

Here are some questions that you can ask your athlete(s) to help them get excited about what they are doing at practice.

Basic questions that you can ask at any point in the season

Did you feel anything different today?

What did you feel was different?

What did you work on today?

How did it make you feel?

Do you think if you continue to work on or develop said stroke or skill, that you will get better/faster?

Did you listen well today? New ?

BIG ONE FOR ALL GROUPS:

Did you get out of your comfort zone today? Mentally? Physically? New ?

What did you enjoy the most about practice today? New ?

THUNDER 1 and 2

We have a bell that says “Like a BOSS” and the kids who stay engaged and give the best physical effort they have that day are to ring the bell when they leave practice. THIS IS HARD TO DO, We have asked the kids to be honest, recognize when you do the work, and feel proud of the job you did today. Ask your kids if they rang the bell today.

All of these are new questions.

Rain-specific ? for group

How do you kick in breaststroke? Are knees in or are your knees wide? Knees in-feet turned out.

When do you need to be patient when you swim freestyle? Every stroke but especially when they breath-one hand must stay out front when they take a breath

Can you show me how to do a breast stroke pull out?

- 1. Stacked locked streamline**
- 2. Pull under chest-power zone**
- 3. Throw water to feet-high elbows but may not do this-working process**
- 4. Bring hands forward under torso**

5. Breast kick to the surface and start to swim

When do you need to breathe in butterfly? May not get this one but help us educate

Breathe as soon as you start to pull-breathe early, breathe quickly

When you swim backstroke, where should your feet be? On top of the water-white water feet

What is a hamstring turn? Does your chin touch your chest?

How do you do a breaststroke turn? 2 hand touch, throw elbow back to get into ready position, sink on side, jump off wall in stacked locked zero gap extended streamline.

Lighting 2-you can ask the questions above +

What should your head position be for freestyle? Nose down w/ center balance-no leaning from side to side

Can you finish this sentence? Control your rotation and turn to breathe with? High shoulders

Show me how you work your dolphin kicks on your under-water travel for freestyle?

- 1. Stacked locked zero gap streamline**
- 2. Big hips-undulation of chest and hips**
- 3. Flutter to surface-this is rather new to them**

How do you recover, bring arms forward, in butterfly? Belly button flare out

How do you enter the water in backstroke? 11 pink entry

What position do you need to be in to push off the wall correctly? Ready position

What is the next step after you do a hamstring turn? Push then twist off the wall

Lighting 1- + all the questions from Rain and L2 +

Can you tell me the process of travel for breaststroke? -impressed if they can get all of these

- 1. Stacked locked zero gap streamline**
- 2. Stay extended**
- 3. Turns first corner**

4. Pull in power zone, under chest, with high elbows
5. Throw water to thighs
6. Hold your line
7. Hand never leave body on recovery
8. Elbows stay during recovery
9. Nose down-pull to breath on breakout

How do you recover in butterfly? Flare out to thumbs down around. Have them demonstrate

What is the process of the freestyle and backstroke catch? Initial to power triangle. Have them demonstrate-slight flex in wrist, BIG bend on elbows

Does the depth of your catch matter? How. Yes, too deep or shallow and you lose power

What does the term “DOWNHILL” mean in breast and butterfly?

Thunder Groups-ask the basic questions and get them to engaged in the conversation. Guide the conversation a little if they are having a hard time expressing themselves but let them lead the conversation.