
12. Head still on non-breathing stroke	5	4	3	2 1
13. Turn to breathe as finger tips enter the water	5	4	3	2 1
14. Ankles loose and relaxed	5	4	3	2 1
15. Knees slightly bent on the down beat	5	4	3	2 1
16. Knee is ("locked") straight on the upbeat	5	4	3	2 1
17. Heels bubble at the surface	5	4	3	2 1
18. Narrow, continuous kick .. 2-beat kick / 4 beat kick (6 beat kick)	5	4	3	2 1



### Key Performance Factors:

- Strong, continuous kick with extended legs, pointed toes
- Bent arm recovery with slight elbow lead, thumb first (v. semi-circle recovery)
- Controlled breathing and stable head position
- Long stroke with relatively slow arms



Several Swim Sessions are available on laminated cards **to help YOU** swim more efficiently

Throughout the F/S stroke: fingers always point to the bottom of the pool

### General Comments:

---



---

Research tells us (in all sports) that while repetition is the basis of improvement, the athlete's performance is also enhanced by variety .. variation in swim/cycle/run sessions that respect and address the energy systems you are seeking to stimulate is critical.

*Research also tells us: it takes approximately 50 repetitions to establish a habit but, it can take 10,000 repetitions to change a habit*

© Copyright, NWA, 1998