



Script:

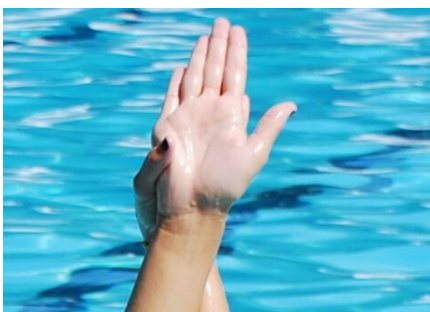
- Lock your thumb
- Squeeze your ears
- Look down

Build a streamline habit.

Repeat this script every day, and if possible every attempt.

Enforce even small mistakes with feedback and correction.

Aim for mastery in each of the three things for streamline.

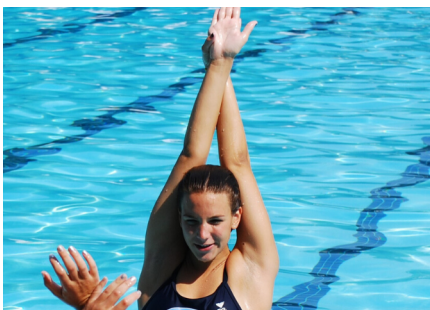


Lock your thumb

Wrap your top hand's thumb around the outside of your bottom hand.

Ensure a strong squeeze to prevent hand from slipping off.

Especially good for diving. We lock the thumb to avoid slippage and make squeezing ears easier.



Squeeze your ears

Press into your top hand's thumb as you flex your arms to squeeze your ears with your elbows just behind the head.

Arms go over the ear and back of head.

Avoid "squeezing your eyes" with elbows. Further back is better.



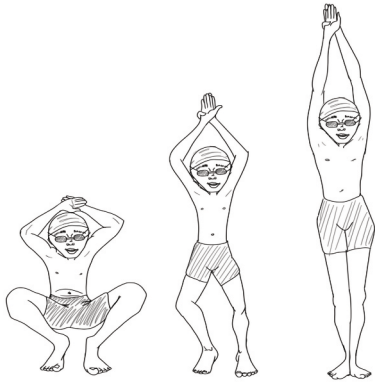
Look Down

Keep your spine in line and flat by flexing your back and stomach. Stretch.

Point face perpendicular to the bottom, or surface.

Face aims same direction as belly button.

Streamline Progressions

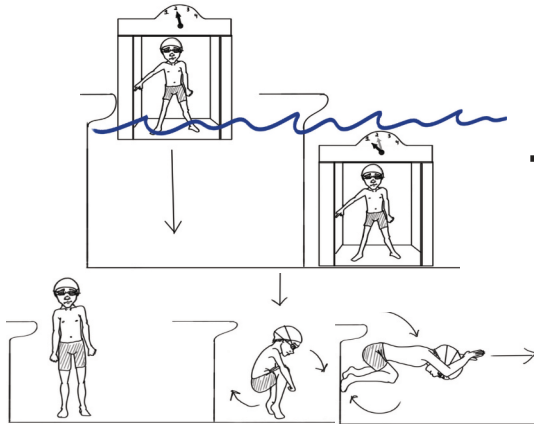


Sprout Squats

Squat down keeping your back straight with hands on your head like a "little sprout" plant.

Stand up and "grow" into a streamline as you extend your legs keeping your back and head straight.

Do 5 x squat like a little sprout grow into a streamline.

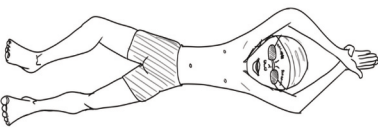


Take the Elevator Down

Do this activity to avoid the push off the surface then a long "U" shaped SL.

Jump off the bottom and fall down to the bottom of the pool.

Do it again, but this time after touching bottom with butt, rotate forward so you're looking down and plant 2 feet on the wall. Add arms to the head, and eventually grow into a streamline.



1/2 Streamline on the surface

Have swimmers start on the surface of the water face down.

Put hands in the "sprout" position on top of the head with elbows flaring to the sides.

Be far enough away from the wall that knees are only slightly bent under body.

Push off with a 1/2 push extending into SL

Repetition

Be a broken record. "Streamline, Streamline, Streamline." Build the habit.

Reinforce it at every opportunity focusing on one of the three things to have a good one. Inject the word into your vocabulary and focus on it first all the time. Address most of your feedback on the quality of the SL.