

TURTLES

Newsletter

The 1 Technique You Need to Learn to Improve Your Swimming Streamline

The streamline position is one of the most important and basic swimming skills. It's key to every swim race because it cuts down on drag and boosts efficiency, helping you swim faster and with less fatigue. That's why it's one of the first things swimmers learn, and even top athletes make it a regular part of their training.

That said, throughout my years of coaching, I've noticed that many swimmers forget or miss a crucial element of streamline.

The lock.

Streamline 'Lock'

To have a great streamline, you must lock your bottom hand to your top hand. This reduces the surface area that will make contact with the water and helps you maintain a tighter streamline. It also keeps your wrists in line, which makes it easier to keep your hands together in an aerodynamic point.

Locking your streamline is easy: Simply place one hand on top of the other and slide the thumb out and wrap it around the outer edge of the hand so that the tip of your thumb is in contact with the palm of the hand. The thumb effectively grips the lower hand and keeps it tight against the upper hand.

This lock keeps you in the tightest position possible while sharpening the top half of your streamline so you can carry your fastest speed no matter which stroke you're swimming. Practice it off every start and turn during every single workout and it will soon become second nature.



IMPORTANT REMINDERS AND UPDATES

***** USA Registered Membership *****

Parents and swimmers, please be advised that all Turtle members are required to be registered members of USA Swimming. All memberships must be renewed by December 31, 2025. If you have not yet renewed your membership, please do so as soon as possible. Please note that entries for upcoming meets will only be accepted if the membership is current. To prevent any issues, it is advisable to resolve your membership status well in advance.

Bathrooms

Reminder to all swimmers: we are guests at the high school, so it's important to respect the bathrooms at all times. If you notice inappropriate behavior or someone damaging or cluttering the bathrooms, or anyone playing with the light switches. please inform a coach.

Team Swim Calendar & Commit Swimming Support Page:

Parents and swimmers are encouraged to regularly check the official team calendar on the website for updates to practice or meet times. For questions or assistance related to Commit Swimming, the parent support page offers numerous helpful videos on various topics. [LINK](#)

Coach's Contacts

Coach Emmalee	Coach Bethany	Coach Angelina	<u>Coach Enrico</u>
Coach Charlie	Coach Abby	Coach Emma	

UPCOMING SWIM MEETS & REGISTRATION

PAC North Suburan Splash Feb 6th - 8th 2026



Registration Closed

Please be advised that this is a preliminaries and finals meet. If you are unable to return for the finals upon qualifying, we kindly request that you refrain from registering for this event.



Blue Devil - Swim your heart out (*Last Chance Meet*)

Registration - Still Open (Closes Jan 12th)



**Vernon Hills & Bolingbrook Vs Oak Brook
at Oak Brook**

Registration - Still Open (Closes Feb 2nd)



NISC - Division B Conference Championship

Registration - Opens Jan 14th
