



The Real Limits on Your Child IN SWIMMING

By John Leonard



Swimming is a Technique Limited Sport. Failure by parent, coach, or athlete to recognize that dooms the athlete to temporarily and long term failure.

The Faster you Swim, the "Thicker" the water gets.

Which means that more resistance is presented by the water to the body moving through it, the faster you go.

So if you exhibit poor technique in either body shaping (shedding water) or poor propulsive movements, you have an increasingly harder time in going fast.

Conversely, if you have excellent body shape in the water and you use effective propulsive movements, you "de-limit" your future ability to swim faster.

It has been said that the biggest enemy of GREAT is good. That's right in place here, because if an age group swimmer has GOOD technique, it's very challenging to get them to change it if they "feel like" they are being successful.

Some age groupers are biologically and maturity "advanced" compared to their peers. At slow speeds, height and muscle will prevail over modest technique with a smaller swimmer. Hence, early developing age groupers will "win" competitively, over smaller athletes with good technique....because they are moving comparatively slowly in the water.

But as that 10 year old becomes 12, then 14, then 16, if they retain the same limited

poor technique, they will experience a decline in improvement rate, or stop improving altogether (and some ding-dongs will call that "burnout"...it's not, its poor learning of technique hence limiting you in your performance). No one stops swimming if they are still "succeeding" in their own eyes.

So, what to do?

1. Parents, make sure your swimmers are FOCUSED on learning good technique in all starts, turns and strokes.
2. In early years, through early teens, de-emphasize "winning" in favor of focusing on technique improvements...and only coaches can measure this.
3. Realize that "training more" will make you really good at poor technique unless you ALSO improve your technique.
4. Coaches, Read the above and make sure you "get it" as well as parents do, or better.

A swimmer with quality technique has NO LIMITS to their ultimate performance.

A swimmer with under-developed technique....has nothing BUT limits. ■

All the Best,

John Leonard