

# Swim Types Observation Sheet

Use the descriptions and guidelines below to identify a swimmer's type when watching them swim.

## THE ARNIE

Speed range approx: 1:45 to 2:10 per 100m

Appears to fight the water

Low sinky legs

Mid line crossovers (view from front)

Pronounced scissor kick (view from rear)

Often lifts head to breathe

Slows down dramatically after 100m

Complains of trouble breathing

Often frustrated

Centre line crossover:



## THE BAMBINO

Speed range approx: 1:50 to 2:30+ per 100m

Low power version of the Arnie

Slow stroke lacking 'oomph'

Arm slips downwards at front of stroke - especially when breathing

Appears anxious and uncomfortable in the water

Often a jittery kick action from knees

Lifts head to breathe

Straight arm pull through underwater (view from front)

Arm slips downwards on breathing:



## THE KICKTASTIC

Speed range approx: 1:25 to 2:15 per 100m

Strong continuous kick (view from underwater)

Often but not always lacks rotation especially at the hips

Often appears breathless

Not necessarily fast with a kick board

Very good horizontal body position high in the water

Slower with a pull-buoy

Sometimes dislikes wetsuits

Hand often leads elbow on recovery (view from side)

Strong constant kick:



## THE OVERGLIDER

Speed range approx: 1:30 to 2:20 per 100m

Appears to be consciously gliding down the pool

Clear deadspot or pause at the front of the stroke

Often drops wrist at full arm extension

Good body position high in the water

Good body rotation

Often only breathes to one side

Appears to be concentrating hard when swimming

Lacks stroke rhythm

Can look mechanical

Dropping wrist on extension:



## THE SWINGER

Speed range approx: sub 1:00 to 1:50 per 100m

Appears to have a short but fast stroke with good rhythm

Low swinging arm recovery over the water

Minimal leg kick but reasonable body position

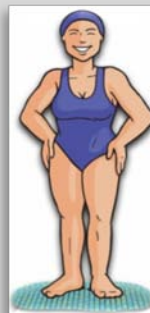
Often has a good bent elbow catch

Likes to swim fast for long periods of time

May have experienced shoulder injury or pain

May appear choppy but can still swim fast

Low swinging arms:



## THE SMOOTH

Speed range: sub 1:00 to 1:25 per 100m

Appears to swim effortlessly at high speed

Initial impression of perfection

High elbow, relaxed shoulder arm recovery

Long stroke but still has good rhythm

Exhibits good skills such as push-offs and tumble turns

Enjoys the other three strokes

A fairly strong 6 beat leg kick

High relaxed arm recovery:

