

### SPECIFICATIONS



#### 8" LARGE

High School, College, Adult



#### 7" MEDIUM

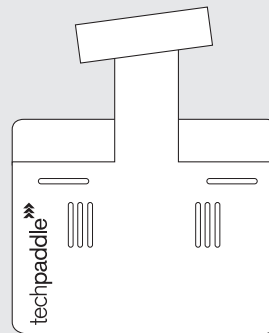
High School Girls, Junior High



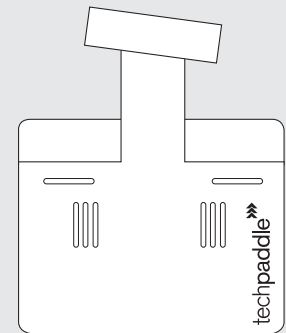
#### 6" SMALL

Grade School/ Children

LEFT



RIGHT



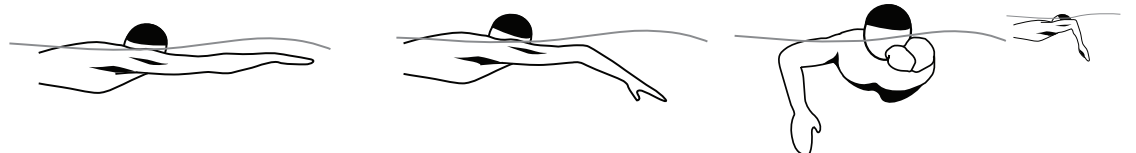
Made of durable plastic, techpaddle includes wrist strap and mesh activity bag.

### TECHNIQUE TRAINING

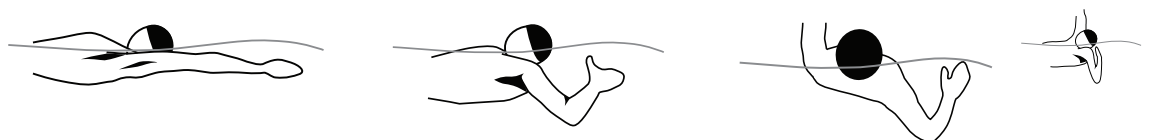
Techpaddle is an advanced forearm training tool that teaches swimmers from beginner to expert. Using ErgoDynamic Grip Technology, it gently guides forearms into the proper "Early Vertical Forearm (EVF)" position while promoting accurate arm rotation. Techpaddle builds muscle memory that will increase your swimming speed. Available in kid's, teen's and adult's sizes, it's sure to teach any swimmer the perfect technique.

The techpaddle was designed to improve the Early Vertical Forearm position in all four competitive strokes.

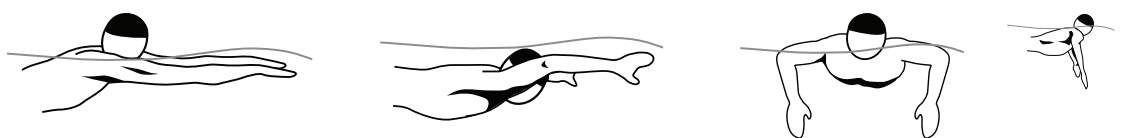
#### Freestyle



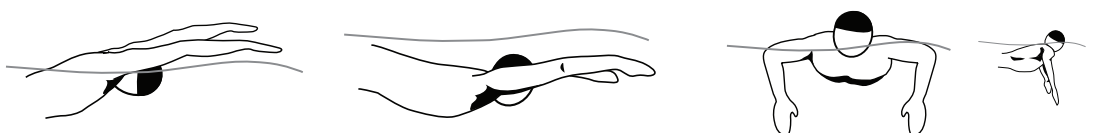
#### Backstroke



#### Breaststroke



#### Butterfly



## **DIRECTIONS**

Make sure the paddles are secure but not uncomfortable. Don't hold onto the handle too tightly and don't open your hand. Grip your hand around the handle to dilute the effect an open hand has during propulsion (don't cheat by opening your grip).

Begin each stroke and each drill with a streamline position and full extension of the arm or arms. The foil design or leading edge of the techpaddle is designed to promote an early downward motion of the forearm. Move your knuckles down and outside the shoulders, this motion will put your forearm in a vertical position where your hand is directly under the elbow (above the elbow in the backstroke). Once a vertical forearm position is established early and in front of the shoulders, the rest of the pulling pattern will follow. Swimming too fast doesn't allow the swimmer to keep the forearm in front of the shoulders, so it's worth saying again - SLOW DOWN! By establishing an Early Vertical Forearm, for as long as possible, muscle memory begins to develop a championship propulsive habit responsible for speed. Use one arm drills that allow you to focus on each arm independently (for backstroke and freestyle). Use a dogpaddle drill to focus only on the EVF for freestyle. Use simultaneous two arm dogpaddle drills to double the EVF exposure time for freestyle, breaststroke and butterfly. Swim very slowly for forty minutes or more and only concentrate on one thing - Your EVF.

## **TESTIMONIALS**

### **George Block - American Swimming Coaches Association (Past President) / Head Swimming Coach NISD -**

*"They are INCREDIBLY cool. We played with them with some chronic elbow-droppers or straight-armers. They all found the EVF position very quickly. It's the single most important skill (Early Vertical Forearm Position) that differentiates every level. For the first time - they (the swimmers he was training) were able to accelerate from the EVF position." They took them off and still "kept the feel."*

**Bob Steele, Swimming Coach of five NCAA II National Swimming Championships, -** *"One of my new swimmers had been on a plateau, the result of difficulty overcoming a dropped elbow and catch-up freestyle. After one season of mornings, using the techpaddle, he improved in the 200 by 3 seconds, 500 by 7 seconds, the 1000 by 17 seconds, and the 1650 by 26 seconds. While he did many things to improve his events, the techpaddle forced him to generate more power by pushing with a high elbow for the front to the back of his stroke."*

**Tom Trout, USA Certified Triathlon Coach, -** *"I've been using techpaddles consistently for about three weeks, and I am already noticing a difference in the angle of my elbow as I begin my catch. My elbow is higher in the water than it had been previously. This effect is even more pronounced immediately after swimming a set with the techpaddles. As I continue with the paddles, I anticipate that my muscles will be "programmed" to move naturally in this manner...leading to faster swimming of course!"*

**Mary Reily Magee, Owner of, The Love to Swim School, -** *"I found the techpaddle to be useful in teaching the feel of the Catch / Catch Phase of the freestyle stroke. It is an invaluable tool".*

**David, Coach Hawks swimmer, -** *"The techpaddle was very effective in correcting hand position. Using the techpaddle multiple times, my swimming felt far more efficient. I felt that I had a strong hold on the water and could pull my body past my arm. One thing when using the techpaddle, you have to be self-conscious of how your arms are setting-up in the water (it won't do all the work for you)."*

**Stu McAllister - Triathlete -** *"I have found that the techpaddle has helped with my form and in helping to strengthen my shoulders."*

**Libby Westrate - H.S. Swimmer -** *"Using the techpaddle made me feel like my stroke was smoother and faster."*

**Elizabeth Vaughn - H.S. Swimmer -** *"I could really feel a difference in my stroke when I was using the techpaddle."*