

Unit 10 — English for Swimming

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Backstroke

A stroke where swimmers float on their back.

"She did the backstroke smoothly."

Breaststroke

A stroke with frog-like kicks.

"His breaststroke was powerful."

Butterfly

A stroke where both arms move together.

"The butterfly is hard but fast."

Coach

The person who trains the swimmers.

"The coach gave advice before the race."

Cool-down

Light activity after intense exercise.

"They did a cool-down swim after the meet."

Dive

To jump into the water headfirst.

"He made a clean dive at the start."

Drafting

Swimming close behind another to reduce resistance.

"He used drafting to conserve energy."

False start

Starting before the official signal.

"He was disqualified for a false start."

Finish

The end of the race.

"She reached for the wall to finish."

Flip turn

A quick turn used in freestyle and backstroke.

"She executed a perfect flip turn."

Freestyle

A fast swimming stroke.

"He swam freestyle in the final."

Goggles

Protective glasses worn in water to see.

"She wore goggles so she could see under water."

Lane

A section in the pool for one swimmer.

"He swam in lane three."

Lap

One length of the pool.

"He swam 20 laps during practice."

Medley

A race using all four strokes.

"She competed in the individual medley."

Relay

A team race with different swimmers.

"They won the 4x100 relay."

Split

Time for a portion of the race.

"Her first 50m split was fast."

Start

The beginning of the race.

"She had a strong start off the blocks."

Stroke

A specific swimming style.

"Butterfly is a challenging stroke."

Swim cap

A tight cap worn to cover the hair.

"He put on his swim cap before the race."

Taper

Reducing training before a competition.

"He began his taper a week before the meet."

Timer

A person who checks the swimmer's time.

"The timer announced the final result."

Turn

The action of changing direction at the wall.

"He made a quick turn and pushed off."

Warm-up

Light exercise before intense activity.

"The team did a warm-up before the race."