Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*E21 Course II W2*

*Expert Space Article*

*Competitive Swimming*

**Competitive Swimming:**

1. What are the forms of competitive swimming?

**The History of Competitive Swimming:**

1. What country did the modern from of swimming develop?
2. Explain why the sidestroke started replacing the breaststroke in London in the 1860s.
3. According to the article, what can someone do in the USA if they want to swim, but DO NOT want to swim competitively?

**Major Strokes:**

1. Out of the 4 strokes described in article, choose 2 to describe in your own words.

**Training for Swimming:**

1. Define interval and sprint training.

**Pool Standards:**

1. What are the FINA standards for a **long-course pool**?

**Swimming Events:**

1. What constitutes a team in swimming? What does each member have to do in the race?