

Topic	Freestyle is regarded as the fastest of all competitive swim strokes and one of the first taught to the beginner swimmer. The stroke action involves the arms moving forward alternately with the legs kicking continuously throughout the stroke. The swimmer's body remains horizontal and streamlined in the water with the swimmer's head turned to one side to breathe after each full arm cycle. The teaching and development of the stroke can be achieved by breaking down the skill into its various components.
Country, city	Turkey, Malatya
Name	Swimming - Skill Progression (Freestyle)
Aim	The fundamental goal of this swimming practice is to provide an opportunity for all swimmers to develop good swimming technique in freestyle stroke.
Duration of the lessons	The Warm-Up: 20-30 minutes Specific Practice Workout: 30-40 minutes The Cool-Down: 15-20 minutes
Expertise, experience of trainer	All team members should be closely matched in age: <ul style="list-style-type: none"> • Within 3-5 years for athletes 21 years old and under. • Within 10-15 years for athletes 22 years old and over.
Age group	8 -- 17
Rules	Athlete can: <ul style="list-style-type: none"> • Make an attempt to swim on front • Perform freestyle using flutter kick for 15 meters • Perform freestyle with rhythmic breathing for one pool length • Make an attempt to start, from in the pool • Perform proper start, standing on the pool edge • Perform proper start, using a starting block • Make an attempt to turn around without stopping • Perform an open turn after swimming freestyle without stopping • Perform a flip turn in waist-deep water • Perform flip turns after swimming one to two pool lengths
Set of movements	<p>Body Position: The body position is almost flat. The constant propulsion from the alternating arm and leg actions make it a very effective and efficient stroke.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Flat with a slight slope down to hips. The waterline is between the eyebrows and hairline. • Eyes look forward and slightly downward. • The slight slope down to the hips enables the kick to stay in the water. • Shoulders roll into the stroke, utilizing the strong chest muscles and generating a strong propulsive force. • Slight head adjustments change the position of the legs. If the head is held high out of the water, the legs will drop, and, if submerged, the legs will rise out of the water. • The legs work almost within the body depth. This creates the least resistance to forward motion. <p>Leg Action: The freestyle/front-crawl leg action helps the body stay in the horizontal position and balances the arm action. It may also contribute to the propulsion within the stroke.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Leg action starts at the hips. • Alternating action is required. • There is a slight bend in the knees. • Feet kick up to the surface and churn the water without splashing. • Ankles are relaxed to allow toes to point and give a natural in-toeing effect. • The number of leg kicks may vary for each arm cycle. <p>Arm Action: The continuous, alternating arm action is the strength within the stroke and enables constant propulsion. Throughout the full stroke there are five main areas that require attention: entry, down sweep, in sweep, up sweep and recovery.</p> <p>Key Points – Entry:</p> <ul style="list-style-type: none"> • Hand is turned with the palm facing half outward for a thumb-first entry. • Hand enters between the head and shoulder line with a slight bend in the arm. • Hand then reaches forward under the surface. Note: this is a natural stretch. not overreaching. <p>Key Points – Down Sweep:</p> <ul style="list-style-type: none"> • Hand sweeps downward and slightly outward to the catch position. • Hand continues this sweep downward and outward. • Elbow starts to bend. It is important that the elbow is kept high. <p>Key Points – In Sweep:</p> <ul style="list-style-type: none"> • Hand pitch changes and curves inward toward the body's center line. This is similar to a sculling action. • Elbow has a 90-degree bend. • Hand accelerates. <p>Key Points – Up Sweep:</p> <ul style="list-style-type: none"> • When the hand has reached the body's center line, the hand changes pitch to upward, outward and backward. • This enables acceleration through to the hips. • Hand then exits the water little-finger first. <p>Key Points – Recovery:</p> <ul style="list-style-type: none"> • This movement is relaxed and uses the momentum from the up sweep. • Elbow will exit first and is kept higher than the hand. • Hand passes as close to body as possible. This is dependent on the swimmer's flexibility. • Once the hand passes shoulder level, the arm will reach forward to the entry position. <p>Key Points – Breathing:</p> <ul style="list-style-type: none"> • Head is turned smoothly in time with the natural roll of the body. • Head is turned, not lifted. • The in-breath is taken when the breathing arm is completing the up sweep. • The non-breathing arm enters the water when the breath is taken. • Head is turned back to the center in a smooth action as soon as the breath is taken. • The breath is released gradually or held until just before the next in-breath. • Breathing occurs every two arm pulls (one stroke cycle). This is unilateral breathing. It may also be taken after every three arm pulls (1.5 stroke cycles). This is bilateral breathing. <p>Key Points – Timing: Usually there are six leg kicks in one arm cycle. This may vary between swimmers. Swimmers who prefer middle- and long-distance swims tend to kick less frequently.</p>
Equipment	<p>Hardware: Touch Pads, Pace Clock, Pull Buoys.</p> <p>Special clothing: Swimsuits, Cap, Goggles, Nose Clips and Towels.</p> <p>Any other material: Architectural barriers within and around the pool, Entrances, Doorways, Restrooms and showers, Locker or change rooms, Pool decks and bottom, Water depth and condition, Water and air temperature, Ladder, steps, stairs and ramps, Lighting, Review emergency plan, and determine the specific signals that are used in identifying an emergency within the facility, Check for slippery deck conditions and remove standing water, Ensure there are certified lifeguards with no other duty but to guard, Check wheelchair access Timing Devices, Starting Devices, Backstroke Flags.</p>
Required space	Pools and aquatic areas that are properly supervised usually have the equipment described before. The equipment is kept in view at the pool or in the swimming area.
Inclusive experience	Practices of water familiarization and adjustment to the pool environment are needed.

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	Organize stations by ability. Color code ability groups (i.e. Green-Beginner; Blue-Rookie, etc.). No one should be standing around while you arrange things. Keep everyone busy. Devote a part of each training session to group activity.	Athletes must be able to see the instructions during demonstrations and practice sessions.	x	Hearing protection or ear plug, if needed
Reduced hearing	Demonstrate – increase accuracy of instruction. Devote a part of each training session to group activity.	Athletes must be able to see the instructions during demonstrations and practice sessions. (depends on %)	x	Hearing protection or ear plug, if needed
Visual impairments • Low vision	When creating a training session that includes the essential components, the progression allows for a gradual build up of the practice, mostly by touching. Specific Event Workout 15-20 minutes	Athletes, if at all possible, need to face away from the sun, bright light from windows or distracting influences during demonstrations. Athletes must be able to hear the instructions during demonstrations and practice sessions. Athletes must have the opportunity to make the physical and mental adjustment to the water in relation to the skill to be learned.	x	Prescribed goggles
• Reduced vision	When creating a training session that includes the essential components, the progression allows for a gradual build up of the practice, mostly by touching.	The coach should always arrange the session so that everyone can hear the instructions. Athletes must be able to hear the instructions during demonstrations and practice sessions.	x	Prescribed goggles
No vision	Create progressions. Learning is increased when information progresses from: • Known to unknown – discovering new things successfully • Simple to complex – seeing that “I” can do it General to specific – this is why “I” am working so hard Each training session needs to contain the same essential elements. The amount of time spent on each element will depend on the goal of the training session, the time of season the session is in and the amount of time available for a particular session Shorten length of practice time. Vary exercises – prevent boredom.	Athlete needs to be an active listener. The most important factor is to provide for the safety of the totally blind athlete. Every effort must be made to prevent an accident from occurring	x	Goggles with extra water protection
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	Everyone will have an opportunity for maximum practice. Specific Event Workout 25-35 minutes. Conditioning or Fitness Workout	Use the shallow end of the pool. Ask a physical therapist to act as an advisor.	x	Have athletes wear a flotation waist belt. Use a pool lift or a ramp to help athletes.
Reduced mobility (use of lower limbs and no use of upper limbs)	Vary exercises – prevent boredom. Everyone will have an opportunity for maximum practice.	Use the shallow end of the pool. Ask a physical therapist to act as an advisor.	Specific Event Workout 15-20 minutes. Conditioning or Fitness Workout	Have athletes wear a flotation waist belt. Use a pool lift or a ramp to help athletes.
Reduced mobility (no use of lower limbs and no use of upper limbs)	-	-	-	-
Wheelchair users (use of upper limbs)	Vary exercises – prevent boredom. Everyone will have an opportunity for maximum practice.	Use the shallow end of the pool. Ask a physical therapist to act as an advisor.	Specific Event Workout 15-20 minutes. Conditioning or Fitness Workout	Have athletes wear a flotation waist belt. Use a pool lift or a ramp to help athletes.
Wheelchair users (no use of upper limbs)	-	-	-	-
Communication impairment Speech impairments	x	Keep athlete’s attention. Athlete needs to be an active listener. Practice freestyle stroke on land	Each training session needs to contain the same essential elements. The amount of time spent on each element will depend on the goal of the training session, the time of season the session is in and the amount of time available for a particular session.	x
Learning impairment • Mild • Moderate	Create progressions. Learning is increased when information progresses from: • Known to unknown – discovering new things successfully • Simple to complex – seeing that “I” can do it • General to specific – this is why “I” am working so hard Specific Event Workout 25-35 minutes. Conditioning or Fitness Workout	If an activity is going well, it is often useful to stop the activity while interest is high.	x	Use specific toys to communicate in a way that an athlete can get the point you mean
• Severe	Demonstrate – increase accuracy of instruction. Allow for individual differences • Different athletes, • Different learning rates, • Different capacities. Specific Event Workout 15-20	Give clear, concise instructions. Learning improves when athletes know what is expected of them.	x	Use specific toys to communicate in a way that an athlete can get the point you mean