

## Why Focus on Stroke Technique?

Unless you were born with gills, swimming fast is a difficult skill to develop. When you are trying to improve your performance in the water, coaches agree that you need to focus on technique first and then strength. Practice only makes permanent, to approach perfection the goal is to do it right and then do it powerfully.

Teaching swimming technique is not an easy task, but it is technique that separates a good swimmer from a poor one. Neither strength or technique improvements are easy to accomplish, however, continued progress with both factors is critical to continued improvement. The magnitude of these improvements varies as a swimmer develops.

Younger swimmers can become enamored with the rapid improvement from strength gains, but these improvements must be supported by technique development if the swimmer wants to stay competitive. More technically proficient swimmers must work harder for those improvements by balancing strength gains and technique.

## Using Stroke Drill Progressions

Aqua Culture instructors and coaches use stroke drill progressions as part of a total teaching and swimming curriculum which starts with an effective and technically superior learn- to-swim program and progresses to the efficient, powerful execution of strokes in competition.

To incorporate the basic principles of motor learning and neuromuscular adaptation drills must be applied in a progressive sequence. Drills have the capacity to strengthen areas of weakness and maximize the strengths, while coordinating the effective interaction between upper and lower body through core engagement. Swimming is a technique driven sport and observers need to understand that the time spent "drilling" is critical to every swimmer's development.

## Competitive Stroke Development



**Aqua Culture Swim School**

2213-A Commerce Road  
Forest Hill, MD 21050



**Swim School &  
Training Center**

Phone: 410-420-7665

Fax: 410-420-7010

E-mail: [Info@AquaCultureSwimSchool.com](mailto:Info@AquaCultureSwimSchool.com)



**Tel: (410) 420-7665**

**[Info@AquaCultureSwimSchool.com](mailto:Info@AquaCultureSwimSchool.com)**

## Stroke Development

Stroke Development Level 4 classes are designed for swimmers not ready for Stroke or Stroke Lite. These classes are working on the technique and knowledge required to participate in Stroke and Stroke Lite.

## Stroke & Stroke Lite

Weekly 45 - 60 minute stroke technique development class. The emphasis in these classes is on stroke development and refinement through stroke component drills and individualized feedback.

*Assessment required prior to placement.*

## Assessment

All swimmers are assessed prior to placement. The assessment only takes a few minutes and we offer assessments nearly every day of the week.

Assessments are held on Thursday, Friday, and Saturday.

Please email ahead to schedule an assessment at [admin@aquacultureswimschool.com](mailto:admin@aquacultureswimschool.com). Enter "stroke assessment" in the subject line to help us respond quickly.



## Stroke Lab

Stroke Lab is designed for swimmers who already have a mastery of the technical fundamentals for swimming and a strong desire to learn advanced mechanics. Stroke Lab puts the emphasis on proper technique as the key to a strong, fast and efficient strokes with time for strength and endurance development. Pre-Stroke Lab is designed for younger swimmers and swimmers not quite ready for the rigors of Stroke Lab.

Stroke Lab Tuition per session: \$ 150

Session I: Sept thru Dec      Session II: Jan thru Apr

### Sundays

3:00—3:45 pm Pre-Stroke Lab

3:45—5:00 pm Stroke Lab Jr

5:00—6:30 pm Stroke Lab Sr

Requirements:

- Swimmers **must** be enrolled in a weekly Stroke Class and have a mastery of technical stroke and turn fundamentals and strong desire to learn.

Email [Galen@aquacultureswimschool.com](mailto:Galen@aquacultureswimschool.com) with questions.

***Assessment Required to Determine Placement***

## Wicked Wednesdays

Our newest program, an additional swimming opportunity for swimmers not ready for the rigors of Stroke Lab programs. Wicked Wednesday replaces Fast Fridays. Swimmers should be able to complete all 5 competitive events "mostly" legal.

Tuition: \$50/month

Sessions Oct, Dec, Feb, Apr - 6 - 7 PM

## High School Tune Up

Technique & Conditioning      \$250

(Aqua Culture USA Team members: \$100)

**September 20—November 13 (8 weeks)**

Monday & Wednesday evening 7:00—8:30PM

Saturday morning 8:30—10:00AM

- No makeups. Swimmers can attend 1, 2, or 3 days a week.
- Must be able to swim at least 3 strokes legally.



## Our USA Team

Our USA Team's mission is to provide competitive opportunities for athletes looking at the next level of swimming without a rigorous training regimen. We do not believe in early sport specialization for children and encourage development of well-rounded athletes. Stroke Class and Stroke Lab are required to participate with the USA Team. Individual tryouts are required for new athletes.

USA Team Fee: \$200 (covers team, coach, and individual USA swimming registration and meet expenses.) Meet entry fees are based on the host team.

Participation in our USA Team includes:

- Year-round competition through intrasquad and travel meets
- Video stroke analysis opportunities
- Additional weekly conditioning and endurance training in the Winter