Aquatics Unit

Strokes

Competitive Strokes/Kicks
- Front Crawl (freestyle) – flutter kick
- Back Crawl – flutter kick
- Butterfly – dolphin kick
- *Breaststroke – whip kick

Non – Competitive Strokes/Kicks
- *Sidestroke – scissors kick
- *Elementary backstroke – whip kick

*The breaststroke, sidestroke and elementary backstroke are all considered resting strokes because the arm recovery is underwater.

Diving

Diving Categories
- 100’s Forward dives
- 200’s Back dives
- 300’s reverse dives
- 400’s inward dives
- 5000’s twisting dives

Judging of Dives

Awards: Points awarded by the judges based on their satisfactory completion of the dive. (0 – 10)

- Very good……..8 1/2 – 10 points
- Good…………..6 1/2 – 8 points
- Satisfactory ……6 – 6 points
- Deficient……….2/12-4 1/2 points
- Unsatisfactory….1/2 – 2 points
- Failed ………….. 0 points

Degree of difficulty (DD): Points to be multiplied by the judge’s awards, assigned by the difficulty of the dive.

Score: The total sum points of each dive multiplied by the degree of difficulty.

Awarding points: The five areas considered when awarding points.

1) Starting approach
2) Approach
3) Take off
4) Flight and positions
5) Entry into the water
Other entries into water

- **Compact jump** – safest for deep-water entry from a height
- **Stride jump** – used in lifesaving to keep eye contact with the victim.
- **Slide from side of pool** – Used if a back or neck injury is suspected

**Surface Dives** – used to swim toward the bottom of the pool, pond, lake – to retrieve things.
- Feet first surface dive – used when you don’t know the depth of the water
- Pike surface dive
- Tuck surface dive
- Quick surface dive

**Aquatics Safety**

**Lifesaving**

If someone has fallen into the water you don’t want to end up a victim also – So remember the phrase:

REACH, THROW, ROW – Go (if Lifeguard trained)

Reach – use your body, a pole, and an oar, anything long
Throw – a ring buoy, kick board, anything that will float and can help support the Victim’s weight
Row – a paddleboard, rowboat, canoe, kayak
Go – only if trained – bring a rescue tube with you.

**Approach stroke** – used to approach victim – head is held out of water. Front crawl or breast stroke are most effective.

**Swimming Safety**

- Don’t dive head first into shallow or murky water.
- Avoid fast moving water.
- Don’t swim after consuming alcohol.
- Don’t swim alone or without someone supervising.
- Never leave children unattended near water.

**Boating Safety**

- Young children should always wear a PFD (personal flotation device.)
- All boats should have a PFD for each occupant.
- Don’t overload a boat.
- Motorboats need to have signal flares, a horn, operating lights, distress flag, and an oar/paddle.
- All personal watercraft operators need to have a boating safety course license.
- Don’t drive a boat or personal watercraft after consuming alcohol.
- Always keep an eye on the weather.
Total Immersion Drills

BASIC BALANCE
Why: teach how to balance using core and not your arms and what happens when you lift your head to breath
Front Balance:
Start: Lie on stomach, looking directly down (at the bottom of the pool)
Body position: on Stomach, with suit right at surface of water
Head- Place head in water looking directly down, just a ½ inch of your head should be showing
Arms- At side of body, elbows bent hands in front of waist
Kick-compact, quiet, gentle flutter; hips rock gently back and forth as kick
Breath- lift head up (feel how you slow down-bad) or roll to side
Avoid: Lifting your head up and kicking to hard

HOW TO SWIM ON YOUR SIDE
Why: Swim free on our sides these drills teach you how to swim on your sides and teach you how to feel balanced and supported on your side

Side Balance Looking Down:
Start: Lie on side, looking directly down
Body Position: one shoulder and hip out of the water point directly at ceiling
Head: Looking at bottom of pool, hiding head in armpit
Arm/Hand: bottom arm fully stretched out in front, 3-6” below water, palm down
       Top arm at side, elbow bent, hands in front of waist
Breath: roll to side like side balance looking up- take three breaths and “hide” head again
Avoid: bending your arm, lifting your head up, sculling with your hand
Why: teaches you to look down (proper head position), and stay balanced when starting the pull

HOW TO USE YOUR HIPS TO ROLL FROM SIDE TO SIDE AND SWIM ON YOUR SIDE

Active Balance:
Start: side balance looking down with hands to the sides
Rotation: start body rotation using hips/abs/obliques to rotate hips, torso, shoulders, and legs
Breath: every third roll, finish in side balance looking up, take 3 breaths, repeat 3 rolls and breath on other side
Think: Do each rotation as if trying to take belly button to the air, helps NOT to lead with head/shoulders
Avoid: starting the roll with your shoulders and not rolling all of your body together

TIMING OF THE STROKE-TO STOP USING YOUR ARMS TO KEEP YOU BALANCED
Catch Up: Catch-up can help with breath timing and help with learning how to delay starting the pulling until the body is in a good position

Start: swim regular freestyle, One arm then performs a regular freestyle pull. The other arm is still, just keep it pointing forward and in the water. The swimming arm catches up to the arm that is still extended, pointing forward and in the water. One arm is pulling, the other is not. One arm is
working, the other is waiting for its turn to work. Once the arm that was pulling completes the pull, enters the water, then it is the other arm's turn to pull. It pulls and recovers while the other arm (the one that took the first pull) is still, waiting for its turn to pull again. **Key point: you will always have one arm pointing forward toward your destination.**

1. Start with both arms pointing forward.
2. Arm #1 swims (catch, pull, exit, recover, enter).
3. Arm #2 stays out in front, pointing toward the destination.
4. When arm #1 returns to the starting position, (pointing forward, toward the end of the pool), arm #2 swims.
5. When arm #2 returns to the starting position, pointing forward, toward the end of the pool, arm #1 swims.
6. Each arm takes its turn swimming while the other arm is out in front pointing to the end of the pool.
7. Each hand could tag the other as it reaches the pointing position, as in one arm telling the other "OK, I have caught up to you, I am pointing forward now, your turn to swim!"

When to breath? What is your body doing during all of this? Legs: Keep a steady, smooth, relaxed kick.

- Head: Keep your nose pointing toward the bottom of the pool, eyes looking down, the top of your head pointing in the direction of travel, a good posture from the top of your head through your neck and down your spine. When you need to breath, rotate along that posture line, eyes looking sideways as the swimming arm exits the water and recovers, on the same side as that arm. Get the eyes looking down again before that hand enters the water.

- Body: Keep a good, long posture position, top of the head through the spine, with a line drawn from the base of the spine through the top of the head pointing toward the destination. Think of that as an axis. Just before an arm starts to pull, that side of the body should already be rotated closer to the bottom of the pool. As the arm pulls, that side of the body rotates from a low/bottom of the pool position to a high/ceiling or sky position (while the other side of the body does the opposite).

**Fingertip Drag:** to promote a high elbow recovery, minimize splashing when the hand enters the water and to make you aware of your hand position during recovery.

- Swum like regular freestyle, except your fingertips never leave the water as your arm moves forward during the stroke recovery.
- You drag your fingers forward through the water, slightly off to the side of your body, focusing on good body roll and keeping your elbows pointed up.
- Change how much of your hand stays in the water: fingertips, hand, wrist, even your whole forearm.
Aquatics Unit Homework

1) List the four competitive strokes and what kick is used with each one.

2) Name the two non-competitive strokes and the kicks used with each one.

3) Name the five diving categories.

4) Name the five areas considered when awarding points for diving.

5) Name three surface dives.
6) What is degree of difficulty?

7) Name three water safety tips.

8) Name three boating safety tips.

9) While swimming where should you be looking?

10) While swimming what part of your body should you use to roll from side to side?