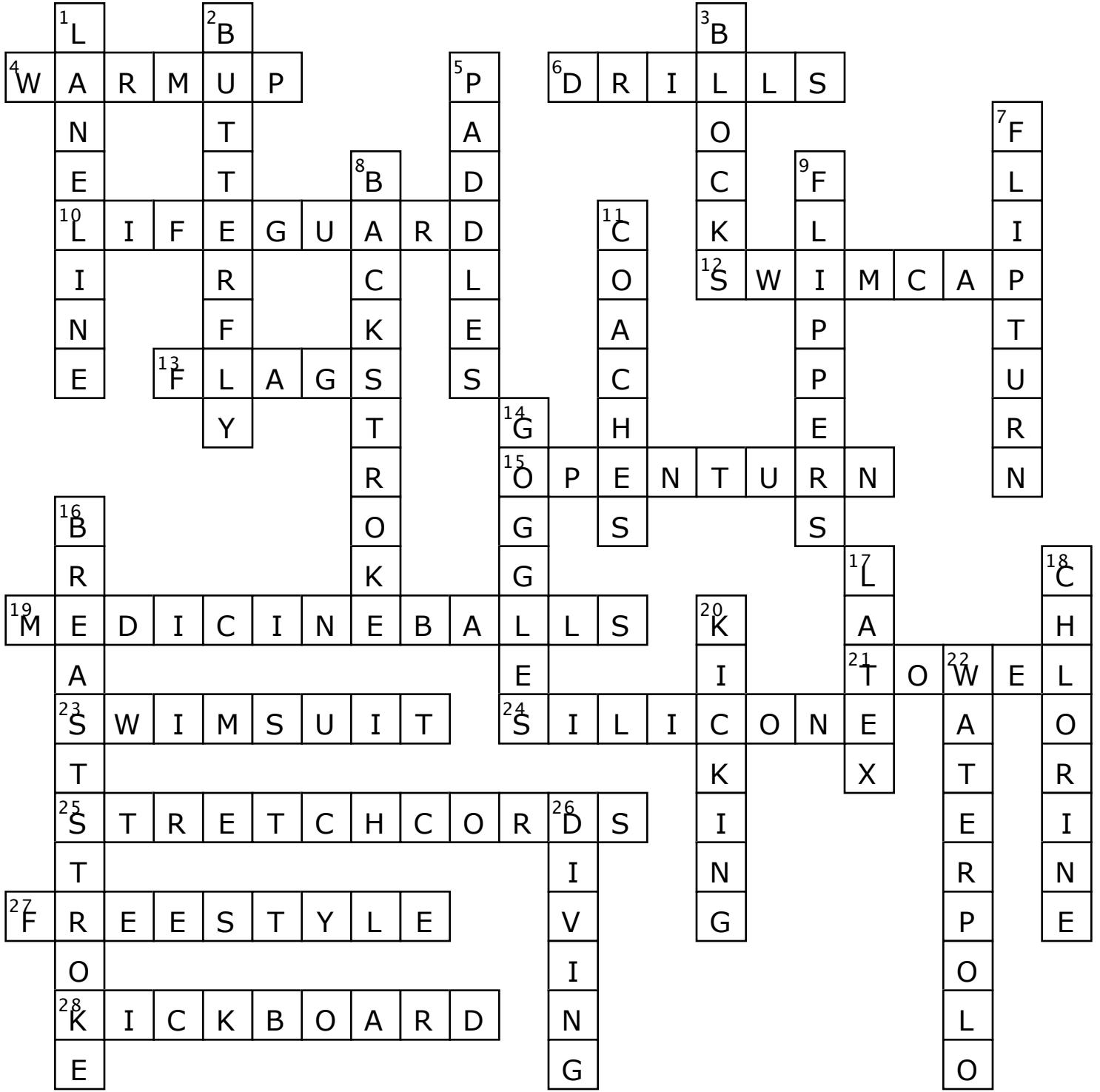


swim stuff

words related to swimming and pools



Across

4. This is what you should do before you race. [warmup]
6. #11 down often give you these so that you can practice technique and build strength and endurance. You can also use them to put holes in wood, steel and other material. [drills]
10. Many swimmers do this as one of their first paying jobs. [lifeguard]
12. This is meant to reduce drag and is often used to make competitive proclamations or show team spirit. [swimcap]
13. These help backstrokers turn when they need to. [flags]
15. You use this in long-course competition in events over 50 meters and in short-course competition in events over 25-meters/yards, but usually only in breast stroke and butterfly. [openturn]
19. Your coach may make you throw these back and forth. [medicineballs]
21. This is often left at swim meets and a swimmer can never have too many. [towel]
23. racewear [swimsuit]
24. head covering is sometimes made of this, is often found in goggle gaskets, and is used to caulk your bathtub. [silicone]
25. These can help develop less used but important swimming muscles. [stretchcords]
27. In this stroke pretty much anything goes. [freestyle]
28. This can help a lot when doing '#20 down #6 across'. [kickboard]

Down

1. A number of these these, depending on width of the pool, reduce waves and keep swimmers apart - for the most part. [laneline]
2. mariposa. pappilon, motyl, Schmetterling, ... [butterfly]
3. Competitive swimmers use these when doing #26 down. [blocks]
5. These might be thought of as #9 down for the other end. [paddles]
7. You use this in long-course competition in events over 50 meters and in short-course competition in events over 25-meters/yards, but only legally in freestyle and backstroke. [flipturn]
8. Swimmers swim this 'sunny-side-up'. [backstroke]
9. A lot of swimmers wish their feet were these. [flippers]
11. These can help you become better swimmers through instruction, encouragement, and seemingly outrageous demands. [coaches]
14. These can help keep #18 down out of your eyes and can help you see the wall when you do #7 down. [goggles]
16. This is the slowest stroke and is considered the most difficult stroke to master. [breaststroke]
17. head covering is sometimes made of this; also used to describe a kind of water-based housepaint. [latex]
18. It was discovered in 1774 by Scheele, who thought it contained oxygen. It was named in 1810 by Davy, who insisted it was an element. It has the Atomic number seventeen. So, what is it? [chlorine]
20. This is a fundamental part of every stroke done with your legs and feet. A lot of masters swimmers use #9 down when they do this as a drill set. [kicking]
22. This sport involves a wet yellow ball. [waterpolo]

Down

26. This begins most swimming races and is a sport in itself. [diving]