



# DUAL BOARDS

## Built For Coaching Excellence

## Backstroke

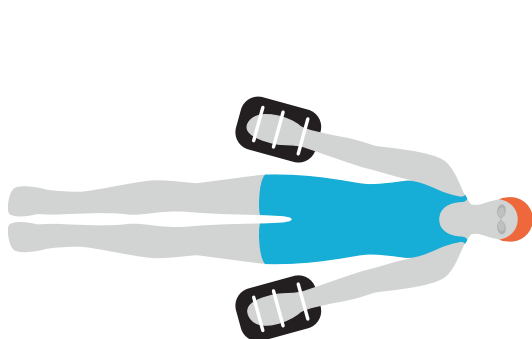
Learning backstroke with Dual Boards allows each hand independent buoyancy, enabling the swimmer to correct their body position.

### Example

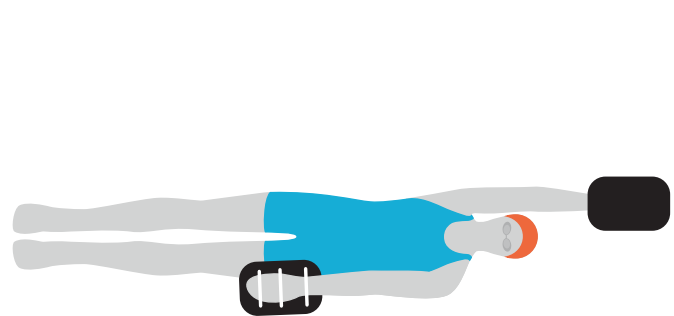
A young swimmer can quickly discover various buoyant positions in a short amount of time. For instance, Dual Boards takes a 7-year-old from comfortably experimenting and floating on their back to successfully putting their ears in the water. Without Dual Boards, the child may need to be physically held or supported throughout. With Dual Boards the teacher may only need to balance the beginner swimmer on the boards and provide emotional support; aside from that the beginner swimmer instantly becomes an independent floater, kicker, then, swimmer.

### Beginner

As the beginner floats in the Letter "M" position, both hands are at their sides and their biceps near or resting on their ribs. The swimmer applies pressure downwards on the boards facilitating a calm and level positioning of the chest, abdomen, and hips as the back of the head and ears begin their journey downwards towards resting delightfully in the water. This calm rise of the midsection, plus pressure applied downwards, allows the swimmer to form proper body position before embarking on the backstroke kick. After the swimmer becomes confident in the Letter "M" position, they move to the Letter "I" position. In the "I", the easiest position is to keep Dual Boards horizontal, lead hand palm up, back hand palm down. The swimmer is now optimally buoyant and kicking in an actual backstroke swim position.



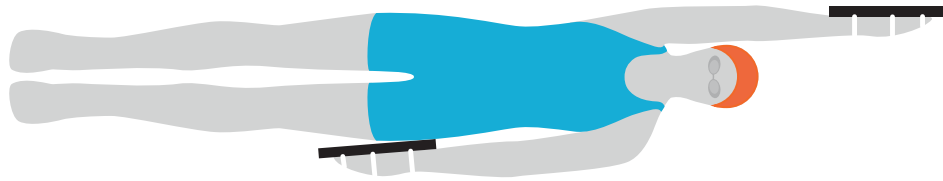
"M" Back Position



"I" Back Position

## Advanced

For the advanced backstroke swimmer, the “I” position is performed with the lead hand’s pinky down, thumb up, and the board vertical, like a shark fin traveling through the water. First, the swimmer applies pressure on the back board, the hips rise, and slight downwards force is used on the pinky of the lead board in a pre-catch position. Next, the swimmer increases the intensity of the kick, the entire body rises, and they get the sensation of kicking downhill. With this maneuver, the swimmer will gain power and endurance by kicking against the resistance that comes from applying downwards pressure on the Dual Boards.



**“I” Advanced Back Position**

