

## Age Group: Racing Technically Correct

By Coach Cathy Manthey

**Editors Note:** *The following terrific "instruction sheet" is developed by Coach Cathy Manthey for her age group swimmers. Complete, thorough, but not overwhelming for young minds, it is a great example of what age group coaches teach in racing skills.*

*Coach Manthey has recently "temporarily retired" from coaching at San Jose Aquatics, where she was a mainstay of one of the finest coaching staffs in the USA, working for Head Coach Bill Thompson. Coach Manthey will undoubtedly return to coaching when her life circumstances allow. We're eager to have her back! Good Luck Coach Cathy! --JL*

### **FREESTYLE**

| <u>Distance</u> | <u>Pattern</u>   | <u>Pace</u>                                      |
|-----------------|--|--|
| 50 metres       | Every 6 or 8   | Sprint   |
| 100 metres      | 2-2-4 Build 1st 50<br>or every 3rd (Bilateral<br>breathing). | Sprint 3rd lap<br>Last lap takes care of itself. |
| 200 metres      | 2-2-4 or 2-2-3 or 2-2-2-3<br>Build 1st 100                   | Sprint 3rd 50<br>Last lap takes care of itself.  |

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|--------|---|
| Starts | No too deep<br>Kick and streamline<br>Do not breathe 1st stroke |
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|-------|--|
| Turns | Accelerate inside the flags<br>Snappy flip turn<br>Streamline and kick off wall<br>Do not breathe 1st stroke |
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| Finishes | Accelerate inside the flags<br>Do not breathe last 5 yards<br>Reach and touch the wall underwater - no extra stroke |
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|-------|---|
| 100IM | Breathe 2 down - 1 up in the fly<br>Build your backstroke<br>Faster pace on breaststroke - stretch & streamline<br>Finish strong in freestyle and remember your breathing pattern<br>Good transitional turns<br>Do not breathe last 5 yards at the finish |
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|       |  |
|-------|--|
| 200IM | Breathe 2 up, 1 down in fly<br>Build the 1st lap and sprint 2nd lap of each stroke<br>Remember your zones - accelerate in and out of all turns<br>Good transitional turns - long streamlines off all walls<br>Stick to your breathing pattern and do not breathe last 5 yards in freestyle |
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## Swimming Article

### BREASTSTROKE

| <u>Distance</u> | <u>Breathing Pattern</u>   | <u>Pace</u>   |
|-----------------|--|---|
| 50 yards        | Every stroke   | Sprint  |
| 100 yards       | Every stroke   | Build 1st 50<br>Sprint 3rd lap<br>Last lap takes care of itself |
| Starts          | A little deeper than freestyle<br>3-2-1 pulldowns<br>Accelerate inside the flags   |   |
| Turns           | "Karate chop" - telephone call<br>Touch with 2 hands<br>Snappy flip<br>A little deeper than freestyle<br>3-2-1 pulldowns   |   |
| Finishes        | Accelerate inside the flags<br>Stretch for the wall - do not take an extra stroke<br>Always touch with 2 hands under water |   |

### BUTTERFLY

| <u>Distance</u> | <u>Breathing Pattern</u>   | <u>Pace</u>   |
|-----------------|--|---|
| 50 metres       | 2 down - 1 up  | Sprint  |
| 100 metres      | 2 up, 1 down or every other  | Build 1st 50<br>Sprint 3rd lap<br>Last lap takes care of itself |
| Starts          | A little deeper than freestyle<br>Long streamline and dolphin kick hard to surface<br>Do not breathe the first stroke  |   |
| Turns           | "Karate chop" - "Telephone call"<br>Touch with 2 hands<br>A little deeper than freestyle<br>Long streamline and dolphin kick hard to surface<br>Do not breathe the first stroke<br>Accelerate inside the flags |   |
| Finishes        | Do not breathe the last five yards of your race<br>Accelerate and charge the wall<br>Always touch wall underwater with two hands<br>Reach for the wall<br>Do not take an extra stroke on your finish           |   |

## Swimming Article

### BACKSTROKE

| <u>Distance</u> | <u>Breathing Pattern</u>   | <u>Pace</u>   |
|-----------------|--|---|
| 50 yards        | 2 down - 1 up  | Sprint  |
| 100 yards       | 2 up, 1 down or every other  | Build 1st 50<br>Sprint 3rd lap<br>Last lap takes care of itself |
| Starts          | Hands on gutter<br>Long streamline 2-4 dolphin kicks then flutter<br>Strong breakout stroke - 1 arm only   |   |
| Turns           | Accelerate inside the flags<br>Know your stroke count from the flags without looking for wall<br>Snappy flip<br>Long streamline 2-4 dolphin kicks then flutter<br>Strong breakout stroke - 1 arm only          |   |
| Finishes        | Accelerate inside the flags<br>Know your stroke count<br>Last stroke-head goes back and kick<br>Charge the wall<br>Always touch wall under water<br>Do not breath the last 5 yards<br>YES, even in backstroke! |   |