**Aquatics Review Items…**

BREAST STROKE:

1. Arms are small circles just outside the body (Not big arms)
2. Arms pull through water to chest, as elbows bend, and recover (do NOT pull to hips)
3. Sequence is: Pull and Breathe, Kick and Glide (arm stroke and leg kick do NOT happen at the same time)
4. Whip kick is used: heels come to the butt, feet are flat and toes turn OUT, whip kick is powerful, and then glide….
5. Timing of this stroke takes lots and lots of practice.

BACKSTROKE:

1. Shoulders must roll front to back so that you arm is long and brushes against your ear.
2. Thumb comes OUT of the water; as you roll your shoulders your hand turns so that your pinkie ENTERS the water.
3. Flutter kick is used; comes from the hip, knees and ankles are soft
4. Keep your hips up at the surface of the water so you are in a long, straight line.

ELEMENTARY BACKSTROKE:

1. Survival stroke; I can use it to save energy and get through the water back to safety, when needed.
2. Arms come up to armpits, out to a ‘T’, then push DOWN to my sides
3. Feet drop towards the bottom, bend is at the knee, heels together, toes turn out, whip your feet around and GLIDE as long as you can.

FREESTYLE/FRONT CRAWL:

1. Flutter Kick
2. Elbow is the highest point of the arm.
3. Roll face to the side to breathe (do NOT lift head up to breathe).

Other Important Items:

1. Interval Training: A period of exercise, followed by a period of rest.
2. Circle Swimming: Sharing the lane with others, I stay to the RIGHT of the lane as I swim.
3. Target Heart Rate Zone: for a 16 year old is 120-170 beats per minute.