

All

About

Swimming



By: Steven Chen

Dedication:

To the kids in Kenya so they can learn about our sports.

To my friends Michael Fei, Richard Chen, Robert Chen and Joseph Chang.

History:

Swimming has been around for over 7,000 years. That was when some of the earliest references of swimming were created. Over the years it became a competitive sport and was first competed in the **Olympics** in Athens, Greece. Then in 1908 the **Fédération Internationale de Natation Amateur** (FINA) started and was for amateur swimmers. Competitive swimming started in 1800 in Europe. Back then it was mainly Breaststroke and later on introduced more strokes.

Strokes:

There are four main strokes, Breaststroke, Freestyle, Backstroke and Butterfly.

Breaststroke: Breaststroke was invented over 500 years ago, was developed as an imitation of the swimming actions of the frog and is the oldest stroke. In 1800, in Europe, Breaststroke was the main stroke that was competed.

Freestyle: Freestyle or Crawl stroke was developed in Sydney in the late 1890s.

Backstroke: Backstroke is an ancient stroke and was first competed in the Olympics in the 1900s

Butterfly: Butterfly is the newest stroke invented by David Armbruster in 1934. At first the stroke wasn't accepted because it was evolved from Breaststroke, until 1952, when it became a separate style.

Strokes

Breaststroke

Arms move forward from breast at the surface of the water, then pull backward under the water for propulsion. Simultaneous thrust of the legs is called the frog kick. The swimmer must touch the wall with both hands



Turns

Quick turns are key to good race. the swimmer must touch the wall on each turn.



Crawl stroke

The legs perform a kicking action while the arms are alternately brought over head and into the water.



Turns

Swimmers in crawl stroke and backstroke races may somersault when reaching the wall, touching it only with feet.



Backstroke

The swimmer stays on his or her back and uses an overhand arm motion and a flutter kick. The swimmer may stay under the water for 15 meters after starting and turning.



Turns



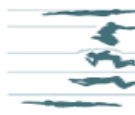
Butterfly

It is the most demanding stroke – a simultaneous overhand arm motion combined with a dolphin kick. The swimmer must touch the walls with both hands.



Turns

Swimmer makes an open turn after touching the wall with both hands and pushes off with feet.



The Associated Press and The Seattle Times

"Seattle Times" http://seattletimes.nwsourc.com/sports/olympics/sydney_00/bysport/swimming/strokes.html

This picture shows how to do the four strokes and the turn at the end of the wall.

Competitions:

The **Olympics** and **FINA** are the two *main* competitions but there are also minor competitions if you are on a swim team. The Olympics is for higher level swimmers and the FINA is for amateur level swimmers but some people that compete in the Olympics will also compete in the FINA. In 1896 there were three swimming events for men: the 100 meter, 500 meter and 1200 meter events.



"The Olympic Rings" July 10, 2012 [The Fordeville Diaries](http://fordevillediaries.com/2012/07/the-backyard-summer-olympics/) <http://fordevillediaries.com/2012/07/the-backyard-summer-olympics/>
"FINA" <http://www.fina.org/>

Famous Swimmers:

Alfred Hajos was the first Olympic champion in swimming in 1896.



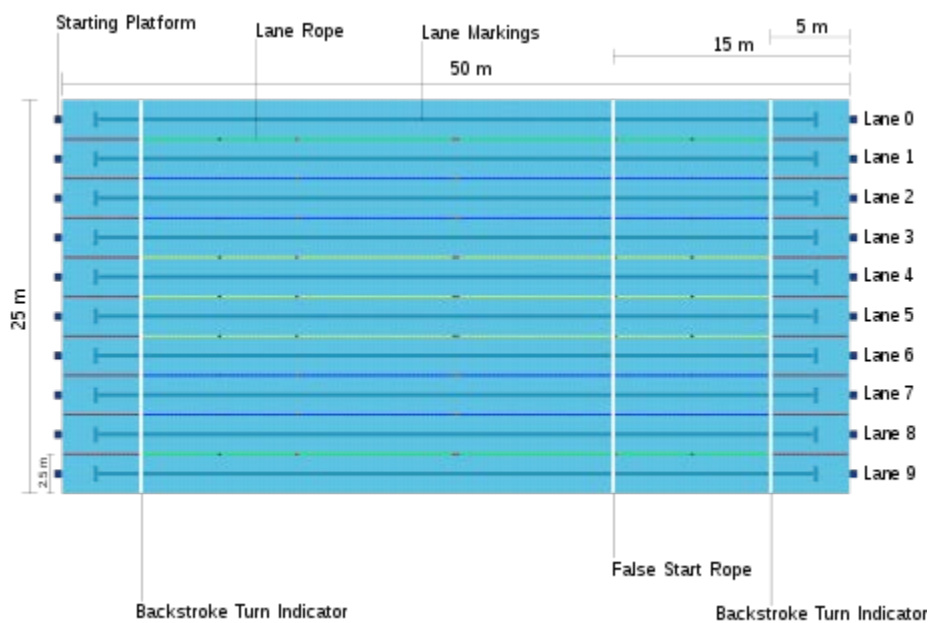
Michael Phelps is another famous swimmer that won eight gold medals at the Beijing Olympics. He is swimming for USA.



"Michael Phelps" <http://www.answers.com/topic/michael-phelps>

Pool Size:

Pools for the Olympics and other competitions are fifty meters and have ten lanes. Traditionally there are eight lanes until 2009; the FINA Congress approved ten lanes. Pools also have Backstroke turn indicators so swimmers won't hit their heads on the wall.



"Pool Size" http://en.wikipedia.org/wiki/Olympic-size_swimming_pool

Extra Facts

- Swimming helps strengthen the heart and lungs
- Over 50% of the world class swimmers suffer from shoulder pain.
- An hour of swimming can burn off over 650 calories.
- Egyptians made a picture or symbol for swimming as far back as 2500BC.
- Swimming started in the 1st century
- 65% of Americans don't know how to swim
- An Olympic pool size contains 660,000 US gallons of water

Credits

<http://www.swimmingpool.com/entertaining/fun-facts>

<http://igentry.blogspot.com/2008/05/interesting-facts-about-swimming.html>

http://en.wikipedia.org/wiki/Olympic-size_swimming_pool

About The Author

I live in North Carolina. I am going to seventh grade and I am twelve years old. I am currently on a swim team so that's how I knew a little about swimming already. I thought swimming would be an interesting subject because there is history to it and how each stroke was developed. I hope the children in Kenya will enjoy this book!

