

Our founder, Olympian Jerry Heidenreich's 21 Laws of Swimming:

1. The 3 Most important components of swimming are: ***Technique, Technique, Technique.***
2. Strive for ***Optimum*** not Maximum ***Performance.***
3. Learn to ***Balance, Align*** and ***Stabilize*** Your Body First. Everything Else Will Become Easier.
4. ***Seek*** the Path of Least Resistance.
5. ***Find*** the Path of Most Resistance.
6. To Become ***Effortless*** Requires Great Effort.
7. ***Listen*** to the Water, ***Feel*** the Water, ***Be One*** with the Water. ***Swim Quietly.***
8. The Mind ***Leads*** the Body.
9. The Harder You ***Work...***The Harder You Can ***Play.***
10. Practice Does Not Make Perfect. ***Perfect Practice*** makes Perfect. What You Do in Practice, Will Determine What You Do In Meets.
11. The ***Fastest Swimmers*** are the Ones Who Slow Down the Least.
12. The ***Fastest*** You Ever Travel is When You Dive Off the Block and Push Off the Wall.
13. ***Slice*** Through the Water, Don't Plow. Make Your Middle Name, ***"Streamline"***.
14. Don't Think of Pulling the Water. ***Learn*** to Anchor Your Hands, Wrists and Forearms, and ***Hold*** onto the Water. Learn to use your Legs for Balance and Stabilization.
15. ***Power*** is Generated from the Hips and Torso. Use Your Shoulders for Your Recovery and to Generate Additional Arm Speed.
16. ***Relax*** from the Inside Out.
17. ***Never*** Look Back.
18. ***Attack*** Your Race, ***Attack*** Your Opponent. ***Think A.T.A.C.***
19. ***Embrace*** Your Opponents. They Make You a Faster and Better Swimmer.
20. Use Visual and Mental ***Imagery*** of Yourself Achieving and Surpassing Your Goals.
21. ***Swim Smart***, Use your Head and ***Keep*** Your head Still.