



Why do Olympians make it look so easy? Don't you just love watching the Olympics! They make fast swimming look effortless, almost magical! How do they do it?

Have you been one to struggle to make it from one end of the pool to the other? Have you been "swimming" your whole life but cannot really swim a lap without getting worn out? Do your kids think they can swim since you have a pool in your backyard they know how to get around in? If your child only swims with a life jacket that teaches bad habits that are harder to break than kids who are scared of the water. If your child swims under the water only, that is what we call "survival swimming," which is fun, but not efficient and really is not swimming. Here at Lsi we can help with that struggle and teach them to be more efficient in the water.

If your kids have been in swimming lessons and have not progressed each session, there is a problem. Here at Lsi our goal is for them to be better each time they leave that door, along with a smile on their face!

Have you put your kids on a swim team to teach them how to swim, but all they do is struggle to get to the other wall? Swimming lessons can take time, but if taught correctly, they will not be the ones struggling! Did you know that the main focus of many coaches is for your child to swim fast, even if their technique is not correct? Teams get points for their swimmers!

The good news is we know how to help you at Lsi! Fast swimming is not magical, when taught right! Fast swimming can look so effortless when technique is mastered before speed.

Mastering Technique: Learning technique before speed is crucial, so that you can reduce your drag before focusing on endurance and speed. At Lsi we teach drills that engage your mind in your own stroke progression. Yes, this means, sometimes we will have you do drills out of the water! This in swimmer lingo is called, "dryland training." It takes time and consistency, but well worth it to learn to feel the magic of how the water works with your body. Think of it as building blocks: Proper technique is the fundamental building block for great swimming. It doesn't matter if you swim on a summer league, a high school team, a college level team, swimming in triathlons, a nationally ranked team, or you want to become the next Michael Phelps. In order to reach your potential, you have to have a solid foundation in proper stroke technique that leads to progression in your desired goal.

Building Endurance with Excellent Technique: After you have successfully accomplished the proper stroke technique, your next step is to hold your excellent technique while building your endurance. At Lsi we continue to teach drills to improve endurance while still focusing on technique. This allows you to really start to feel the water and how fluid it is when you are swimming correctly. We use all kinds of tools-including fins, which everyone loves!

Speed with Excellent Technique: At Lsi we do clinics once a month on weekends and competitive swim classes to teach you how to incorporate race strategies for each stroke. This includes mental training techniques among many other things. This can be where many swimmers and coaches struggle. If coaches only have stressed going fast and the swimmers technique is not good, that swimmer will struggle, no matter what their age. Did you know coaches do not correct running legs? In fact, swimmers who have made it to the collegiate level have to be held back sometimes, since their technique isn't where it needs to be to compete. That is why Lsi teaches the correct body position and the correct technique before teaching endurance and speed. We do not want to waste your time and money, but do want you to invest in you and your child to understand the importance of learning technique first!

Learning the correct way of swimming, after not being taught technique first, can be a slow learning process. However, once you learn to have a solid stroke foundation, you will start dropping time especially in longer events. The final step is swimming fast with excellent technique and holding that technique at a race pace. This becomes Magical with patience, persistence and hard work! Sign up for our classes, clinics or private lessons and we will help you become one of those swimmers people come up to and say, ***“You have a beautiful stroke!”***