

Stroke Tip: Perfect Your Dolphin Kick

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The dolphin kick is here to stay. It is now used in every stroke. It is important to streamline off the walls and start each length with several dolphin kicks. This kick moves swimmers far faster than any surface stroke (there's less resistance underwater). Concentrate on trying to get past the flags before taking a stroke. Working on your dolphin kick will engage your core and build your endurance through breath control.

1. Start your kick or body wave from your chest.
2. Press down on your chest and keep your upper body fairly still.
3. Move the kick through to your core or midsection.
4. Once your legs are fully extended, snap your feet together like a whip.