



## PRACTICE #3

00: Greetings  
+ Ankle Flexion/Ankle Extension/Toe Point

05: Watch Team USA video.

10: 50 Swim  
kicking on side + kicking on other side  
+ backstroke + eggbeater

15: Position Review  
Back layout, Tub, Bent Knee

Focus: head position, hand position, parts of body  
that should be at surface, toe point

Eggbeater Kick in Formation Review

Focus: body straight, arms behind hips,  
stay in formation

25: New Skill – Boost + Boost with arms and turn + Travel + 4 x backstroke

35: Entry (dive or jump) + Surface + Boost + Boost with arms and turn + Travel  
+ 4 x backstroke

*Count it out loud..*

1	2	3	4	5	6	7	8
				5	6	Ready	Set
Go	2	3	4	5	6	Surface	Hold
Boost	2	3	4	Boost	6	7	8
Travel	2	3	4	Shoot	6	7	Back
Right	and	Left	and	Right	and	Left	Hold
Dophin	2	3	4	5	6	7	8

45: Dismiss

We swim for good times!®