I AM A SWIMMING COACH

CHISTINE RABACAL

PE, A BLOCK

MR. TOMPSON

FRONT CRAWL:

BODY POSITION:

The position of her body was slightly under the water, I think that she would have gone a little bit faster if her body was more streamline.

HEAD POSITION:

I think that her head was in the right position, but she was moving it too much.

HAND AND ARM ACTION:

Her hand was slapping the water when she was moving her arms as well as she had her fingers spread, when she should have had theme cupped, so that she could slide theme into the water more smoothly. These both could help her to swim faster.

LEG ACTION:

Her legs were sinking down to the bottom of the pool, causing her to have to put a lot more effort into kicking which means that she will become tired sooner and lose a lot more speed. It would be a lot easier if she kept her legs just underneath the surface of the water so that she would just have to give small, fast kicks which would help her to go faster.

BREATHING:

I noticed that when she was breathing she was rolling her body a lot. I would also suggest alternating the side that she breaths to, as if she only breaths to one side than her can begin to become stiff, because she is only used to breathing to one side.

BREASTSTROKE:

BODY POSITION:

I think that her body position was right.

HEAD POSITION:

I think that her head should have been tucked into her slightly more.

HAND AND ARM ACTION:

Her fingers were spread but she should have had them cupped. She was also doing three strokes in one breath I think that she would have gone faster if she had. When she did take a breath she did a keyhole, which is only allowed once, when you dive in and are still under the water, the first stroke that you do.

LEG ACTION:

I noticed that her toes were pointed, which they are supposed to be in the other strokes, but in breaststroke, they are supposed to be spread to push her push harder when she kicks, helping her to go faster.

BREATHING:

She did not breath on every stroke, if she did then she would not have gotten tired as quickly and given her more of an opportunity to glide, which would have helped her to go faster.