

## **Wakefield Chapel Guidelines for Teaching Breathing Control**

Statement of Philosophy -- Although some amount of breath holding is inherent in the sport of swimming, the focus of Wakefield Chapel Coaches in swim instruction will be **breathing control** rather than breath holding. Proper breath control or breathing discipline is advantageous to competitive sprint swimmers because it reduces torso rotation during the stroke, maximizes stream-line position propulsion and allows swimmers to use rhythmic breathing in order to improve stroke technique.

### **COACHES WILL NOT:**

- \* Instruct swimmers to statically hold their breath
- \* Have contests for breath holding or who can swim the farthest under water
- \* Allow or encourage hyperventilation before any swimming drill

### **COACHES WILL:**

- \* Encourage swimmers who can easily swim across the pool to work up to breathing discipline which would limit breathing from the start or surface break-out after the dive, in and out of flip turns, and at the finish of a race.
- \* Will limit underwater kicking, surface 25 meter sprints with limited breathing, and breathing rhythmic drills (breathing every 5 or 7 strokes) to a short period of time based on the swimmer's age and ability.
- \* Swimmers will be encouraged to let their coaches know if the breathing pattern is causing them any discomfort and appropriate alterations will be made.
- \* Swimmers will be challenged to work towards breathing control but practice drills and plans will be tailored for swimmer's age and ability.