

# Streamlining

---

What can we do as swimmers to be more “*aqua-dynamic*”? -- Keep your kick small, keep the body aligned and be on your side as much as possible (in freestyle and backstroke). Big kicks and wild scissoring legs are drag creators. Drag is reduced tremendously when you are on your side; good rotation is at the heart of being *slippery*, not to mention the added power your hips can generate as you rotate from side to side.

There are three areas of concentration when streamlining off the walls and/or blocks:

- 1) Head
- 2) Arms
- 3) Legs

## HEAD

There are three positions you can put your head in:

- A. “#1” – Chin up
- B. “#3” – Chin down on your chest
- C. “#2” – In between #1 and #3.

*NOTE:* Your head should be in the “#2” position when streamlining off the walls and/or blocks.

## ARMS

When streamlining off the walls and/or blocks;

- Keep your arms extended over your head
- Pull your elbows together squeezing your head between your forearms
- Place one hand on top of the other with the top hand’s thumb and little finger wrapped around the outside of the bottom hand

## LEGS

When streamlining off the walls and/or blocks;

- Keep your knees together
- Keep your ankles together
- Point your toes