

Freestyle Clinic 10/5/25

Notes by Tricia Summerfield

Another excellent presentation from Elena covering:

“Freestyle Feel”. Think of the water as a solid.

- Feel for the water is paramount
- Understanding hold/scull/push
- Water movement: shape/trajectory/acceleration (only accelerate as fast as you can control the stroke)
- Hand/hip connection – creates the transfer of power from side to side
- Soft, light, firm, deliberate – know which and when

Establishing Feel

1. SCULL (scratch your palms before beginning to alert senses) cup your hands to sense the water, move arms in a figure of eight
2. SCULL + HOLD (CATCH) repeat the scull and hold it in the catch position, wrists relaxed, fingers pointing to the bottom of the pool
3. SCULL + HOLD + SWEEP (PUSH) repeat above then complete the stroke with a sweep down to the thigh
4. SINGLE ARM STROKE practice 1-4 with each arm separately
5. SCOOTER (HAND/HIP) one arm completes the stroke, the other is held steady in front (YouTube clip shows this drill using a kickboard to support the front hand)
<https://www.youtube.com/watch?v=7HJD2rb5G3k>
6. SWIM finally put all the movements together in a full stroke.

Try to maintain your awareness of the water at all times.

A great turnout of 21 swimmers in the water and 5 observers on pool deck.