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## **SEVEN POINTS OF SWIMMING**

### **OVERVIEW**

Swimming is a very technical sport. Any improvement in swimming technique will help make this activity an enjoyable experience, rather than a struggle to gasp for air!

The **Seven Points of Swimming** outlined below have been suggested by former Olympic champion and world record holder Australian John Konrads.

### **1. SWIM LOW IN THE WATER**

This is the natural position, given the density of the human body. Do not attempt to raise the body high in the water - it only increases the effort necessary.

### **2. ROLL THE BODY**

The roll comes from the leg kick and it should go (through the shoulders) a whole arc of 180 degrees - 90 degrees to each side.

### **3. GENTLE AND RELAXED LEG KICK**

Only 5% - 10% of the propulsion forces come from the leg kick in swimming. Flippers can help to have an easy and relaxed kick. The increased resistance of flippers will assist strengthening of the quadriceps muscle.

### **4. ASYMMETRY OF ARM MOVEMENT**

The arms move quicker in the air than through water, therefore both arms will be in the water at some point in the swim cycle. Do not start pushing off (out of the water) with one hand until the other hand is already in the water.

Practice: Glide swimming (catch up). Do not move one hand through the water until the other hand touches it (thumbs touching). Alternatively swim with a hand board (one hand must always hold the hand board in front of the body).

### **5. BREATHING**

Breathe both through the nose and the mouth. Unilateral or bilateral breathing are OK. Do whichever you feel more comfortable with.

## **6. ARM BEND**

In the air - the hand always goes forward, and keep the hand below the elbow.

Practice: "Finger Drag" on the surface of the water, as the hand goes forward in the air (the hand "hangs down" from the elbow).

## **7. SWIM FAST**

This is a matter of "feel" - open your hand to achieve a greater "grip" on the water, which will then increase the propulsion force.