



Future Dreams

November 2000
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11/30/2000

A REMEDY FOR A MIND THAT GETS TOO FULL OF INFORMATION

Changing habits is often difficult and involves thinking about more than one idea at the same time. You will all have been in this position where all of a sudden you just stop and think "what the heck am I supposed to be doing"? In other words, your mind just gets too piled up with all the technical thoughts of how Ian Thorpe glides so far, and it shuts down. This is a very common occurrence so don't be worried, all you need is to have a strategy ... and luckily we have one below.

Simply put, whenever your thoughts get too mashed to be of any use, forget everything except these two things ...

1. What can I do to increase PROPULSION?
2. What can I do to reduce DRAG?

SOLUTIONS

1. Experiment with different hand "angles" and "shapes" until you feel more power every time you pull. You'll know when you are successful because the pull will suddenly feel more solid. This means you are slipping less water and you now have the potential to go forward faster. This, of course, entirely depends on how successfully you can transfer the increased power into forward movement. That relies on the second point below.

2. How can you create a more "streamlined" body position in the water at the same time as getting that extra water when pulling? Basically, it all comes down to how long your body is and how far you can stretch with each stroke! This is where flexibility plays its most crucial role in allowing you to hold that all-important glide without having to exert any extra energy.

That's it team! Focus on the basics and this will help your goal of achieving a better technique. Have some fun with it!

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