

SATIONARY SCULL, BACK LAYOUT, SAILBOAT AND BALLET LEG

With both arms outward at your side at a 45 degree angle, bend the forearms in so that hand touch at waist line then straighten them. The upper arms should not move from the 45 degree angle.

- Stand with a partner and have the partner hold the upper arms so that they can focus on the correct feeling.

- In synchro we tend to rely on our arms too much to do basic movements. Focus on the body position and the body muscles needed to maintain that position. With feet on the edge try to hold the back layout position without sculling. Aim to get ½ an inch dry through the whole body. Try the same with sailboat and ballet-leg. Think of lengthening the body in order to get it high without sculling (remember posture)

- With a flutter board under the head, try doing back layout, progress to sailboat alternate, then to ballet leg depending on the skill level. (try to avoid having it under the water leg as it creates a dependence of pushing down with that foot to attain height).

- Try this again with leggings, leggings will disperse the weight more evenly throughout the body (as all the water will soak into the leggings) making it more effective than weights (which tend to be focused at the waist)

- Do lengths of sailboat and ballet leg alternates.

- Do repetitions. 20 seconds on the wall no sculling max body control, 10 sec. Relax, 20sec. sculling, 10 sec. Relax, 20 sec. Off wall max, 10 sec. Off wall relaxed.

Remember body control and the use of muscles to fix body positions. Do not rely on the scull as the scull should be used only to propel the body upward. To train the body try doing as many activities as possible using only the body to hold positions focusing on posture and lengthening the body. Most often than not, if any swimmer is having an issue with a position or scull, whether it be back layout, ballet leg, propeller, reverse propeller, etc. It is due to an over dependence on the scull to fix the body rather than the scull to focus on movement and power.

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