

# General Workout Words

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- **Streamline**
  - We teach streamlines as 'hand-over-hand, thumbs wrap around, elbows squeeze behind your ears, chin toward your chest, eyes down
  - ACCEPT NO SUBSTITUTES ON STREAMLINES
- **Small, fast kicks**
  - It's important to encourage swimmers to keep their legs moving. This typically encourages straighter legs, but if they bicycle their legs, they may need to be told "straight legs"
- **Relax**
  - You can't be TENSE when swimming, and you don't want to be moving that many muscles at any particular time. Make all strokes as relaxed and simple as possible
- **'No-wiggle swimming'**
  - We want to pull DIRECTLY from the top to the bottom, without any wiggles in the pull in between
- **Catch**
  - This word can be used in all strokes. The moment in the pull your hand(s) "grab" the water
- **Still head**
  - It is important to keep a head from moving while swimming. Wherever the head goes, the body follows
- **Fingers closed**
  - We want to swim with closed fingers in all strokes
- **Proper breathing**
  - You are not supposed to hold your breath in swimming. Rather, you are supposed to just let your air/bubbles out SLOWLY with one large exit burst of air before you breathe.
- **Eyes down**
  - In all strokes, but backstroke, it is important to keep their eyes on the bottom of pool
- **Swim in a straight line**
  - It is faster and less yards to go from point A to point B when swimming in a straight line (on 25s, have them follow the line at the bottom of the pool)