

## A swim clinic by Greg Burgess

**By TRYM members:**



Greg and Erika Burgess conducted a swim clinic at the Twin Rivers YMCA in New Bern on Saturday April 26, 2014 for group of about a dozen NC Masters swimmers.

### **Julie Crum:**

This was exactly what I needed as I have been struggling to visualize how to improve my stroke. I had read articles and watched a few videos, but doing this in the water with him critiquing us all was much more helpful. Arm and hand placement in the water, improving your glide, and slowing down to concentrate on a more efficient pull were a few drills we did. The way that I learned my strokes many years ago has changed so much so any help I can get is definitely appreciated. So now the challenge will be to continue to work on this! I'm sure that Coach Frank will keep reminding us!

### **Andrea Packard:**

The primary focus of the clinic was freestyle, with some time also spent on streamlines, flip turns, and backstroke. I can honestly say that other than a revelation about my flip turns (more on that in a bit), I didn't hear or see anything that I hadn't heard or seen before. But did that make it a waste of time? **Absolutely not!**

It was comforting to know that everything I had learned about freestyle technique over the past decade was in agreement with what Greg was teaching. That helps eliminate any doubt that I am focusing on the right things not only when working on my own stroke, but also when I am coaching summer swimmers.

I also came to the realization that it is far more effective to be at the pool and be able to instantly try a drill or technique correction, rather than to read about it in a magazine or online and then wait until the next time you hit the pool to try it out. And when you hear and see something from a live person right in front of you, it just seems to hit home a little better than when you read about it.

As for my flip turn, I realized I had been taught a less-than-optimal method, so for the past 25 years I have been doing hundreds of thousands of flip turns "wrong." That's not to say

my flip turns are slow. In fact, they are pretty solid, and I often catch other swimmers on my turns. However, I now know I have room for improvement and I have something new to focus on every single time I execute a flip turn. It's not going to be easy to erase the muscle memory of so many years, but I'm into this swimming thing for the long haul, so I've got plenty of time. Hopefully it's not too late to teach this old dog a new flip!

### **Steve Kelley**

Learning what I already knew is how I describe Saturday's clinic. I already knew and had been reminded many times about proper arm position, hand position, head position, and streamlining coming off the wall. The clinic provided the process for me to actually learn how to do these things. The process of seeing the skills demonstrated in the water, then practicing the skills with drills really helped me understand some of the simple things that will help me improve technique. My future workouts will have increased focus on about half a dozen skills that need work. A good takeaway for a one hour clinic.

