

Sopris Stroke, Start, Turn, and Finish Tenets (revised 10/7/15)

Acronym	Tenet for which acronym stands	Technical description and application
Butterfly		
<i>Body pos</i>		
SL	Spine line	Head remains in neutral position supported by water
HIHU	Hands in, hips up	When hands enter, hips should rise to surface
LAB	Low-angle breathing	Push eyebrows forward to breathe; mouth should barely clear
DH	Drop head	After breath, allow head to fall back to spinline so top of head leads
<i>Timing</i>		
BP	Boom, pow	Kick the hands in, kick the hands out
EB	Early breathing	As hands sweep out to catch, push the eyebrows forward to breathe
1/1, 2/1	One, one; two, one	Breathe every other stroke; every third stroke
STF	Slow to fast	Hand speed gradually accelerates from catch to release
<i>Mechanics</i>		
<i>Arms</i>		
CP	Chest press	Entry weight on chest, not arms
SA	Soft arms	Arms weightless with no arm splashing upon entry (see CP)
SO	Stretch, outswEEP	No pause up front
HEC	High-elbow catch	Sweep hands out and then press gently down from elbows to catch
ML	Midline	Sweep hands in under the sternum on insweep
Finish	Finish	Finish press past front of thigh, rather than pulling out at hips or ribs
SOPF	Spin out pinky first	Feather hand to release water and exit pinky first past front of thigh
Roll-in	Roll the arms medially to recover	Back of hand or even pinky of palm-up hand should lead
<i>Legs</i>		
TAT	Trunk action and tempo	Kick from trunk with small, rapid kicks
SLUB	Straight-leg upbeat	Recover the legs by hip extension, not knee flexion
HEDK	Hip-extension-driven kick	Knees bend only as result of hip flexion
Backstroke		
<i>Body pos</i>		
HCSL	Head-centered, spined	Head does not rotate on longitudinal axis and is in neutral position
R/R	Roll, reroll	Roll the body (not head) down to catch and up to release
BW	Boil water	Kick is shallow and high with toes breaking surface on upbeat
<i>Timing</i>		
6BK	Six-beat kick	Six kicks per stroke cycle, three per pull
MGK	Machine-gun kick	Kick as fast as possible and 6BK will naturally entrain
OT	Opposition timing	One hand enters as the other hand exits; no catch-up stroke
Tempo	Tempo	Increase stroke rate by driving hand into water and ripping it out
STF	Slow to fast	Hand speed gradually accelerates from catch to release
<i>Mechanics</i>		
<i>Arms</i>		
SLE	Shoulder-line entry	Arm should be entering water directly behind the shoulder
PD	Palm down	Rotate arm laterally on recovery to enter palm (or pinky) first
DC	Deep-catch	Flex arm at elbow to press gently down to 12-18-inch deep catch
FSW	Fingertips pointed at side wall	At midpull, fingertips should be pointed at the side wall, not the ceiling
BAP	Bent-arm pull	Flex elbow to catch and hold that position throughout pull
ROTF	Rip out thumb first	After second downsweep, rip the hand out into the recovery thumb first
SUSB	Straight up, straight back	Recover with straight arm on shoulder line from exit to entry
<i>Legs</i>		
NFKH	Narrow, fast kick from hips	Kick is shallow with downbeat via hip extension, not knee flexion

HEDK	Hip-extension-driven kick	Knees bend only as result of hip flexion
Backstroke		
TPAL	Toes pointed, ankles loose	Plantar flex and invert feet while maintaining flexible ankle
Breaststroke		
<i>Body pos</i>		
SL	Spine line	Head remains in neutral position even while breathing
FSCP	Full stretch, chest press	As hands shoot forward into the stretch, chest should press w/ hips up
<i>Timing</i>		
PBKG	Pull, breathe, kick, glide	Breathe and recover legs during insweep, kick and recover arms, glide
ICT	One-count timing	Glide for one second in full-stretch, chest-press after each stroke
ET	Even timing	Begin outswEEP as kick closes
OLT	Overlap timing	Begin outswEEP before kick closes
Osif	Out slow, in fast	Describes acceleration pattern of hands and feet during pull and kick
FFR	Fast, fluid recovery	Close kick and lift heels in one continuous and fluid motion
<i>Mechanics</i>		
<i>Arms</i>		
WHC	Wide, high catch	Set wide high catch, and press powerfully from high-elbow position
DP	Deep press	Rotate hand/forearm unit downward until vertical beneath elbows
Ehuhf	Elbows high until hands forward	Rotate forearms around elbows to press; elbows to ribs only on recovery
FTUPU	Follow through	Follow through the finish of pull until palms turn up under chin
S ²	Shrug and shoot	Shrug the shoulders and shoot the hands forward on a high horiz plane
SHSN	Shoot high, shoot narrow	Recover quickly on a high horiz plane with arms squeezed
<i>Legs</i>		
NFR	Narrow, full recovery	Recover legs feet close and all the way to the rear
LH	Lift heels	Recover by flexing the knees (lift heels), not the hips (don't drop knees)
CF	Cock feet	As feet near rear on recovery, dorsiflex and evert feet to prep for thrust
CK	Close kick	Turn feet in at last instant and forcefully clap soles together to finish k
<i>Pullout</i>		
2,1,0	2, 1, 0 pullout-sequence timing	Glide for 2, 1, and 0 seconds at each respective stage of sequence
WDL	Width, depth, length	Wide outswEEP, insweep under sternum, upswEEP to hands behind hips
DK	Dolphin kick	Snappy, tight dolphin K on upswEEP of pullout
ST	Shrug, tuck	Shrug shoulders and tuck hands behind rear to streamline at PO end
Sneak	Sneak hands forward on recovery	Hands one on top of the other sliding under sternum to reduce drag
HDTBO	Head down through breakout	Use water pressure and distance from bottom to time breakout
Freestyle		
<i>Body pos</i>		
HCSL	Head centered and spined	Head remains centered unless breathing and spined at all times
R/R	Roll and reroll	Roll down to the catch and up to the release
1GB	One-goggle breathing	Breathe in the bow wave's trough; no lift or sideways movement
<i>Timing</i>		
ASB	Alternate-side breathing	Breathing every third pull
EB	Early breathing	Roll the head to breathe as the recovering arm passes on its way forward
QB	Quick breathing	Roll head to breather and immediately roll back to center
STF	Slow to fast	Hand speed gradually accelerates from catch to release
6BK	Six-beat kick	Kick 6 times for every arm cycle; this is an effortful, full-force kick
2BK	Two-beat kick	Downbeat when opposing arm enters water; slower but less expensive

<i>Mechanics</i>		
<i>Arms</i>		
HER	High-elbow recovery	Recover directly forward with forearm under elbow, elbow over shoulder
SLE	Shoulder-line entry	Hand, forearm, and arm enter the water directly in front of the shoulder
FWE	Fingers, wrist, elbow	Enter the water cleanly in this order: fingertips, wrist, elbow
LFE	Long-front end	Extend hand to full reach on shoulder line; feel side stretch
NAS	No arm splashing	Arm splashing = inefficiency; applies to all strokes, esp free and fly
		Freestyle--continued
HEC	High-elbow catch	Initial downsweep is gently from elbow with upper arm horizontal
ML	Midline	Sweep hand in under the sternum on insweep
SOPF	Spin out pinky first	Spin hand out pinky first as it passes front of thigh; don't push water up
<i>Legs</i>		
NFKH	Narrow, fast, kick from hips	Kick is narrow with upbeat via hip extension, not knee flexion;
HEDK	Hip-extension-driven kick	Knees bend only as result of hip flexion
TPAL	Toes pointed, ankles loose	Plantar flex and invert feet while maintaining flexible ankle
MGK	Machine-gun kick	Kick as fast and as powerfully as possible; see 6BK
Starts		
<i>Standing</i>		
HDHU	Head down, hips up	Head down and hips up and forward on the block
Ex	Explode	Explode off the blocks at the beep
Halt	Head, arms, legs together	Snap the head, drive the arms, blast the legs simultaneously
UO	Up and over	Follow a parabolic arc to the water, entering at 45°
CE	Clean entry	No-splash entry, allowing swimmer to shoot forward with minimal drag
Hdod	Head down on dive	Head on spine line before feet leave blocks and remaining there
FSKO	Fast, snappy kickout	Begin rapid, tight dolphin kick shortly after entering
HDTBO	Head down through breakout	Keep head on spinline throughout
Sp	Spear	Head down, squeeze behind the ears, top hand thumb-locking the bottom
PTBO	Pull through the breakout	Time breakout stroke to explode forward though the surface
DABO	Deep-arm breakout	In ba and cr, breakout with the arm on the side closest to the pool bottom
NBBO	No-breather breakout	In fl and cr, breakout should be done with face in the water
<i>Backstroke</i>		
HSHPL ²	Head snap, hip push, leg lift	Snap head back to see the water, push hips up to arch back, kick feet up
UO	Up and over	Follow a parabolic arc to the water, entering at 45°
CE	Clean entry	No-splash entry, allowing swimmer to shoot forward with minimal drag
PB	Push back	Push back more and down less against the wall to avert flopping
FSKO	Fast, snappy kickout	Begin rapid, tight dolphin kick shortly after entering
SL	Spine line	Keep head back in neutral position to minimize drag on back and neck
SG	Surface gradually	Maintain gentle angle of ascent, supported by rapid propulsive dolphin
PTBO	Pull through the breakout	Time breakout stroke to explode forward though the surface
DABO	Deep-arm breakout	In ba and cr, breakout with the arm on the side closest to the pool bottom
FD	Face drag	Head extended at neck to look backward, increasing drag on face/chest

