

Perfect Streamlining

Every swimmer, when diving into the pool or pushing off the wall, achieves a degree of streamlining. Swimmers who understand that minimizing the physical surface area exposed to the water and are willing to make the effort to achieve such streamlining will be rewarded with greater distance.

Some tips to follow that will enable you to position your body for maximum streamline.

1. Hand over Hand

One hand should be placed firmly on top of the other with the thumb of the upper hand wrapped around the palm of the lower hand.

2. Keep Hands Parallel to the Surface

Just as a horizontal body is going to create the least amount of resistance, the swimmer should avoid pointing the hands in either an upward or downward direction.

3. Lock the Arm

The more bend in the arms, the wider apart are the elbows and the greater is the exposed surface area.

4. Press Biceps behind the Ears

Tuck the arms slightly behind the ears and press the biceps firmly against the head.

5. Align the Head with Body

Keep the head down and locked in place through the breakout and initial strokes.

6. Tighten the Bum

Squeezing together your two gluteus maximus muscles will enhance your streamlining ability.

7. Straighten the Legs

This action is a natural response following the push-off

8. Point the Toes

When attaining a perfect streamline the feet should be forced into the horizontal plane, toes pointed directly away from the body.

9. Connect the Feet

So that the water tapers off the body place the feet directly next to one another one slightly on top of the other. This momentary position immediately after push-off will be disturbed once kicking commences.

10. Go the Extra Centimetre

Once you have mastered the first 9 steps go one more by extending the body, head to toe, another centimetre or so.

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