

# Swim Team Prep Take-Home Final

A blank pace clock is at the bottom of this page for your convenience.

Name: Zoi Zof

- 1) The set is 12x50 I.M. Order on the 1:20. When you started the set the clock was on 60. You have just finished the seventh one and are about to push off the wall for number eight.
- a) What will the pace clock read when you push off? 20
- b) What stroke will you be swimming? free
- 2) It's the middle of a long set and the lane leader has pushed off the wall when the pace clock reads 20 seconds. You are the fourth person in the lane.
- At what time do you push off? 35
- What is the endoff? 35
- 3) It takes Archimedes 18 strokes to swim the length of the pool but Epimenides does it in 15. Which swimmer, *cæteris paribus*, has the more efficient stroke? Epimenides
- 4) Which of the following most accurately describes the underwater pullout?
- A long glide followed by a push off the bottom of the pool.
  - A full-body pull with two dolphin kicks, followed by two breaststroke kicks.
  - Streamline breaststroke kick no further than 15 meters.
  - A full-body pull with a dolphin kick, followed by a return to streamline position with a breaststroke kick.
  - All of the above.

5) How long is Queen Anne Pool... 25

a) ...in yards: 25

b) ...in meters (1in=2.54cm): I'm in 2nd grade

6) How many laps of Queen Anne Pool are there in a mile (5280ft)? 68 laps

7) What temperature is Queen Anne Pool?

- Too cold.
- Too cold.
- Way too cold.
- Too warm.
- Too cold.
- None of the above.

8) Please write all four competitive strokes in I.M. order:

- fly
- back
- breast
- free

9) Define the following terms in the context of swim team:

- Major Stroke: hot free stroke
- Descending: I don't know
- Freestyle: crawling stroke

