

SWIM CD CONTENTS

FREESTYLE

Swim

Front 50m, Front 25m Paddles, View from L, View from R, View from Side UNDERWATER - Front & Deep, Front & Shallow, Side & Deep, Side & Shallow

Drills

Breath Test, Kick on Board, Up&Downs, Prone to Side Kick, Rotational Balance Kick, Vertical Kick, Vert Kick w. Rotations, Continuously Rotating Kick, Side Kick (arms Sides), Side Kick (1 arm Front), Six Kick (1), Six Kick (3), Shark Fin 1 (front), Shark Fin 1 (side), Shark Fin 2 (front), Shark Fin 2 (side), Catchup, 1-armed (passive arm Front), 1-armed (passive arm Side), Vertical Sculling, Vert. to Front to Back Sculling, Front Scull, Glide Practise Kick, Window Wipers, Mid Scull on Front (behind Chest), Mid Scull on Front (behind Hips), Mid Scull on Back (Head 1st), Mid Scull on Back (Feet 1st), Fist Drill, LongDog, Catch Sequence 1-4

Starts & Turns

Pushoff, Tumble Turn Sequence 1-3, Freestyle Tumble, Dive from Front, Dive from Side UNDERWATER - Tumble Turn, Dive from Front, Dive from Side

Miscellaneous

Standing Freestyle from Front, Standing Freestyle from Side

BACKSTROKE

Swim

Front 25m, Behind 25m, View from L, View from R UNDERWATER - Front & Deep, Front & Shallow, Side & Deep, Side & Shallow

Drills

Back Kick w. Rotations, 1-armed, Double-armed, 1 arm UP, Six Kick

Starts & Turns

Pushoff from Above, Pushoff from Behind, Backstroke Tumble Turn

BREASTSTROKE

Swim

Swim from Front, Swim from Behind, Swim from L, Swim from R, Swim from the Side UNDERWATER - Front & Deep, Side & Deep, Side & Shallow

Drills

Breaststroke Layout, 2 Kicks to 1 Pull, 3 Kicks to 1 Pull, 2 Up, 2 Down

Starts & Turns

Breaststroke Dive, Breaststroke Turn

BUTTERFLY

Swim

Swim from Front, Swim from Behind, View from L, View from R, View from Side, 2-stroke Breathing UNDERWATER - Front & Deep, Front & Shallow, Side & Shallow

Drills

1-armed Fly: 2K to 1P and 3K to 1P, 2-armed Fly: 2K to 1P and 3K to 1P, 3Fly Kicks to 1 Breast Pull, Biondi

Starts & Turns

Butterfly Dive, Butterfly Turn