**SWIMMING HISTORY**

Recreational swimming in prehistoric times has been found, with the earliest evidence dating to Stone Age paintings from around 10,000 years ago.

Written references date from 2000 BC.

The picture shows how Leander (Greek hero) swimming across the Hellespont. Hellespont is channel between Europe and Asia. It was love story when Leander swimming across the Hellespont too see his love. In the end he drowns and dies. Soo no happy ending.

**HISTORY OF SWIMMING POOL**

The oldest pool is located in Pakistan and he discovered in 1926 and is comes from two and half thousand year before Christ. It was Great Bath as being the first man-made pool, built of stone and brick. It was thought to be used for spiritual bathing by the ancient Indus Valley people, who lived in the Pakistan.

**FIRST INDOOR SWIMMING POOL**

The first pool was ushered in by Great Britain. In 1837.

Another 6 swimming pools were built in London because the numbers of drowning in Great Britain were high.

Popularity in swimming as a sport grew. And in 1869, the Amateur Swimming Association was formed.

**SWIM STYLES**

**BUTTERFLY**

* It is the newest [swimming](https://en.wikipedia.org/wiki/Swimming_(sport)) style swum in competition, first swum in 1933 and ordinating out of the breaststroke.
* Is a more difficult stroke that requires good technique and strong muscles.

**HOW TO SWIM BUTTERFLY**

The butterfly is a [swimming stroke](https://en.wikipedia.org/wiki/List_of_swimming_styles) swum on the chest, with both arms moving symmetrically, accompanied by the butterfly kick.

**BACKSTROKE SWIMMING**

Backstroke swimming developed as an offshoot of front crawl, with swimmers copying the overarm technique on their backs.

One of the most important developments in the history of backstroke was made in the late 1930s when Australian swimmers began to bend their arms for the underwater phase of the stroke. This new technique was faster.

**HOW TO SWIM BACKSTROKE**

In the start position, the swimmer performing backstroke lies flat on the back; arms stretched with extended fingertips, and legs extended backwards.

From the initial position, one arm sinks slightly under water and turns the palm outward to start the catch water. The hand enters downward then pulling out at a 45 degree angle, catching the water.

**BREASTSTROKE**

The history of breaststroke goes back to the Stone Age. The leg action of the breaststroke may have ordinating by imitating the swimming action of [frogs](https://en.wikipedia.org/wiki/Frog).

In 1696, the French author wrought The Art of Swimming, describing a breaststroke very similar to the modern breaststroke.

**HOW TO SWIM BREASTSTROKE**

From the streamline position, the palms turn out and the hands separate to slightly past shoulder width next where the hands point down and push the water backwards. The elbows stay in the horizontal plane through the shoulders. The hands push back until the vertical plane through the shoulders.

**FREESTYLE**

The term 'freestyle stroke' is sometimes used as a synonym for 'front crawl',as front crawl is the fastest swimming stroke. It is now the most common stroke used in freestyle competitions.

Freestyle races are the most common of all swimming competitions, with distances 50m and reaching 1500 meters. The front crawl is most commonly chosen by swimmers, as this provides the greatest speed, during a race.

**HOW TO SWIM FRONT CRAWL**

Freestyle swimming use of legs and arms for competitive swimming. The competitor circles the arms forward in alternation, kicking the feet up and down.

**CLOTHING AND EQUIPMENT**

**There is a swim cap** keeps the hair out of the way to reduce drag.

**Snorkel** helps swimmers breathe while swimming and helps the swimmer practice breathing technique.

**Gaggles** keep water and [chlorine](https://en.wikipedia.org/wiki/Chlorine) out of eyes.

**Kick board** is use to support the weight of the upper body, while they focus on kicking.

**Drag suit** is a type of swimsuit they increase resistance, This allows a swimmer to be challenged even more when practicing.

**Swim fins** are used to help kick faster and build strength and technique, but are illegal in a race.

Swimmers use this **hand paddles** to build arm and shoulder strength.

**Pull buoys** Often used at the same time as hand paddles, pull buoys support swimmers' legs while they focus on pulling.

**THREE BASIC TYPES OF SWIMSUIT**

**Rash guard** is A type of athletic shirt, used to protect against rashes from abrasion or sun exposure. They may also offer UV protection.

**Wetsuits** usually use in snorkelling, [scuba diving](https://en.wikipedia.org/wiki/Scuba_diving), or [surfing](https://en.wikipedia.org/wiki/Surfing), and other water [boardsports](https://en.wikipedia.org/wiki/Boardsports" \o "Boardsports). Wetsuits keep the wearer warm by trapping a thin layer of water close to the skin which heats up due to body temperature.

**Racing suits** is made of special technology designed with a surface that mimics the rough shark to reduce drag. The Benefits of the fabric are holding shape, reduces vibration and energy loss.

**COMPETITION POOLS**

World Championship pools must be 50 metres long and 25 metres wide, with ten lanes. The lanes must be at least 2.5 metres wide. They are starting blocks at both ends of the pool. The pool must have a minimum depth of two metres.

**COMPETITIVE SWIMMING**

I chose three competition which i will talk about it

The FINA Swimming World Cup is an international series of [short course](https://en.wikipedia.org/wiki/Short_course) 25 m. Launched in 1988. The competition lasts two days

Across nine locations, in parts (Middle East, Europe and Asia.

The men's and women's series winners take $150,000 dollars , second place $100,000, and third-place $50,000, these data are from 2017. hundred

**WORLD OPEN WATER CHAMPIONSHIPS**

In open water swimming, where the events are swum in a body of open water (lake or sea), there are also 5 km, 10 km and 25 km events for men and women.

All competitions in open water swim freestyle.

**OLYMPIC EVENTS AND RECORDS (MEN)**

Swimming has been a sport at every [Summer Olympics](https://en.wikipedia.org/wiki/Summer_Olympics). It is one of the most popular sports at the Games.

At the bottom of the presentation you can see the events and world records on the tracks.

The man in the picture is Michal Phelps is considered the best swimmer in the world.

Phelps' was [qualified](https://en.wikipedia.org/wiki/2000_United_States_Olympic_Trials_(swimming)) for the 2000 Summer Olympics game at the age of 15 and he has 28 Olympic medals 23 gold.

At major international competitions by mid-August 2016, he had won a 83 medals.

**OLYMPIC EVENTS AND RECORDS (WOMEN)**

The woman in the picture is Leisel Jones

She is an Australian former competition [swimmer](https://en.wikipedia.org/wiki/Swimming_(sport)) and she has 9 Olympic medals

**CZECH SWIMMERS**

First is Simona Kubová is a Czech swimmer she won bronze medals at the 2012 Short Pool World Championships and three bronze medals from the Europe Championships. She holds five Czech records.

The second one is a Jan Micka Czech swimmer. He has hold two Czech records in freestyle.

In 2012, he was the youngest Czech Olympian at the London Olympics games

## **Health benefits**

Swimming is a healthy activity. That has several mental and bodily health benefits all while being a good recreational activity.

Swimming builds muscle strength, and cardiovascular fitness.

helps with weight loss.

serves as a prevention against diabetes, stroke and heart attack.

**Common injuries**

**Rotator cuff**

The rotator cuff in the shoulder is most susceptible to injury in swimmers.Out of the four tendons in the rotator cuff, the supraspinatus is most prone to tearing. Rotator cuff impingement is due to pressure on the rotator cuff from part of the scapula as the arm is raised.

**Breaststroke knee**

Another common injury is breaststroke knee.  
This injury is caused by the kicking movement used while swimming breaststroke. The kicking movement will cause wear and tear on the knee and it will lead to constant pain.

Prevent

The best way to prevent injury is through communication between coaches and medical professionals.  
But the most important thing is warm-up and stretches