Dear Coach and Swimmer,

The patent for the new Early Vertical Forearm (EVF) trainer was granted because it is revolutionary. Coaches that use the techpaddle ****** for the purpose of improving the EVF of their swimmers keep telling me one thing, "They do what they say they do". I'm writing to you because I want you to get the results you should expect from my invention.

I've been coaching for over thirty years and I knew how important an EVF was, I knew what an EVF looked like and knew what I wanted swimmers to do but a great EVF eluded most of my swimmers. No matter how hard I tried to get them to establish a great catch, most swimmers simply couldn't get it. So it was out of necessity that I developed a product to make swimmers do what I knew was important for them to swim faster.

If you have purchased the techpaddles it's because you want more for your swimmers and I applaud and commend you for that. I believe jaw dropping time improvement is possible for everyone who knows how to use them and is willing to work daily with them. It's very important that swimmers use the techpaddles regularly (everyday if possible) and correctly.

The following drills will help accelerate their improvement. The following dry-land drills and swimming drills will help swimmers gain the shoulder strength necessary to help develop a great EVF. Remember to increase resistance and the time of the bouts gradually.

About Isometric training

A training response can be gained from an isometric drill performed at 80% of maximum effort for twenty (20) seconds or more.

Dryland Drill #1 - Isometric drill where the swimmer has both hands over their head in an EVF position. You'll be surprised how difficult it is to keep the elbows slightly above the shoulder for any length of time.

Dryland Drill #2 - Isometric drill where the swimmer has both hands pushing up and/or against an immoveable object like a wall or a starting block.

Dryland Drill #3- Using light weights and the most forgiving surgical tubing, have swimmers hold the EVF position for short bouts and slowly increase resistance and time.

Dryland Drill #4 - Have swimmers, while standing, mimic the EVF stroke, moving their hands up and down but never past their shoulders.

Swimming Drill #1 – Head-up swimming. Begin with short sets (widths of the pool) and then increase yardage. You can avoid potential impingement problems by making sure the palm of the hand faces toward the swimmer as they exit their hand.

Variations :

A> Use a water-polo ball and have the swimmers swim head-up with it.

B> *Use techpaddles* while swimming head-up.

Swimming Drill #2 - Use a rectangular raft, boogie-board, surfboard, where the swimmers arms will dangle in a 90^0 angle over the flotation device. I this drill the swimmers take turns paddling up and down the pool using an early vertical forearm stroke.

Variation :

A> Use the techpaddles.

Swimming Drill #3 - Dog-paddle drills with techpaddles. Regular dog-paddle and two-arm dog-paddle drills where swimmers only move their arms from the extended position to a 90^0 degree position.

Swimming Drill #4 - Slow and deliberate EVF swimming using the techpaddles. Have the swimmers focus only on an improved EVF.

Variations:

A> Alternate Right arm only / Left arm only

B> Hesitation Drill where they hold the EVF for a few seconds

*********(Some coaches prefer not using the straps that come with the techpaddles)***

Coach and Swimmers, - If you have some techpaddle drills that get you the results you want, please forward them to me at tomtopo@netzero.com. I'd also like to know how your team is progressing. Thanks, Coach T