



Freestyler



[the only hand paddle designed specifically for freestyle]

“The Freestyler is truly a technique paddle, which allows us to swim near perfect freestyle. I like to use it when we are tired. What’s better than swimming perfect when you’re tired?”

- **Kim Musch,**
Head Swim Coach,
UCSC

“The Freestyler Jr. hand paddles are revolutionary in teaching kids how to swim freestyle. Imagine eight year olds swimming like twelve year olds.

This paddle is awesome!”

- **Barry Schreifels,**
Head Swim Coach,
California State
University, Northridge

What is the Freestyler?

The Freestyler is a hand paddle designed for use as a training aid to improve technique and efficiency of the freestyle stroke. Unlike previous generations of hand paddles, the Freestyler is not designed for resistance and strength training, but applies a hydrodynamic shape to decrease resistance through the water, thereby improving reach and distance per stroke while eliminating shoulder stress.

The Freestyler’s unique shape and skeg design forces streamlined hand entry and forward planing to lengthen stroke. An elongated stroke initiates and maximizes full rotation to increase hydrodynamics and power. Upon the successful performance of complete rotation, the shoulder will rise and result in high elbows.

A Junior version of the Freestyler is designed for anyone with smaller hands. It is a tremendous teaching tool for children as young as 5 years old, enabling them to control their hand motion like a hydroplane instead of a digging instrument.

[unique skeg design promotes high elbows, long arm extension and proper hand entry]



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Why do I need the Freestyler Hand Paddle?

The Freestyler is the only hand paddle designed specifically for freestyle. With its unique shape and design, swimmers will improve the more technical aspects of their freestyle stroke during daily training. Benefits such as high elbows, extension, proper hand position and entry will be a natural and instant result of using the paddle.

The patented skeg (stabilizing fin) design uses the same principles of a surfboard. With proper hand entry, the skeg channels the hand forward for maximum extension with every stroke.

Assuring proper entry provides the foundation upon which to build the rest of the stroke. To have the best complete stroke cycle, it is critical to properly execute the initial hand-entry phase of the stroke. Starting with the correct hand entry allows for the potential to complete the next progressive stage correctly.

Cycle Down Drill

Swim 4 x (3 x 100s) with moderate rest. Each round, decrease stroke count by one cycle.

Note: Having each cycle be relatively low in yardage allows the swimmer to work on hand position and rotation while decreasing the number of strokes per lap.

Quick Tip:

Use the Freestyler in conjunction with the Swimmer's Snorkel for greater concentration on body position.

Pull Drill #1

Swim 2 x (6 x 50s) with fins.

Note: Executing this set with fins on gives the swimmer the opportunity to swim at a faster pace with proper hand placement, while working on rotation and maximizing distance per stroke.

The increase in speed maximizes the forward motion upon entry, thus maximizing extension.

Pull Drill #2

Swim 2 x 800s with a buoy and/or band.

Note: By swimming long yardage with no pressure from an interval allows the swimmer to focus on stroke and rotation.

Encourage the swimmer to experiment with their stroke and make changes throughout the distance.



How do I get started with the Freestyler?

The Skating Drill is a great way to get started using the Freestyler hand paddles and is appropriate for all ages.

Put on a set of fins and the Freestyler paddles. Push off the wall with one arm fully extended at about chin level, and with the other arm at your side. Start off just kicking until you are halfway through the lap. When you get halfway, bear down on the lead hand and pull under your body. Leave that arm at your side and recover with the opposite arm. Repeat this sequence with the new lead hand.

For the next lap, do the same thing but take two strokes. Next lap, take three strokes. By the fourth or fifth lap you will be amazed at the high elbows and great skating action that occurs.