

Fluid Mechanics, Inc.

Videotaping Instructions For Strokes

First have swimmer warm up and stretch thoroughly to avoid injury. Swimmer should maintain a high rate of speed during performance.

Take the following views:

Above Surface

1. Side view
2. Head on view
3. Behind View

Below Surface

1. Side view
2. Head on view
3. Behind View

Forward video footage to:

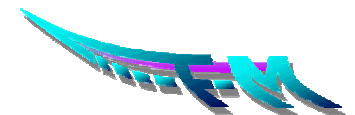
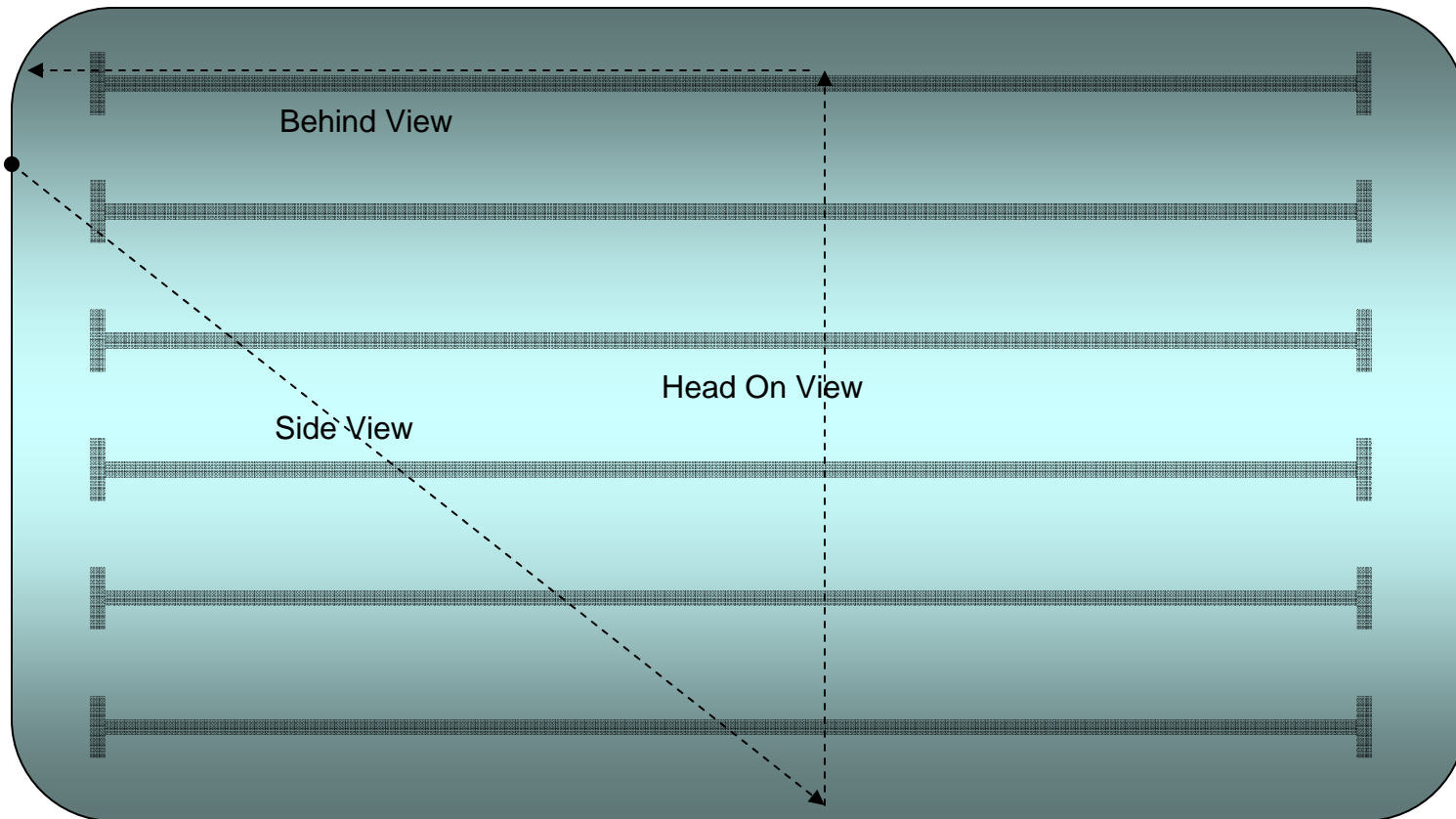
Fluid Mechanics, Inc.
PO Box 343
Middletown, NJ 07748-0343

Questions or Comments

Contact Customer Support
(800) 266-5179
swim@fluidmechanics.net



Enter Here



Fluid Mechanics, Inc.

Videotaping Instructions For Starts



First have swimmer warm up and stretch thoroughly to avoid injury. Swimmer should maintain a high rate of speed during performance.

Take the following views:

Above Surface

1. Side view
2. Head on view

Below Surface

1. Side view
2. Head on view

Forward video footage to:

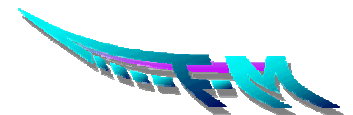
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Start Here



Head On View



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Videotaping Instructions For Turns



Head On View



First have swimmer warm up and stretch thoroughly to avoid injury. Swimmer should maintain a high rate of speed during performance.

Take the following views:

Above Surface

1. Side view
2. Head on view

Below Surface

1. Side view
2. Head on view

Forward video footage to:

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