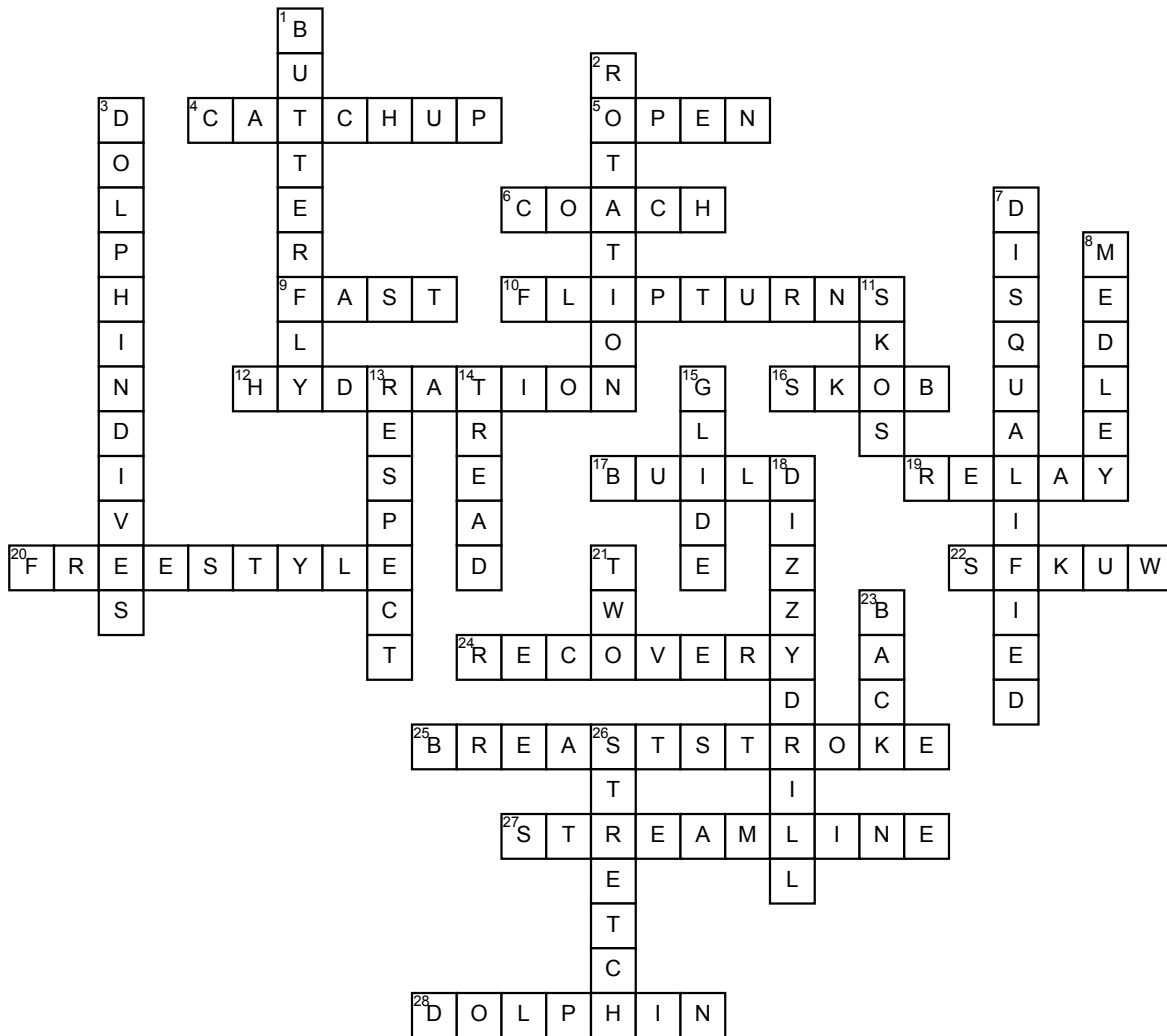


Swimmers



Across

4. What freestyle drill works on our reach?
5. What kind of turns do we do when swimming an IM?
6. Your _____ can help you be a better swimmer.
9. When we do a Build for Freestyle we start slow and finish _____
10. What kind of turns should you do for a 100 freestyle?
12. What do our bodies need during practice?
16. Streamline Kick on Our Back
17. Swimming slow to fast is called a _____
19. A team of 4 each swimming 50 meters with the dive is called a _____
20. What stroke are we working on when we do the Zipper Drill?

Down

1. What stroke are we working on when we do the Flick Drill?
2. The Six Kick and Roll Drill encourages body _____ for freestyle and back stroke.
3. What drill helps us with our butterfly kicks?
7. If you do breast stroke kicks during a 50 meter Butterfly at a swim meet you can get _____
22. Streamline Fly Kick Under Water
24. The 4 parts to a Freestyle Stroke are the Reach, the Catch, the Pull Through, and the _____
25. What is the 3rd stroke in a 100 IM?
27. What is the best position to be in the water?
28. What kind of kick goes with the Butterfly Stroke?

8. A team of 4, each swimming 50 meters of either Backstroke, Breaststroke, Butterfly, and Freestyle is called a _____
11. Streamline Kick on Our Stomach
13. The Y Core Values are Honesty, Caring, Responsibility and...
14. When in the deep water, how do we keep our head above the water?
15. The Breast Stroke Shoot Drill works on the _____
18. What drill helps us with our flip turns?
21. When swimming butterfly, how many kicks should you have for every arm pull?
23. When doing flip turns, we should always push off on our _____
26. What should we always do before swim practice?