

Equipment Tip Sheet

Alignment Kickboard (Triangle Board)



Purpose:

- This kickboard is designed to maintain optimum body alignment and lengthen body position
- Naturally places swimmers into a streamline position

How to use:

- Varies depending on drill. Stability strap on the board helps to keep hand(s) in place.

When to use:

- Front pencil glides
- Back "i" glides (hand position)
- Side glides
- Front crawl arm drills
- Front crawl breathing drills
- Back crawl kicking drills

Drills:

- Front pencil glides
- Back "i" glides – holding triangle board over the body, with white strap facing the ceiling, arms stretched out, 4 fingers on top of the board, thumb underneath for grip.
- Side glides
- 3 sec isolation: one arm stretched out on triangle board, other by side. 3 sec down 3 sec to side
- 3 sec alternating single arm front crawl w/3 sec isolation: both arms extended for 3 sec looking down, pull to side glide, 3 sec at side, arm rotation to look down again and start next arm cycle
- Single arm front entry outside board – working on 11:00 & 1:00 entry
- Catch up front crawl to fix timing

Bolster Paddles and Agility Paddles



Purpose:

- Designed to enhance stroke sensory awareness and strengthen forearm muscle development for proper technique.
- Paddles facilitate how your hands should move in the water.

How to use:

- Ensure that the swimmers keep their wrists in line with their forearm and that they don't "break" at the wrist.

When to use:

- Front crawl arm drills
- Back crawl arm drills
- Breaststroke pull
- Elementary backstroke pull
- Anywhere to demonstrate how the water should be moved with the hands/arms.

Drills:

- Sculling – in-sweep and out-sweep.
- Sculling - Windshield wiper drill – elbows in front of the body, shoulder width apart, fingertips pointing to the bottom of the pool. Scull out and in.
- Back crawl – single arm back crawl
- Double arm back crawl
- Back crawl – 3 R, 3 L, 3 Full stroke, 3 L, 3 R, 3 Full stroke. If extra assistance is needed, use fins.
- Breaststroke – Can be used alone to get the feel of the water or breaststroke with fins and flutter kick (advanced) or breaststroke with breaststroke fins.

Forearm Fulcrum



Purpose:

- It creates an arm blade from the elbow to the fingertips. By wearing the device, the user's wrist remains straight throughout the pull, promoting a strong catch (entry) and early vertical forearm (pull).
- To increase efficiency by holding the wrist, elbow and shoulder at the optimal position, creating correct muscle memory.

How to use:

- Orient the Forearm Fulcrum properly: Make sure the FINIS logo is facing **down** with the blue padding facing upwards.
- Hold the Forearm Fulcrum in one hand. Slip your hand through the 1st loop from below, then slide the device up your forearm until your hand can slip into the 2nd loop.
- Always have the bottom of your wrist rest flat against the large blue padding in the middle of the two loops.
- Make sure to place your hand in the 2nd loop with your thumb out. You want your wrist as flat as possible.

When to use:

- Front crawl arm drills
- Really great for beginner front crawl to keep the wrist/arm/shoulder in the proper position
- Any level of front crawl where the swimmer needs catch and pull correction
- Back Crawl arm drills
- Breaststroke arm drills
- To increase *technique*, not strength.

Drills:

- Great for all levels for *full stroke front crawl*
- Front crawl – single arm front crawl, with and without a triangle board
- Can use with pull buoy or fins to focus on arm technique for front crawl
- Back crawl – single arm back crawl
- Double arm back crawl
- Back crawl – 3 R, 3 L, 3 Full stroke, 3 L, 3 R, 3 Full stroke. If extra assistance is needed, use fins.
- Breaststroke – Can be used alone to get the feel of the water or breaststroke with fins and flutter kick (advanced) or breaststroke with breaststroke fins.
- Butterfly – single arm butterfly

Learn to Swim Snorkel – (center mount swimmers snorkel)



Purpose:

- Allows the swimmer to concentrate on body balance, rotation and alignment by eliminating the breathing motion.
- Designed to have swimmers move at slower speeds in the water with perfect stability and a full range of motion.
- It places emphasis on proper body alignment as the swimmers can relax and maintain a completely horizontal body position while still breathing.
- By eliminating the breathing rotation, the swimmer can focus on head position, body balance, and stroke technique while maintaining rhythmic breathing through the LTS Snorkel.
- The LTS snorkel increases the swimmers lung capacity and endurance.

How to use:

- The swimmer wears their goggles, no special attachment necessary.
- The LTS Snorkel is a center-mount snorkel and should be attached around the head with the strap.

When to use:

- Body rolls- focusing on the core initiating the roll.
- Front crawl arms- from the introduction of arms in Red to fine tuning pull in Gold with the focus being a full, smooth and efficient pull from above the head to past the hip.
- To increase endurance and lung capacity.

Drills:

- Kicking looking down, arms by side with snorkel
- Front crawl with snorkel
- R, L, R, L, R, L – rotation and balance drill – arms at side
- Rotation drill with 3 sec isolation – 3 sec R, 3 sec center, 3 sec L, 3 sec center
- Working on the entry using a kickboard that's placed sideways – flat on top of the water. Catch up front crawl on the board working on 11:00 & 1:00 entry.
- Balance Drill - One arm stretched out, one arm at side, looking down, body on side and shoulder pointing up to the ceiling. If extra support needed, use fins.
- Breaststroke – concentrating on pull keeping head down, inhale on in-sweep, exhale on exertion.
- Breaststroke – working on a continuous pull with higher stroke rate.

PDF'S (Positive Drive Fins)



Purpose:

- The PDF's use an ergonomic foot pocket to comfortably place the feet in the ideal swimming position. The heel strap to secure the fin, allowing the feet to flex more naturally.
- A closed-toe construction provides superior energy transfer from the leg to the foot. The PDF's will increase leg strength, foot speed, and ankle flexibility for all four competitive swim strokes

How to use:

- Placed on the feet based on shoe size.
- Each fin can be used as LEFT or RIGHT foot. The wide edge of the blade should always be placed on the **outside**.

When to use:

- To generate correct propulsion in all swim strokes (Advanced whip kick only)
- To increase speed/efficiency/power for all kicking drills.

Drills:

- Due to their wide variety of sizes, these fins can be tried with beginner swimmers up to Gold level swimmers.
- Kicking – Beginners: on the stairs, with a noodle
- Kicking – Advanced: with a noodle, on a kickboard, streamline on back, or arms at side on front or back
- Front crawl and back crawl – gives momentum and power to keep arms moving continuously. To learn to keep proper stroke form at higher speed.
- Breaststroke and elementary backstroke – Shows swimmers where to catch the water in their already strong whip kick and full strokes.

Zoomers



Purpose:

- To increase leg strength, speed and propulsion by creating an efficient flutter kick motion.

How to use:

- Placed on the feet based on shoe size.

When to use:

- To increase speed/efficiency/power for flutter kick, on front and back drills.

Drills:

- Kicking – with a noodle, on a kickboard, streamline on back, or arms at side on front or back
- Front crawl and back crawl – gives momentum and power to keep arms moving continuously. To learn to keep proper stroke form at higher speed.