

Swimming - KEY

Swimming can be done at the surface on your stomach, back or side, as well as underwater.

The strokes (methods of swimming) used in competitions are:

Butterfly or fly is swum on the stomach, and uses a pull (arm motion) of both arms at once, and a kick (leg motion) of both legs at once. The kick is called a **dolphin kick**.

Backstroke, racing backstroke, or back is the fastest stroke swum on the back. The arms alternate their pull and the legs alternate their kick. This kick is called a **flutter kick**.

Breaststroke uses a pull with both arms at once, and the arms stay in the water. Likewise both legs kick at the same time using a **frog kick, modified frog kick or whip kick**. This was the main stroke for competition in the 1800s, before freestyle was developed.

Freestyle, free, front crawl or forward crawl is the fastest stroke. The arms alternate on the pull and come all the way out of the water. People who swim this style will do not lift their heads to get a breath, but only turn towards the side.

Also at swim races, the **Individual Medley (IM)** is swum by one person versus other swimmers, with the strokes above, in the order described above. Sometimes the names are shortened to **Fly, Back, Breast, Free**. The same distance of each is swum, totaling 100 yards, 200 yards/meters or 400 yards/meters.

A **relay** is swim by four members of the same team against four members of each other team at a race. A freestyle relay would have each swim a distance of freestyle, and as they get to the side of the pool, the next person in the relay dives in and starts swimming the same stroke/distance.

A **medley relay** would have four swimmers each do one distance of the IM strokes in the order Back, Breast, Fly, Free.

A **leg** is one section of a relay. úsek ve štafetě

The **anchor** is the last swimmer in a relay. poslední člen štafety

Recreational strokes include all of the competitive strokes (but any of these can be used in a 'fun' competition)

Sidestroke is swum on the right or left side. The leading arm pulls from in front of the swimmer down to about chest level, the other arm starts the pull just above where the first arm finishes and pulls down to the hips. The kick is called a **scissors kick** as it resembles scissors closing. Kopání (flutter, scissor)

Dog Paddle is a human swimming like a hound.

Trudgen Crawl is freestyle arm pull with a sidestroke scissors kick, sometimes with some flutter kick as well. Tradžn – předchůdce crawlů, španělské tempo, sáhování

Drowning moth is what a swimmer's first attempt at butterfly often looks like.

***Underwater swimming** has a pull much the same as breaststroke but pulling all the way down the side of or under the swimmer. Many different kicks are used.*

Treading water is not a stroke. It is a set of leg actions and arm actions used to keep a swimmer's head above the water while the body is vertical, (as opposed to swimming, when the body is horizontal). Lifeguards depend entirely on their leg action when, for example, they are strapping a victim to a backboard in deep water. The leg action can be a scissors kick, whip kick or an **eggbeater** (the legs move much as a hand-powered egg beater does). A flutter kick is not effective for treading water. The hand motion, when it is used, is **sculling**. Sculling can be used alone to help maintain a steady position and/or horizontal position in the water during a float. **Synchronized swimming**, the water ballet performed by a single swimmer, by pairs or groups of up to eight swimmers, depends in part on strong sculling skills. Sculls include the **flat, head-first, feet-first, canoe, torpedo and support scull**.

False start - a situation in which one or more swimmers leaves the blocks before the starting signal

Sculling – šlapání vody, párové pohyby rukou, nohou

Scull – veslo