

Backstroke and easy roll



**ASSIGN
BUSTER**

Easy Roll Easy roll is a newly designed Simple Machine that is useful to everyone. It is durable, useful, convenient and helpful! Various things can be put inside the Easy roll like shopping bags, food and beverages for outings, books and notebooks and other things that fit the machine. The company's main goal in making the machine is to solve our problems. Usually, in rainy seasons, we complain that our things get wet. With the help of their product, our things will be protected because of the covering provided by the machine. Another problem is the weight of what we are carrying.

With the use of the Easy roll, what we will be carrying will weigh less and it would be easier to move them to places. There is also a small compartment at the lower part of the inside of Easy roll so that people could separate some objects desired to be separated. It has different parts which has different uses. It is also composed of different simple machines like the wheel and axle, screws, and a wedge. The wheel and axle in Easy roll is the wheels for it to easily be moved from one place to another. The screws are the ones that hold some parts together. The wedge is the zipper because it splits the plastic cover into two.

Backstroke HISTORY OF BACKSTROKE Backstroke is an ancient style of swimming, who owes most of what it has to Harry Hebner. It was the second stroke to be swum in competitions after the front crawl. The first Olympic backstroke competition was the 1900 Paris Olympics men's 200 metre. Backstroke has a similar speed to butterfly. Race times for the butterfly are superior to those for the backstroke mostly because the former allows a racing start from poolside and the latter does not. In races beyond

200 meters, backstroke would actually be the faster of the two, though it mainly depends on the stamina of the swimmer.

The maximum swimming speed for backstroke is around 1.89 meter per second. Due to its position on the back, backstroke uses some different muscles in the upper body than other styles. WHAT IS BACKSTROKE? A swimming stroke performed on one's back, especially one using alternating overarm strokes and a flutter kick. For starters, backstroke swimming obviously requires the individual to FLOAT ON HIS BACK, and this is something that most beginners are slightly hesitant to do. The breathing pattern here can be more relaxed, as compared to other swimming strokes, as the person's head will always be above the water. Tips for Backstroke Swimming

Use Your Shoulders Your shoulders play a very important role while backstroke swimming, and you need to move them around completely and forcefully. The manner in which your shoulders move should resemble the motion of a person rowing a boat. You must also try to achieve as much distance with your arms as possible while rotating your shoulders. **Kicking** You need to be constantly kicking down into the water in order to propel yourself forward. In backstroke swimming, your heels are entering the water first, so you must ensure that you never stop kicking. If you happen to stop kicking, you will find your lower body heavier to drag and manage.

All basic backstroke swimming techniques require rapid and constant movement of the legs. **Free Breathing** Your head will always be above the surface of the water, so you can breathe as you want. **Proper Backstroke Swimming Technique** Positioning your Body make the transition from the

starting position to swimming as if you are lying flat on your bed (with a pillow underneath your head). Push your stomach out and up toward the ceiling while placing the midriff as flat as you can. Head Movement Once you leap from your starting position, the head will lead the way and support you on the water.

Relax your neck as you propel through the water, which will in turn keep the head steady without jerking it too much. A common mistake is that most beginners keep the head too high up from the water. This mistake can occur when your head is too far backwards in hopes of keeping water away from your face. Arms Movement You raise the right arm and guide with the thumb till the arm reaches the same level as the shoulder. Turn the right palm outward so that the little finger guides the entire movement. While the right arm is doing its job, your left hand is extending to your side, leading the way, and helping you balance the entire body.

The little finger of your right arm goes in the water first, taking the entire arm inside with it, you will bend the right elbow, flex your left arm's wrist and push your left hand towards the feet. Keep pushing with your left hand till the elbow is straight again and being lifted to mimic what the right arm just did. Follow the same technique as the right arm and begin another stroke
Legs and Feet Movement Keep your legs together, as close as possible throughout the entire stroke. Use Flutter Kick
Common Backstroke Mistakes
Head Position: Tucked Chin A common mistake that you might come across is tucking your chin while swimming backstroke.

This forces your head to come high out of the water, creating resistance as you swim. Another problem you might face: Your body always wants to be in

alignment. In other words, your feet want to be under your head. If you look forward and tuck your chin, your feet want to drop underneath you to the pool floor. It's nearly impossible to keep your hips afloat if you tuck your chin. If you look up, though, your feet want to be stretched out behind you. HOW TO FIX? Relax your neck. If you do, your body will straighten out. You'll notice that your eyes are now looking straight up toward the sky or ceiling.

If you have a really bad habit of tucking your chin, try to push your chin up toward the ceiling more. Feel the water start to splash slightly over your forehead

Common Backstroke Mistakes Body Position: Flat Torso

If you're like many other backstrokers, your shoulders might stay flat in the water as you swim. This can lead to shoulder injury. To pull water in this position, you'll reach behind you and strain your shoulders. Also, you're not pulling as much water as you can because your arm is at a poor angle to grip the water. Instead, you should have an extensive shoulder rotation.

Rotating your shoulders will ease any strain while pulling. It will also make your pull stronger, since you'll be able to get a better catch. HOW TO FIX? Rotate your hips and shoulders simultaneously. To exaggerate this rotation, try a drill called " Barrel Roll. " Push off the wall and leave your arms at your sides. As you kick, rotate your body from side-to-side like a barrel floating and rolling in the water. Try to make the transitions are as smooth as possible. Take it slow. As you rotate, tap your shoulder to your chin. This will let you know if you're rotating as far as you can.

Common Backstroke Mistakes Legs: Bent Knees

You've probably seen someone's knees breaking the surface of the water while swimming backstroke. Even though it's easy to see, it hard to feel. Kicking with bent

knees is inefficient. Kicking like this creates resistance in the water, creating an inefficient, non-rhythmic stroke. HOW TO FIX? Keep your legs as straight as you can. Kick from your hips. To practice this, grab a board and hold it over your knees. Keep your arms straight so that you can steady the board, and relax it over your legs. Allow the board to float on the surface of the water as you grip it.