

Stroke Mechanics

Stroke mechanics are the basic elements of a swimming stroke: body position and motion, breathing and timing, arm stroke and kick. The focus of stroke mechanics is not merely the speed of progression, movements while maintaining efficient body position, and good body alignment, although the way you coordinate a stroke will vary depending on a number of factors, including your own strength. Analyzing each body component, understanding the basic elements of each stroke is the key to becoming a better, more efficient swimmer.

Every swimming stroke has a power phase and a recovery. The **power phase** is the part of the stroke where the swimmer gets the most forward motion. The **recovery** is the part of the stroke where the swimmer gets back to the starting position. Some strokes may also have a **"glide"**, a part of the stroke where the swimmer moves without any effort from the swimmer.

Front Crawl (Freestyle)

When most people think of swimming, the first stroke they think of is often the front crawl (Fig. 8-18). Sometimes called **freestyle**, **swimming**, or **the crawl**, it is the most commonly used stroke in the freestyle category of competitive swimming. The main reason a front crawl stroke is performed is to move through the water. It is the most efficient stroke and usually the first to be learned.

The front crawl is performed with the body horizontal and the head above the water. **Body roll** is a natural movement around the middle of the body that helps the swimmer maintain proper body position, glide, and push water to the rear. The head is kept in a neutral position, looking forward. The arms are extended forward, and the legs are extended back. The head is kept in a neutral position, looking forward. The arms are extended forward, and the legs are extended back. The head is kept in a neutral position, looking forward. The arms are extended forward, and the legs are extended back.

Body Position and Motion

A good, horizontal and streamlined body position and good body roll are the foundation for the front crawl.

Good body position makes the stroke more efficient. To maintain a good body position, the swimmer should keep the head above the water. The head is kept in a neutral position, looking forward. The arms are extended forward, and the legs are extended back. The head is kept in a neutral position, looking forward. The arms are extended forward, and the legs are extended back.



Fig. 8-18 The front crawl (freestyle) stroke is the most common stroke in competitive swimming.



Fig. 8-19 The front crawl (freestyle) stroke is the most common stroke in competitive swimming. The diagram shows the body position of a swimmer in a front crawl stroke.

When you are learning your head to breathe, keep your head up. If your head moves down, you will sink. Your body will float up and down. If your head moves up and down, your body will sink. If your head moves down, you will sink. If your head moves up, you will float.

Body roll is a natural movement around the middle of the body. It is a natural movement around the middle of the body. It is a natural movement around the middle of the body. It is a natural movement around the middle of the body. It is a natural movement around the middle of the body.

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Breathing and Timing

Good breathing is the key to a good stroke. The swimmer should keep the head above the water. The head is kept in a neutral position, looking forward. The arms are extended forward, and the legs are extended back. The head is kept in a neutral position, looking forward. The arms are extended forward, and the legs are extended back.

Evolution of the Front Crawl

The front crawl is the most common stroke in competitive swimming. It is a natural movement around the middle of the body. It is a natural movement around the middle of the body. It is a natural movement around the middle of the body. It is a natural movement around the middle of the body. It is a natural movement around the middle of the body.



Fig. 8-20 The front crawl (freestyle) stroke is the most common stroke in competitive swimming. The diagram shows the body position of a swimmer in a front crawl stroke.

Red Cross Swimming And Water Safety Manual

American National Red Cross

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Table of Contents Red Cross Swimming And Water Safety Manual

1. Understanding the eBook Red Cross Swimming And Water Safety Manual
 - The Rise of Digital Reading Red Cross Swimming And Water Safety Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Red Cross Swimming And Water Safety Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Red Cross Swimming And Water Safety Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Red Cross Swimming And Water Safety Manual
 - Personalized Recommendations

- Red Cross Swimming And Water Safety Manual User Reviews and Ratings
- Red Cross Swimming And Water Safety Manual and Bestseller Lists
- 5. Accessing Red Cross Swimming And Water Safety Manual Free and Paid eBooks
 - Red Cross Swimming And Water Safety Manual Public Domain eBooks
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 - Red Cross Swimming And Water Safety Manual Budget-Friendly Options
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 - Red Cross Swimming And Water Safety Manual Compatibility with Devices
 - Red Cross Swimming And Water Safety Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Red Cross Swimming And Water Safety Manual
 - Highlighting and Note-Taking Red Cross Swimming And Water Safety Manual
 - Interactive Elements Red Cross Swimming And Water Safety Manual
- 8. Staying Engaged with Red Cross Swimming And Water Safety Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Red Cross Swimming And Water Safety Manual
- 9. Balancing eBooks and Physical Books Red Cross Swimming And Water Safety Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Red Cross Swimming And Water Safety Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Red Cross Swimming And Water Safety Manual
 - Setting Reading Goals Red Cross Swimming And Water Safety Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Red Cross Swimming And Water Safety Manual
 - Fact-Checking eBook Content of Red Cross Swimming And Water Safety Manual

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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