



# DUAL BOARDS

## Built For Coaching Excellence

## Freestyle

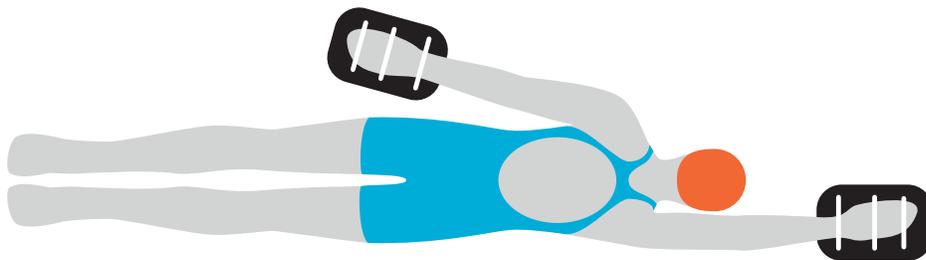
Learning freestyle with Dual Boards allows each hand to experience independent buoyancy.

### Letter "I"

The swimmer can flutter kick in a right arm in front, left arm in back, also known as the Letter "I". Dual Boards allow the swimmer to work on their breathing as they kick in a swimming position, where the face is either in the water, or in the freestyle side-breathing position, where one ear rests on the shoulder, and one ear is turned towards the ceiling to facilitate the swimmer's breath. Here, the body is allowed to experience kicking in an ultra-buoyant swimming position. The swimmer's hands can be at different angles. They don't have to be palms down; they can be pinky down/thumbs up or vice versa. The swimmer exerts pressure downwards on the Dual Boards, in all hand angles, which raises their entire body, from the fingernails of the right arm in front, to the toenails of the kicking feet.

### Beginner

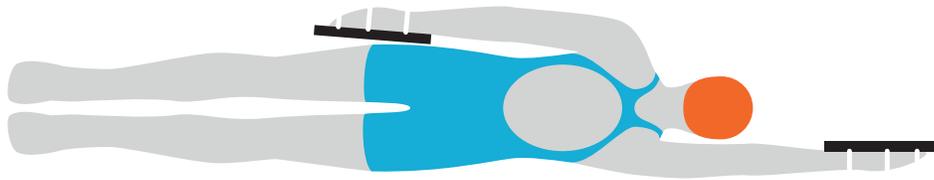
For the beginner, the easiest position is to keep the boards horizontal, on top of the water in the Letter "I". In this position, the swimmer is most buoyant where downwards pressure on the Dual Boards comes naturally.



"I" Front Position

## Advanced

For the advanced swimmer, the Dual Boards allow elite body positions with the lead board in a “pre-catch” position and traveling under the water’s surface, at a height commensurate to the kicking intensity; the faster and stronger you kick the closer to the surface the lead board gets. The swimmer applies pressure on the backboard allowing the hips and legs to rise. By increasing the intensity of their kick, it enables the entire body to rise, giving the advanced swimmer the sensation that they are kicking downhill.



## “I” Advanced Front Position

