

EGGBEATER

Eggbeater is one of the most basic skills of synchronized swimming. Whenever the head is above water, it is almost always eggbeater that the synchronized swimmers use to get up. Like the kitchen utensil, eggbeater is done with a kicking motion, with the legs rotating in opposite directions. Imagine as though you are sitting in a chair, knees a little further than shoulder length apart with your feet flexed. Starting with the right leg, rotate it in – counter clockwise, keeping the foot flexed, rotating from the knee, in a circular motion. Then proceed with the opposite leg in a clockwise direction. After both motions have been accomplished with each leg, this time try the motion with both legs. When one leg is on the rotation in, the other one is on the rotation out.

Training this technique may be a little time consuming and require some patience. To begin, practice whip kick. As they use the same rotation technique always try to start with whip kick before progressing into eggbeater. This will warm up the muscles and provide muscle memory for the motion required. As mentioned earlier it is similar to a sitting in a chair technique. Although in the water, this chair position is not exactly accurate as the knees are a little further down towards the bottom of the pool. Begin with whip kick in a vertical position (head above the water and feet towards the bottom of the pool). Remain in this whip kick position until the swimmer feels comfortable. After, have the swimmer hold a flutter board and take turns rotating their legs in a circular motion, begin with one leg and then the other. Also have them sit on the edge of the pool or on a diving board to practice this technique. Having them sit out of the water gives you an ability to monitor the movement of the legs and ensure that the rotation is going from the knee down with a slight turning of the thigh and not completely from the thigh.

In progressing in training this technique, try using an aqua-size belt, a flutter board, a pool noodle, etc., anything that takes off the pressure of keeping the head above the water and allows them to focus on the proper technique.

After achieving the proper technique there are a variety of ways in order to train the height and competence of the kick.

- Do lengths on your stomach, butt at the surface, in a “froggie” eggbeater kick – arms above your head, moving headfirst along the surface of the water

- Do progressions: 30sec. Flutter kick, 5 sec. Rest, 30 sec. Whip kick, 5 sec. Rest, 30 sec. Eggbeater

- Hard + eases: 10 sec. Maximum height, 10 sec. rest, 20 sec. Max height, 10 sec. Rest, 30 maximum height, 10 sec. Rest repeat 2-3 times.

- Do lengths training travelling, front wards (movement frontwards is achieved by pushing the knees backwards so that they are almost in line with the hips), sideways (movement sideways is achieved by lifting a leg. Lifting the right leg will move you left, lifting the left will move you towards the right. The legs in the sideways travel is more at a 45 degree angle rather than horizontal)

- In lengths try 5m maximum height, 5m regular height – repeat until the end of the lap.

- Try using the diving bricks to practice eggbeatering harder to stay above the surface. Use weights around the stomach, or try using leggings (resistance training).

Janelle Unteriner