

Introduction

The term "swimming" refers to the propulsion of body through the water with the help of limbs to move in the desired direction. It is basically locomotion of creatures in water to survive, but amphibians also have an ability to go with this kind. Human uses swimming for many purposes such as exercise, sports and recreation. The medium can either be still or turbulent or moving with a velocity.

Events

Individual Medley (IM)

In this event, a swimmer performs four strokes in the order- butterfly, backstroke, breaststroke and freestyle. A swimmer starts with butterfly stroke and completes the race ending with freestyle with each stroke performed according to its rules and especially the turn rules.

Relays

The relay is also performed in two ways- the freestyle relay and the Medley relay. In freestyle relays, four swimmers participate as a team and each swimmer cover one-fourth of the total distance according to the freestyle rules whereas in a medley relay; the first one follows backstroke, the second one breaststroke, the third one butterfly and the fourth one ends the race following the freestyle stroke.

Objective

Each swimmer has to compete in a race against the other competitor to swim the predefined distance in the minimum length of time.

Equipment

Swimsuit

Competitive swimwear tries to enhance exposed skin for a speed preferred standpoint and inclusion. In 2009, FINA principles and directions were changed, and suits made with polyurethane were prohibited because they made competitors progressively bouyant. These standards additionally banned lawsuits which go over the navel or beneath the knee for men and suits which stretch out past the shoulders or spread the neck for women.

Swim Cap

A swim cap keeps the swimmer's hair off the water to lessen drag. Caps are usually made up of various synthetic materials like latex, silicone, spandex or lycra.

Goggles

They keep water and chlorine out of swimmers' eyes. Glasses might be tinted to check frown at open-air pools. Swimmers who wear corrective focal lenses might utilise remedy goggles.

Swim Fins

Elastic blades/ rubber fins are utilised to help kick quicker and construct quality and procedure, however, are illicit in a race. They additionally improve strategy and technique by keeping the feet in the best possible position while kicking.

Drag suit

Swimmers use drag suits in preparing to build resistance. This enables a swimmer to be tested much more when rehearsing and let the swimmer feel less obstruction when hustling. Drag suits are not utilised in races.

Hand paddles

Swimmers utilise these plastic gadgets to manufacture arm and shoulder strength while refining hand-pulling strategy. Hand paddles append to the hand with elastic tubing or flexible material. They come in a massive range of shapes and sizes, contingent upon swimmer inclination and hand measure.

Kickboard

A kickboard is a foam board used by swimmers to help/support the heaviness of the chest area/upper body while they centre around kicking. Kicking is the development of the legs to build leg muscle for future quality.

Pull Buoy

Frequently utilised in the meantime as hand paddles, pull floats bolster swimmers' legs (and keep them from kicking) while they centre around dragging. Pull buoys are made up of foam, so they glide in the water. Swimmers hold them in the middle of the thighs. They can likewise be utilised as a kickboard to make kicking somewhat harder.

Snorkel

A snorkel is a plastic gadget that enables swimmers to inhale while swimming. This bit of gear allows the swimmer to work on keeping their head in one position, alongside preparing them for the best possible breathing strategy of taking in through the mouth and out the nose. This strategy is the inverse of a typical sprinter's breathing example, which is in the nose and out the mouth.

Tempo Trainer

A signalling clock joined to a swimmers top or goggles keeps up a specific arm rhythm or speed. As each beep is heard, the following stroke, or cycles of strokes, ought to be taken.

Zoomers

A sort of elastic swimming balances, zoomers are cut off blades with the gaps in the base. They help make the swimmer kick quicker, yet at the expense of working harder.

Techniques

Freestyle

Holding breath, the swimmer pushes off his body and then stretches it thoroughly before diving into the water. After going in depth, he/she returns to the surface by fluttering the legs. Hands are lifted forward alternatively to move ahead. The swimmer can breathe out only when his head is submerged. By reaching another end of the pool, he touches the wall by any part of the body and then somersaults to relocate his body in the initial direction.

Backstroke

This is one of the least famous strokes in which swimmers swim on their back by fluttering the legs and moving forward with the help of hands. The starting position for this stroke is different from freestyle. The swimmer holds the grip of departure and braces his feet against the wall underwater. At the signal, he leaves the grip and dive into the water with full force by pushing off his legs on the wall. After diving in, the swimmer starts fluttering his feet to reach the surface and then moves his arms alternatively to go forward. After reaching another end, he flips onto his stomach and touches the wall by any part of his body (mostly by feet). Before leaving the wall, he should return to the backdown position.

Breaststroke

After the signal, the swimmer pushes off his body, dive into the water and then move in a forward direction by pulling the arms in outward, downward and then inward direction before kicking with legs. At another end of the pool, the swimmer has to touch the wall with both his hands and regain the horizontal position before leaving the wall. This type of turn is called an "Open Turn".

Butterfly Stroke

Similar to breaststroke and freestyle, the swimmer moves both his arms in a symmetrical pattern, keeping the shoulder parallel to the water surface and moving his legs in unison manner like a dolphin. The swimmer breathes in at the end of the stroke while taking the arms over his head. After reaching the end of the pool, he touches the wall by both of his hands and then pushes off the wall with feet. Moving in the stomach down position, he uses dolphin kicks and then swims in the same manner to complete the race.