

Hammond Hills Hammerheads
THE ULTIMATE SWIM TEAM GUIDE*
PRO TIPS, REMINDERS, + HELPFUL HINTS

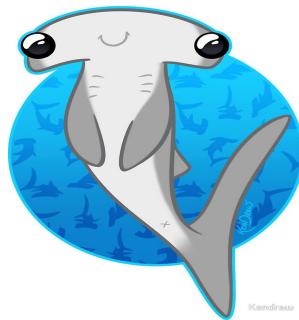
*PATENT PENDING

WHAT TO BRING TO PRACTICE:

SWIM SUIT
GOGGLES
TOWEL
WATER BOTTLE
SWIM CAP

WHAT TO BRING TO MEETS:

SWIM SUIT
GOGGLES
TWO TOWELS (ONE TO DRY OFF, ONE TO SIT ON)
WATER BOTTLE
SWIM CAP
PONYTAILS FOR LONG HAIR
CARDS, GAMES, OTHER ACTIVITIES TO PLAY WHILE YOU WAIT IN
THE BULLPEN



AND A HAPPY HAMMERHEAD SMILE!

6 + UNDERS - TIPS TO REMEMBER:

RAINBOW ARMS

ICE CREAM SCOOPS

STRAIGHT LEGS

JUMP OUT, NOT DOWN OFF BLOCK

POSITION ELEVEN

CHARGE THE WALL!!!

POINTED TOES

STREAMLINE

7 + UPS - TIPS TO REMEMBER:

BUTTERFLY:

WRISTS COME TOGETHER OVER HEAD

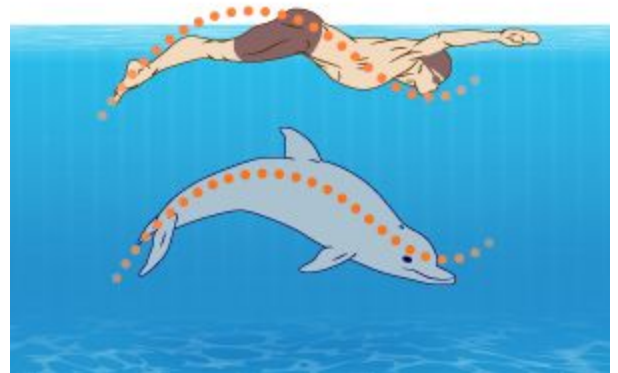
LEGS AND ANKLES TOGETHER

KEY HOLE OR DIAMOND

TWO KICKS FOR EVERY PULL

TWO HAND TOUCHES

https://www.youtube.com/watch?v=w6n_SrjLypA



BACKSTROKE:

PINKY FIRST

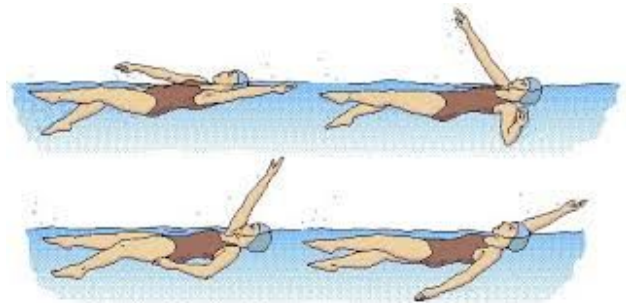
STRAIGHT LEGS

ROTATE SHOULDERS

POINTED TOES

HEAD BACK

<https://www.youtube.com/watch?v=McC3crRWpGc>



BREASTSTROKE:

BREATHE EVERY PULL

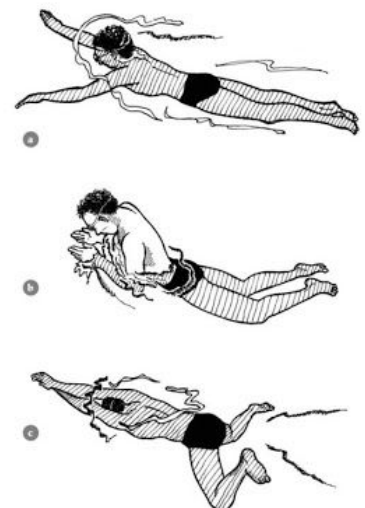
SNAP YOUR LEGS TOGETHER

POWERKICK BOTH LEGS AT THE SAME TIME

(SYNCHRONIZED)

PULL IN FRONT OF CHIN/SKINNY ARMS

<https://www.youtube.com/watch?v=QGZ8rly-YtI>



FREESTYLE:

STRAIGHT LEGS

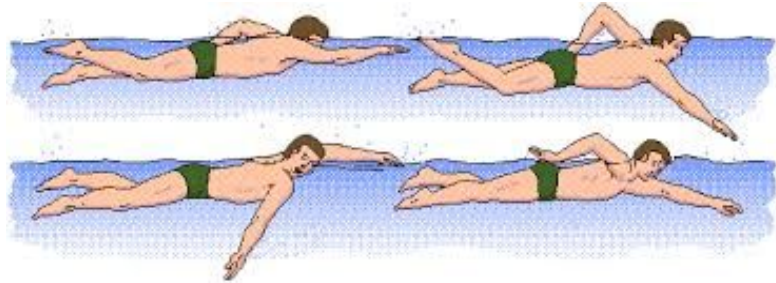
STREAMLINE WITH FLY KICK

CUPPED HANDS

SIDE BREATHE

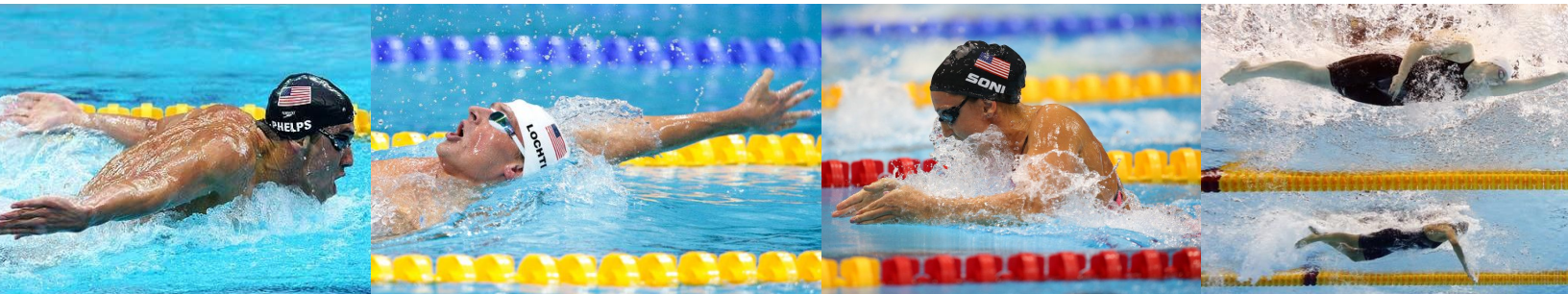
KICK TO THE SURFACE

<https://www.youtube.com/watch?v=W5yvhdCBj7I>



**INDIVIDUAL MEDLEY (IM) ORDER: BUTTERFLY,
BACKSTROKE, BREASTSTROKE, FREESTYLE**

**MEDLEY RELAY ORDER: BACKSTROKE, BREASTSTROKE,
BUTTERFLY, FREESTYLE**



MOST IMPORTANT THINGS FOR THE MEET:

SPORTSMANSHIP

CHEERING FOR YOUR TEAMMATES

CHEERING FOR OTHER TEAM'S SWIMMERS

SHAKING HANDS AFTER RACES

WAITING IN WATER UNTIL ALL SWIMMERS HAVE FINISHED

IF SOMEONE SAYS SOMETHING MEAN TO YOU, WALK AWAY

AND TELL A COACH

HEALTH - THE "STAYS"

STAY HYDRATED - DRINK WATER

STAY CALM - MEETS ARE AWESOME! DON'T GET

OVERWHELMED - WE ARE HERE FOR YOU!

STAY STILL - REST THE DAY OF THE MEET! (WATCH A MOVIE,

TAKE A NAP, RELAX INSIDE - WE NEED

YOU IN TOP SHAPE TO SWIM HARD!)