



# The Pointy Arrow Concept: Designing Your Competitive Swimming Strokes

*Hank Buntin*

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The Pointy Arrow Concept is one coaches' perspective and compilation of philosophical and methodological experiences in swimming. The contents included, are submitted for sharing, comparing, and using to enhance the teaching of swimming skills. The Pointy Arrow Concept stresses streamlining and balance as key themes to aid in the understanding of the natural influences of the world around us, over which we have little or no control. It emphasizes ways to avoid, modify and use the naturally occurring features of our watery environment, to navigate, and propel the body, in and through water efficiently. This is a book for swimmers, instructors and coaches of swimming, to read and assimilate helpful ideas and how to disseminate these acquired insights. It was not written to pontificate but to point out successful means for improvement, for your perusal.

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