**SWIMMING TECHNIQUE**

**FREESTYLE**

https://www.youtube.com/watch?v=SONx52cyltI

**Faster Freestyle Swimming: Part 1. Hand Placement: How to properly set up the stroke**

https://www.youtube.com/watch?v=ZTQpF_mmg44

**Faster Freestyle Swimming: Part 2. Fingertip Orientation: High Elbow Catch**

https://www.youtube.com/watch?v=YsgZX2oD9CY

**Faster Freestyle Swimming: Part 3. Wrist Awareness and The Power of the Y**

https://www.youtube.com/watch?v=RZO738a8WQw

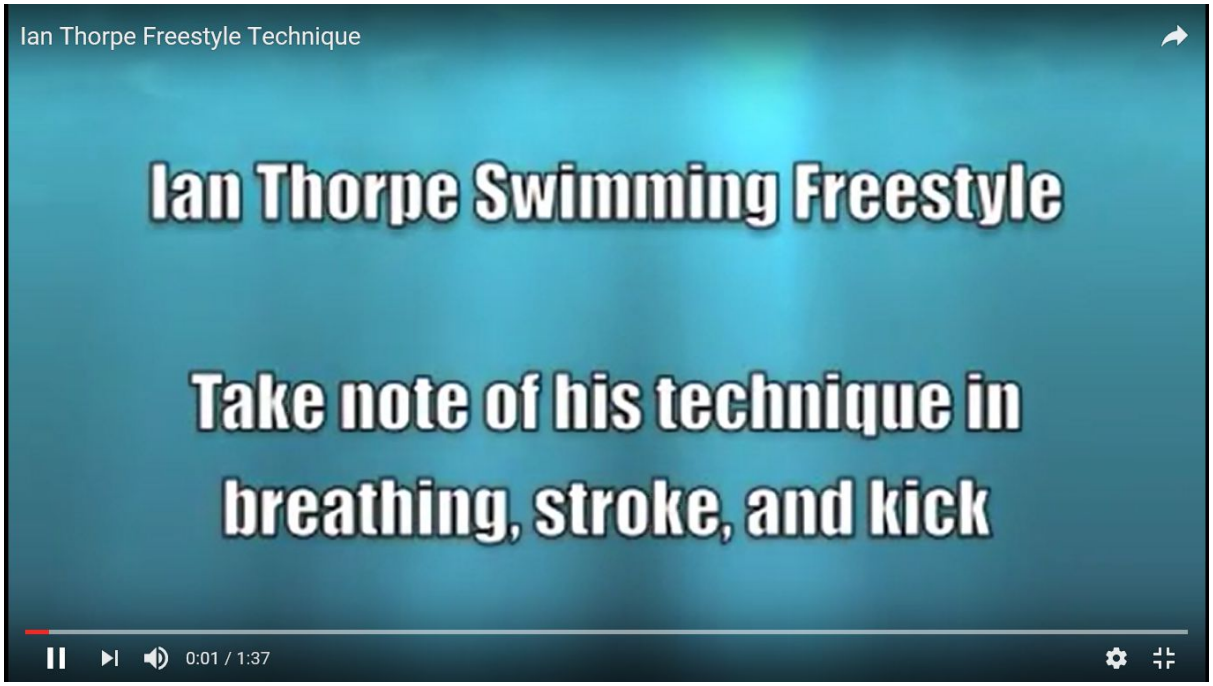
**Faster Freestyle Swimming: Part 4. Umph at the Front: Where to apply the power**

https://www.youtube.com/watch?v=kPMFxYDPkqs

**Faster Freestyle Swimming: Part 5. Exiting the Stroke efficiently to reduce drag**

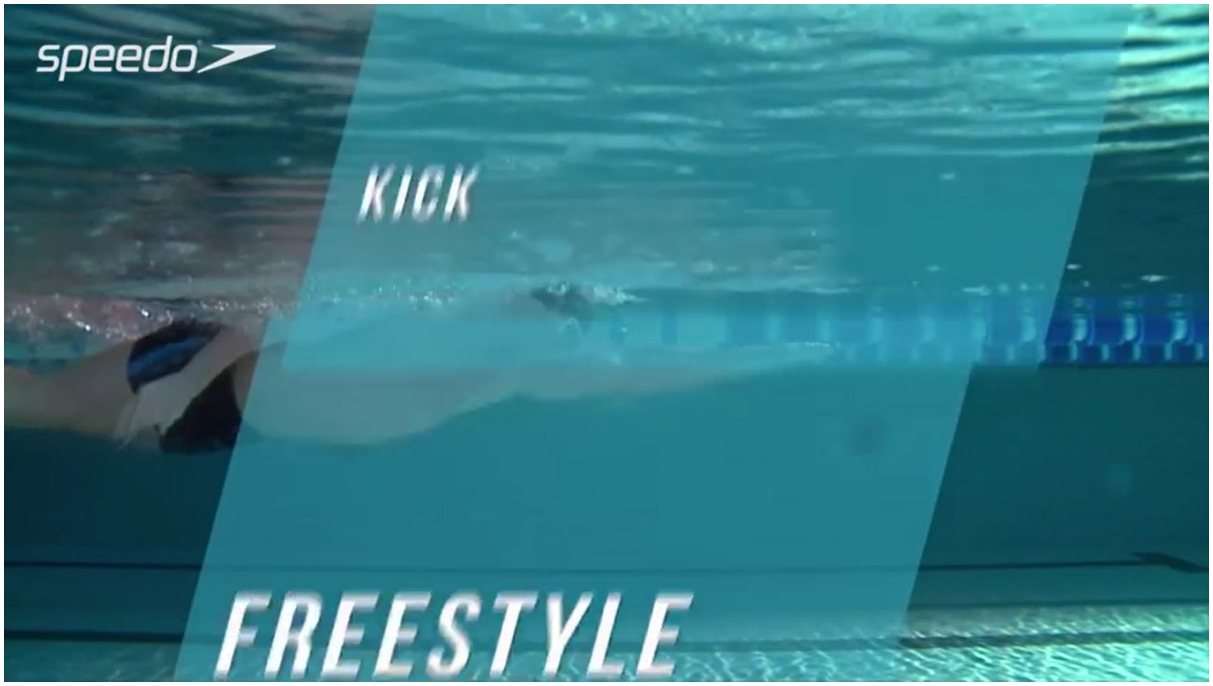
https://www.youtube.com/watch?v=sUWAZo-03u0

**IAN THORPE**




https://www.youtube.com/watch?v=mv_sDYHYzFw

**FREESTYLE KICK**




https://www.youtube.com/watch?v=KK563K_DZP0

**FREESTYLE MISTAKES**

https://www.youtube.com/watch?v=W5yvhDCBj7I