

# DEVELOPMENTAL PROGRAM



FACE-UP FIRST® MOTTO  
We swim for good times!®

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practicemakeshabit.com

## Club & Voyagers

KEEP IT

### LEGAL Finish Rules from the 2024 USA Swimming Rulebook

**BACKSTROKE:** Upon the finish of the race, the swimmer must touch the wall while on the back.

**FREESTYLE:** The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

**BREASTSTROKE:** At the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.

**BUTTERFLY:** At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

### MAKE IT FAST! Put an X to match the finish tips to the strokes. There is more than one answer for each stroke.

	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY
Touch with two hands at the same time			X	X
Speed up at the flags				
Follow stroke rules all the way to wall				
Count your strokes				
Touch under the surface				
No breathing past the flags				
Finish all the way on your back				
Finish full extended on a full stroke				
Finish on your side				

### IT'S AN OLYMPIC YEAR! DID YOU KNOW...?

Paris will join one other city as the only cities to host the Olympics three times. The Games were in Paris in 1900, 1924 and now in 2024, while \_\_\_\_\_ hosted the Games in 1908, 1948 and 2012.

The sport with the most medals being awarded at Paris 2024 will be aquatics with 49 events across the disciplines of swimming, marathon swimming, diving, water polo, and artistic swimming.

There will be one new sport for the 2024 edition of the Olympics. What is that sport? \_\_\_\_\_

### TEN TRAINING HABITS 1. Support your teammates

*I say and do things that make others glad to be on this team.*

### 2. Positive Personal Attitude

*I can expect happiness and progress.*

### 3. Effort

*I choose to try.*

### 4. Listening

*Being a good listener is useful, helpful, and respectful.*

### 5. Be on time

*Being on time shows respect, earns respect, and maximizes opportunity.*

### 6. Be informed

*It is my responsibility.*

### 7. Streamlines

*I perform a H/H, W/W, full body streamline every wall, every time.*

### 8. Turns

*I perform fast, legal turns every wall, every time.*

### 9. Finishes

*I perform legal, reaching finishes, every wall, every time.*

### 10. Wall to Wall

*I stay focused and practice good training habits from start to finish.*

thing.

thing.

&

CONCENTRATION is thinking about

FOCUS is thinking about

What is your  
backstroke number?

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