



## Aggie Swim Camp

### Race Analysis and Technical Report: Jane Smith

Jane thank you for choosing Aggie Swim Camp! Your energy and enthusiasm had an incredible impact on everyone at camp. Below you will find your race analysis for your 100 IM, as well as a detailed technical report for each stroke. You can use this report as a reference as you continue to improve your swimming. Keep working hard and we look forward to seeing you again soon.

SAMPLE



## Aggie Swim Camp

### Race Analysis

Race						
200 IM						
Best Time						
1:44.42						
Length	Time	50 Split	B/O Time	UW Kicks	0-15m	Cycles
25	10.42		5.21	5	5.64	4
50	12.95	23.37	5.01	6		5
75	12.93		5.81	6		5.5
100	14.30	27.23	5.25	6		6
125	12.75		5.40	-		6
150	14.89	27.64	5.56	-		6
175	13.14		2.51	1		7
200	12.14	25.28	2.43	1		8
<b>Total:</b>	1:43.52					47.5



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### Butterfly



- Fingers always pointing down while pulling
- Hands need to be inside elbow



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- Hand entry is well placed
- Knees are bent too much
- Knee bend is causing the hips to be too low
- Hips should be at the surface

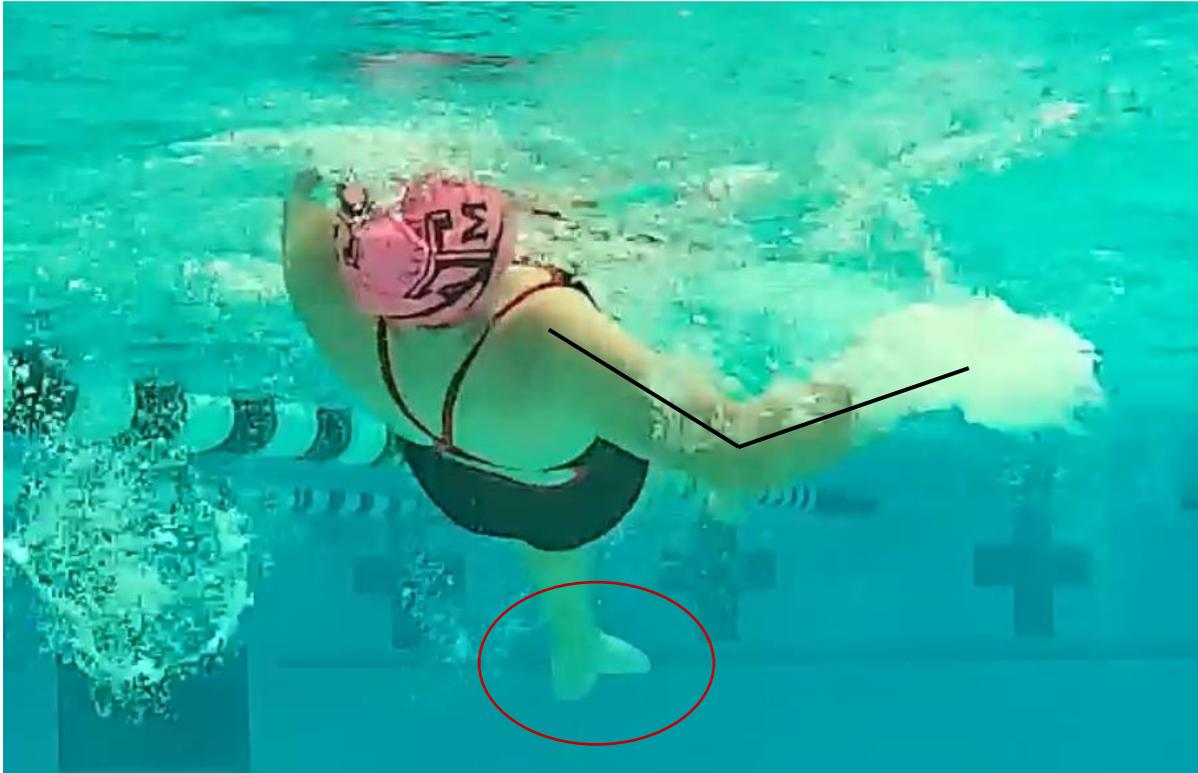
### *Improvement tips*

- Use a one arm drill to work on timing of kick and pull
- One arm drill will also allow you to focus on your pull pattern
- Your pull needs to be under your body
- As you pull, your hand should be outside of your shoulder and inside of your elbow



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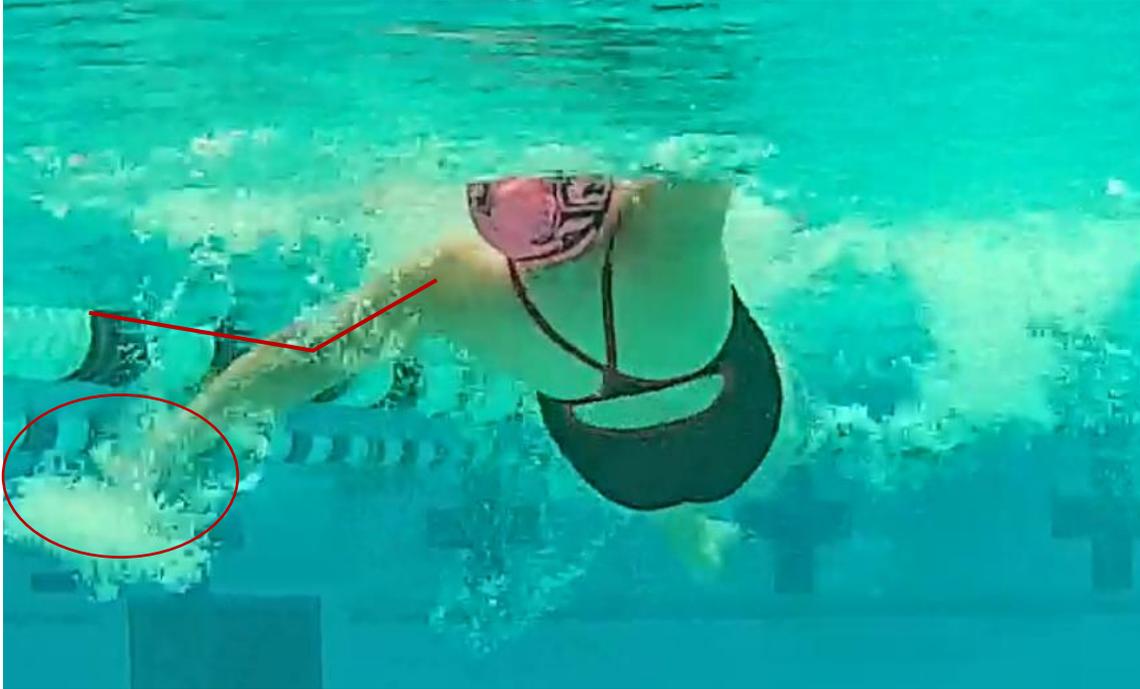
### Backstroke



- Right arm is bent well and has the correct pull pattern
- Fingers are pointing to the side
- Kick is too big; feet need to stay closer to the surface



## Aggie Swim Camp



- Need more rotation to the left side
- Arm is too straight
- The left arm needs the same elbow bend as the right arm
- Hand should not be behind the body

### *Improvement tips*

- One arm drill will allow you to focus on your pull pattern
- Kick with arms at your side to work on a tighter kick
- Kick with arms at your side while rotating to improve equal rotation to both sides



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### Breaststroke



- Hips need to be closer to the surface
- Elbows need to be in front of the body



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- Hands together and in front face are well placed
- Knees need to be much closer together; closer to hip width
- Feet need to kick outside of knees

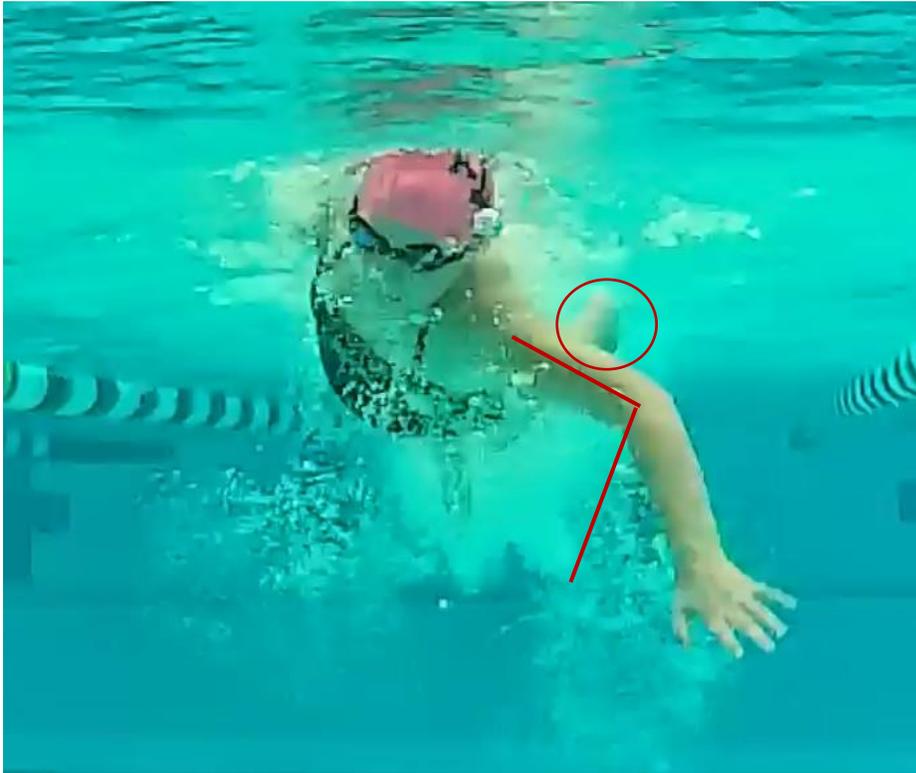
### *Improvement tips*

- Use sculling drills to improve feel of water
- Progress sculling into small pulls to understand how big to make your pull
- Use eggbeater kick to improve power with each leg
- Kick with knees together (can use pull buoy between knees) to improve kick pattern



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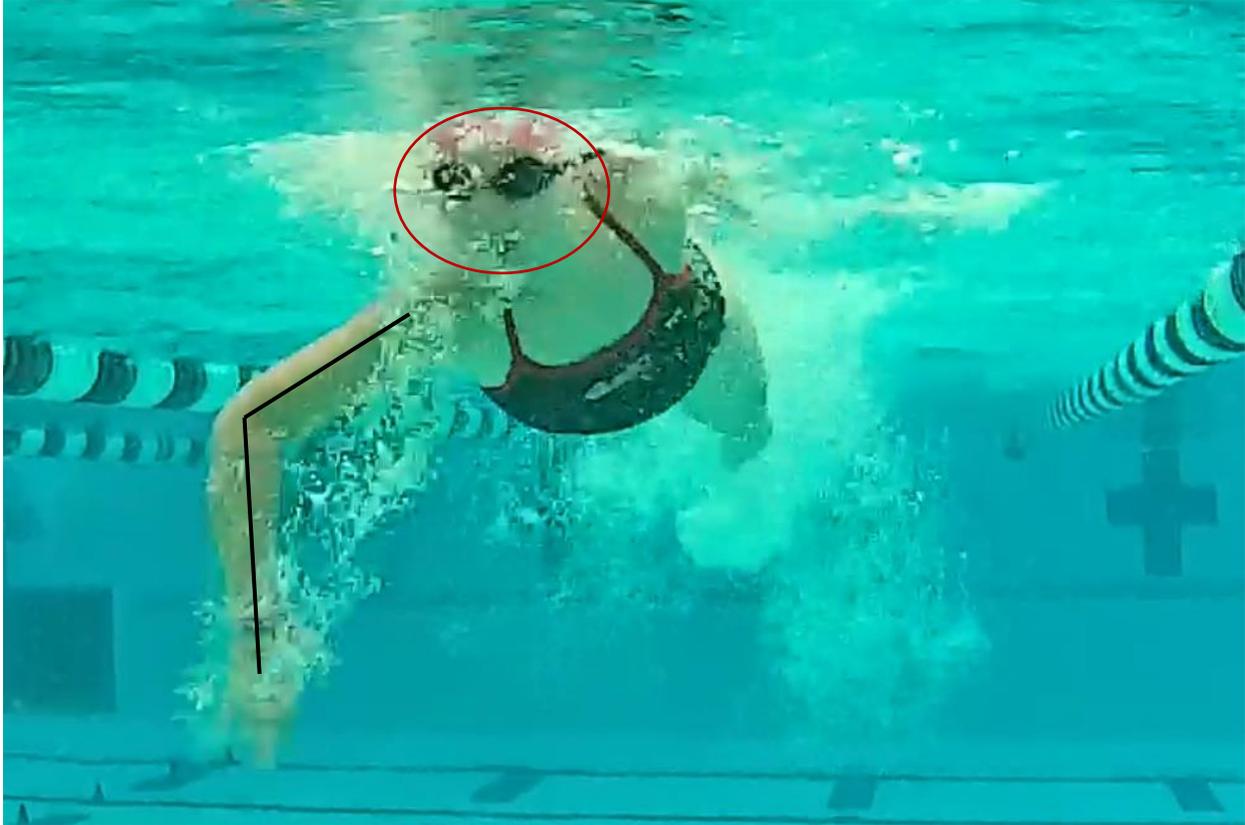
### Freestyle



- Need an early vertical forearm to set the catch before the pull
- While pulling, hand should pull outside the shoulder and inside the elbow
- Kick should stay inside the hips



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- Hand placement and pull pattern much better on the right side
- Hand is outside of the shoulder and just inside the elbow
- Eyes need to look down
- Tuck chin to place hand in a neutral position

### *Improvement tips*

- One arm drill will allow you to focus on your pull pattern
- Kick with arms at your side to work on a tighter kick
- Kick with arms at your side while rotating to improve equal rotation to both sides