

Jolyon's Technique Tips



Jolyon Finck is a Team GB Olympic Swimming Coach. Over the course of his 20-year swimming coaching career, Jolyon has tutored swimmers ranging from beginners and LTS Mini Squad Swimmers through to elite international performers. With plenty of swimming qualifications and degrees in Anatomical Science, Education and Sports Performance Management, Jolyon brings a unique quotient of both art and science to his pool side skills.

General swimming technique

- **Body position:** Affects the whole stroke. Aim to stay as streamlined as possible
- **Leg action:** This helps to keep your body in a good position. Kick strongly to stay as horizontal as possible. **Arm action:** In all strokes except for breaststroke, most of the power comes from the arms

Freestyle

Aim for a flat body position, keep your eyes looking forward and down

- Hand enters the water just inside shoulder line. Arm pulls down and back with elbow bent, body rolls. Arm recovery is an easy, relaxed action with the elbow higher than the hand
- Arm pushes back, head starts to turn ready for breathing. Head turns to side, breathe out and in quickly
- The face turns back into the water as soon as the breath is taken

Backstroke

- When the arm is at shoulder level the elbow bends, arm pulls sideways, body rolls
- Aim for a flat body position; keep your head back with your eyes looking upwards
- The arm and leg actions are continuous
- Breathe out as one arm recovers and in as the other recovers

Breaststroke

- Make sure that you keep a streamlined body position at a small angle, keep your eyes looking forward
- Pull your arms to the side, back and down, ensuring that your hands stay in front of your shoulders
- Breathe out and take a quick breath
- As the arms complete their action, the legs are drawn up
- As arms push forward legs drive back with feet turned out
- Tips with thanks to Jolyon Finck, Head Swimming Coach at Millfield School