

Keeping your head down

There are times when you should keep your head down when swimming:

- * **When pushing off the wall** – Keep your head sandwiched between your arms. If there is space between your arms and your ears, you are probably just tired. If you have flexible shoulders (work on this in your stretching), you can get even more streamlined by squeezing your arms even closer together, and moving your head slightly below your arms.
- * **When swimming without breathing** – We get into the bad habit of trying to watch where we are going. Instead, look at the bottom of the pool. Let your head **“float”** in line with your spine. The improved streamline is **significant**.
- * **When breathing** – We tend to tilt our head to get a breath, rather than keeping the head in line with the spine. Head tilt gives you a false sense that you have to contort your neck to breathe. When you tilt your head, you can have your eyes out of the water but your mouth is still sunk below water level. Instead, rotate your body and turn your head to get your mouth just high enough to breathe. Work on the **“one goggle principle”**