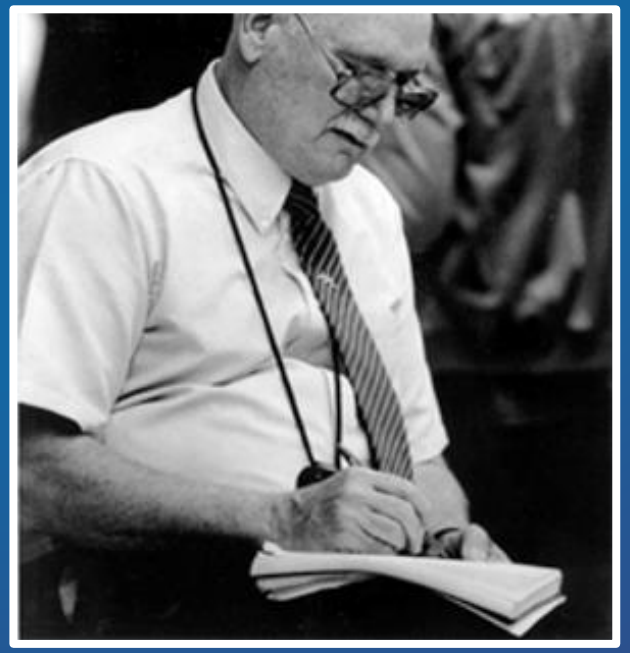
The Feel For The Water

How to Improve Efficiency and Speed

Live stream with John B. Waldman
President, Fluid Mechanics, Inc.

THERE'S SOMETHING IN THE WATER



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THE CORNERSTONES OF ATHLETIC PERFORMANCE

Multi Dimensional View

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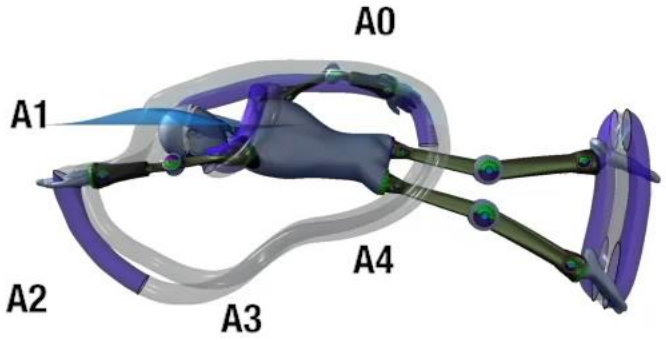

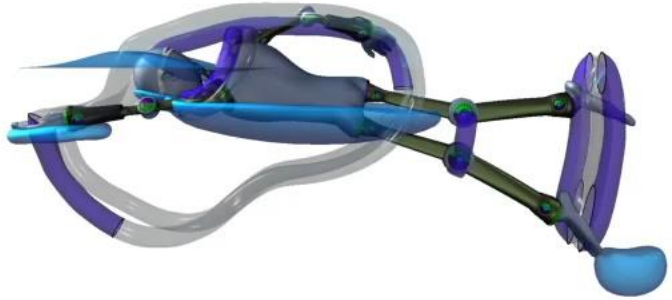

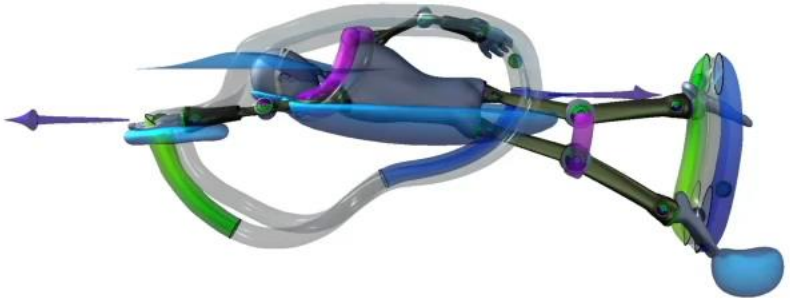

The Confusion About Water

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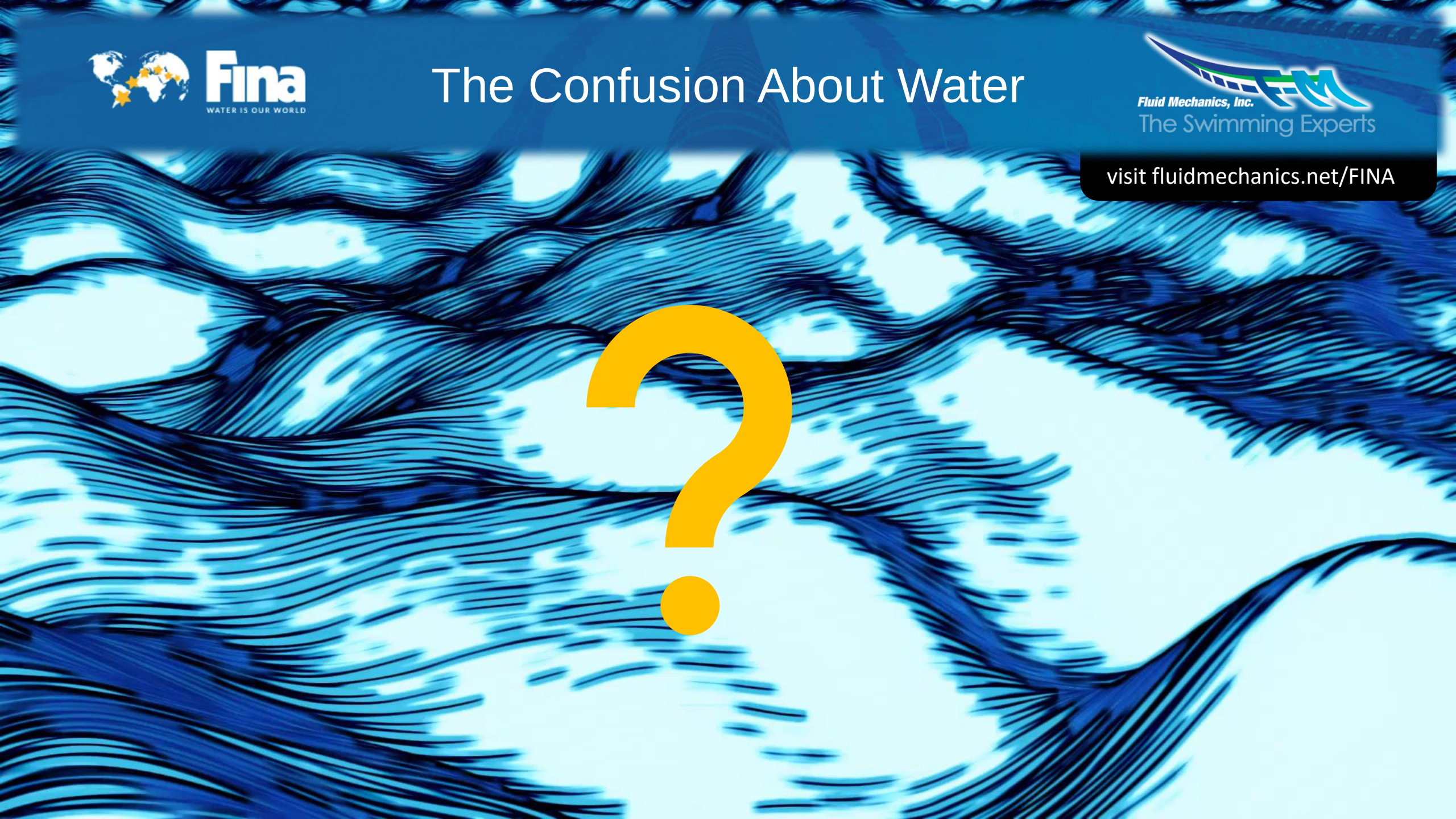

What A Child Can Show You

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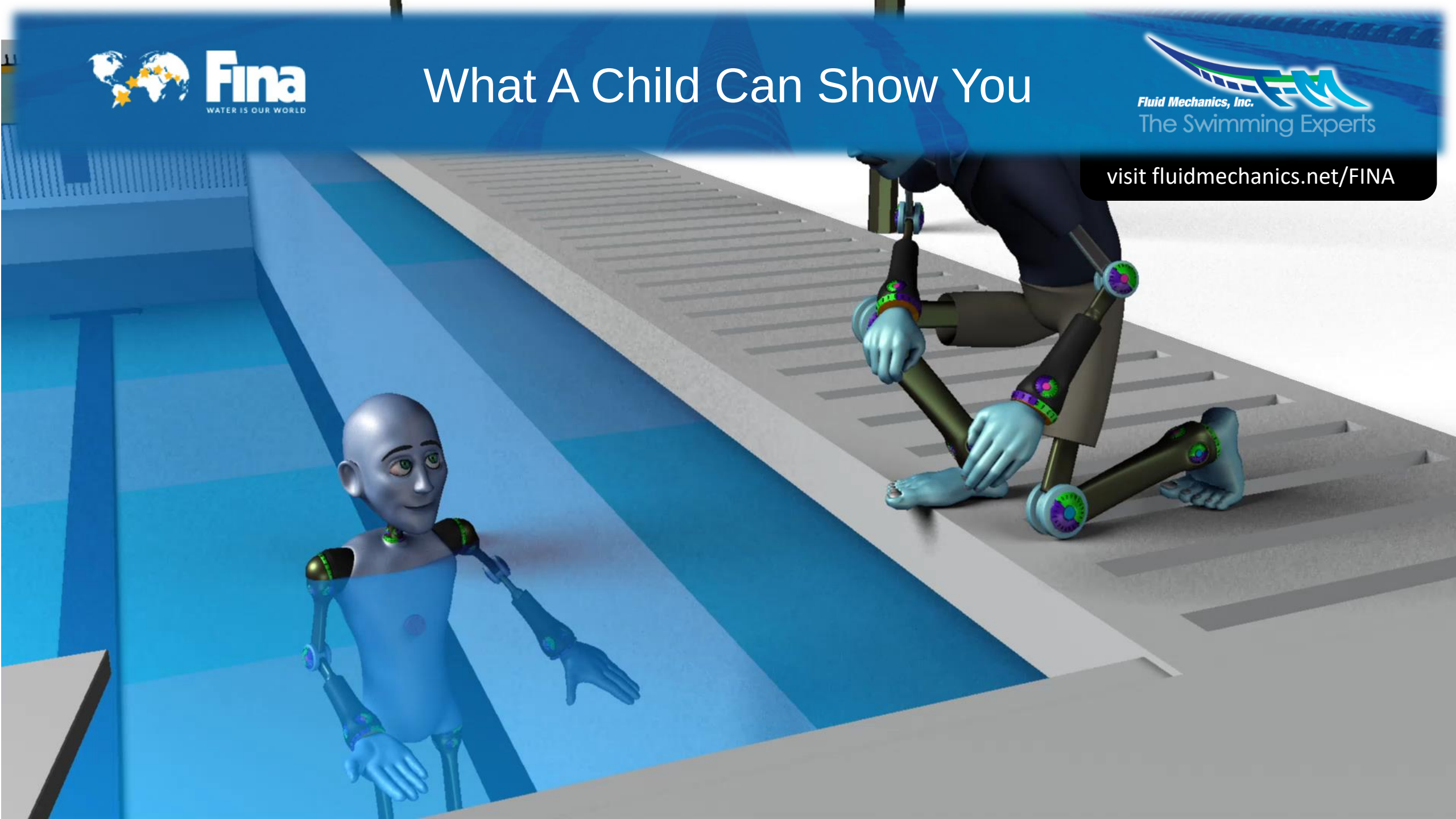

Understanding Pressure Fields

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Motion vs. Movement

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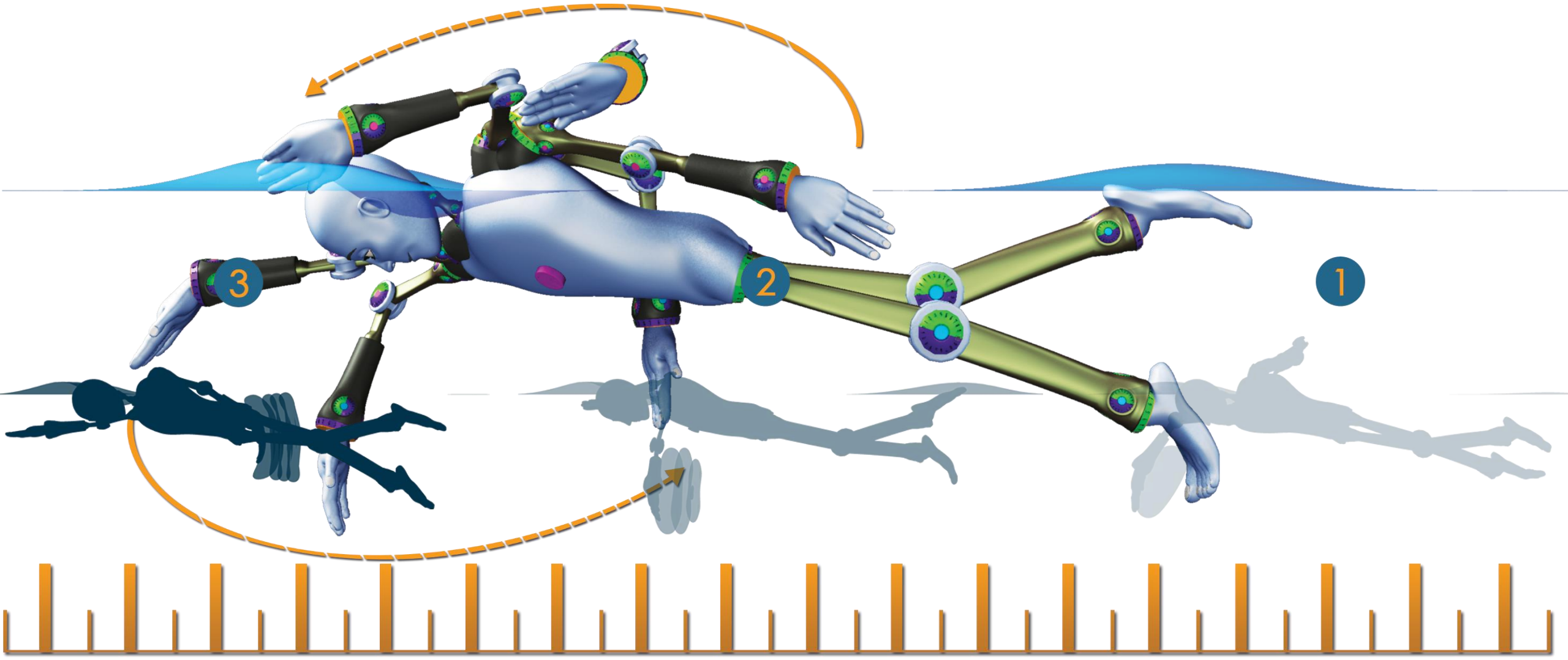

The PSD Quadrant

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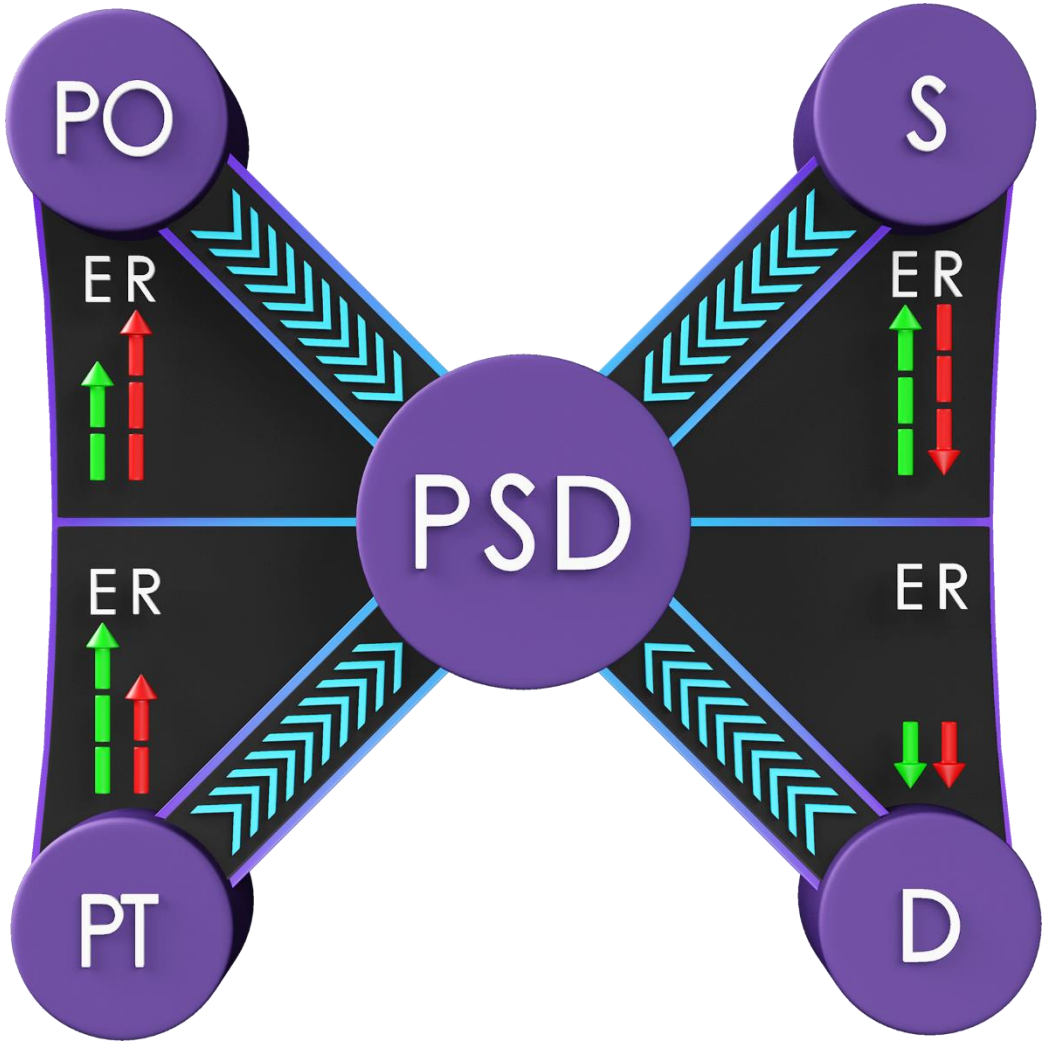
Push Off The Object

Slipper



Push The Object

Drifter

The Slipper

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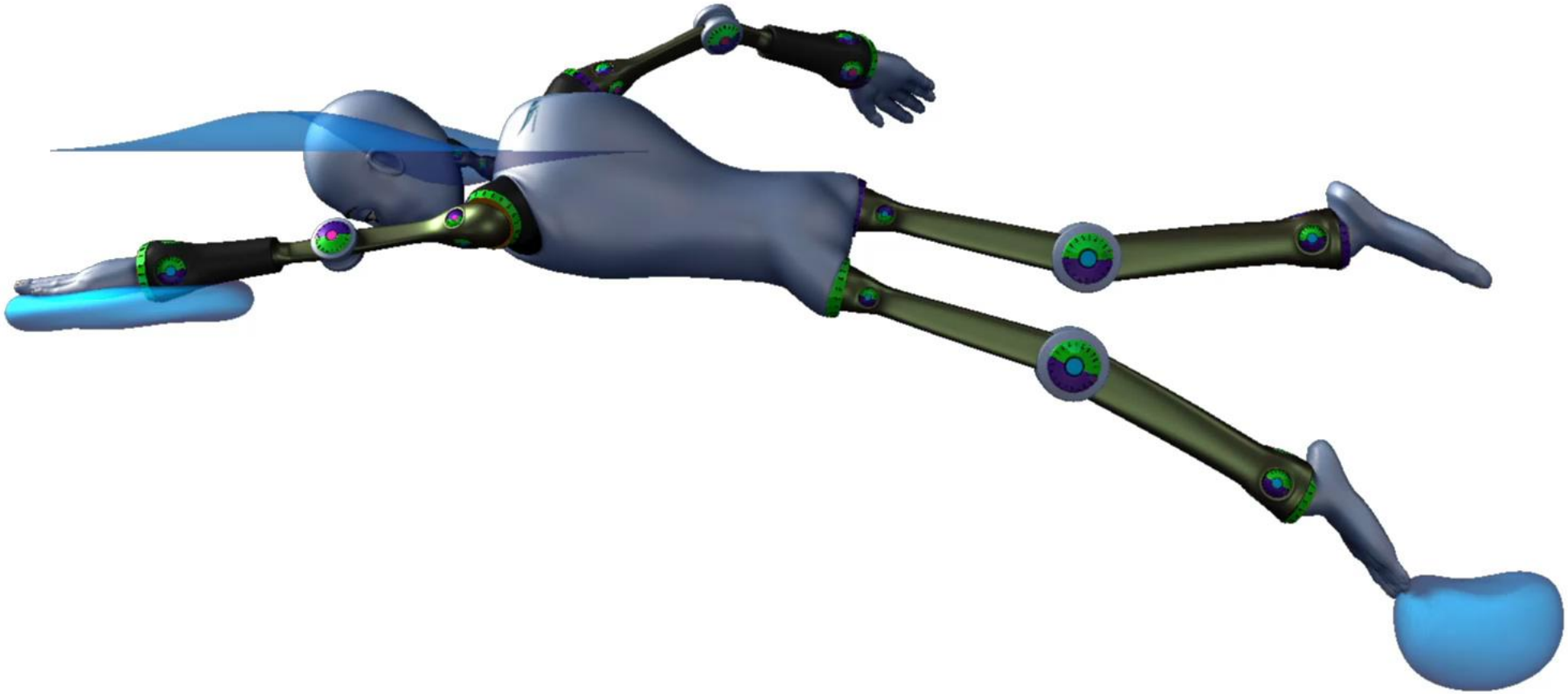

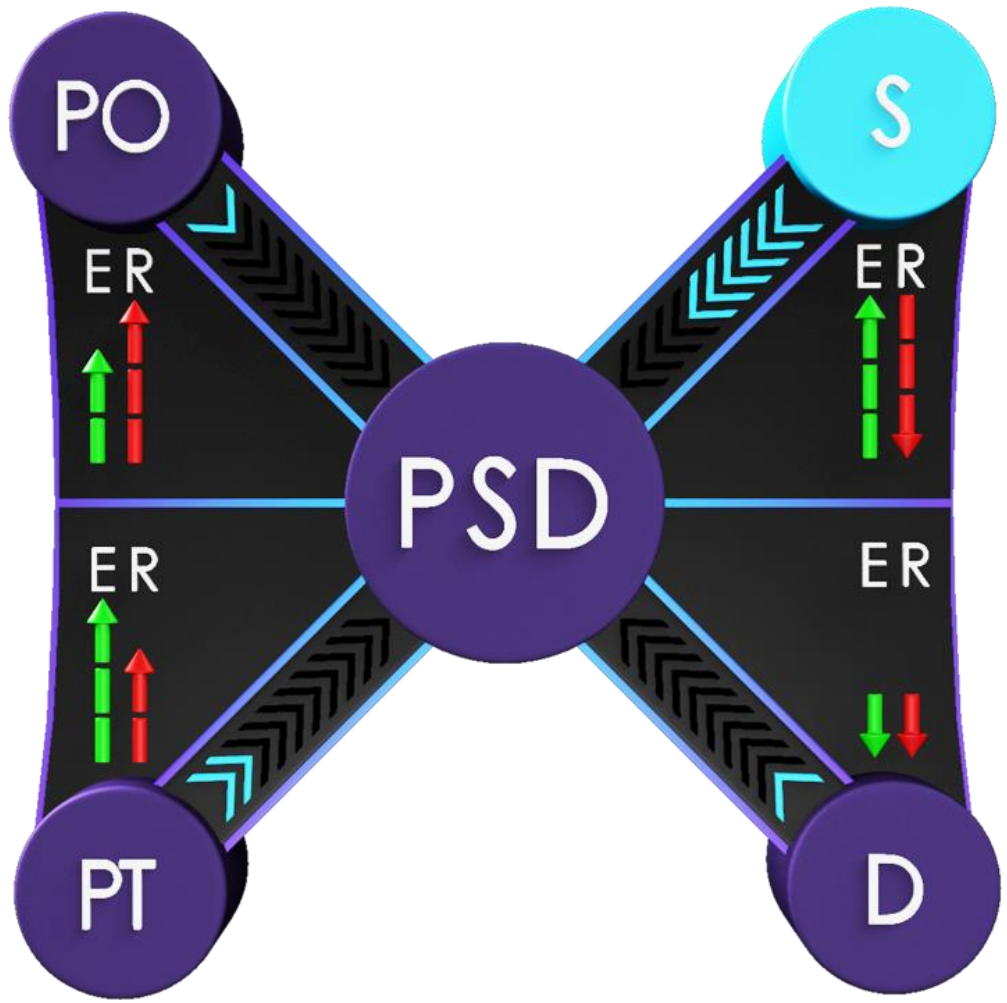
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The Drifter

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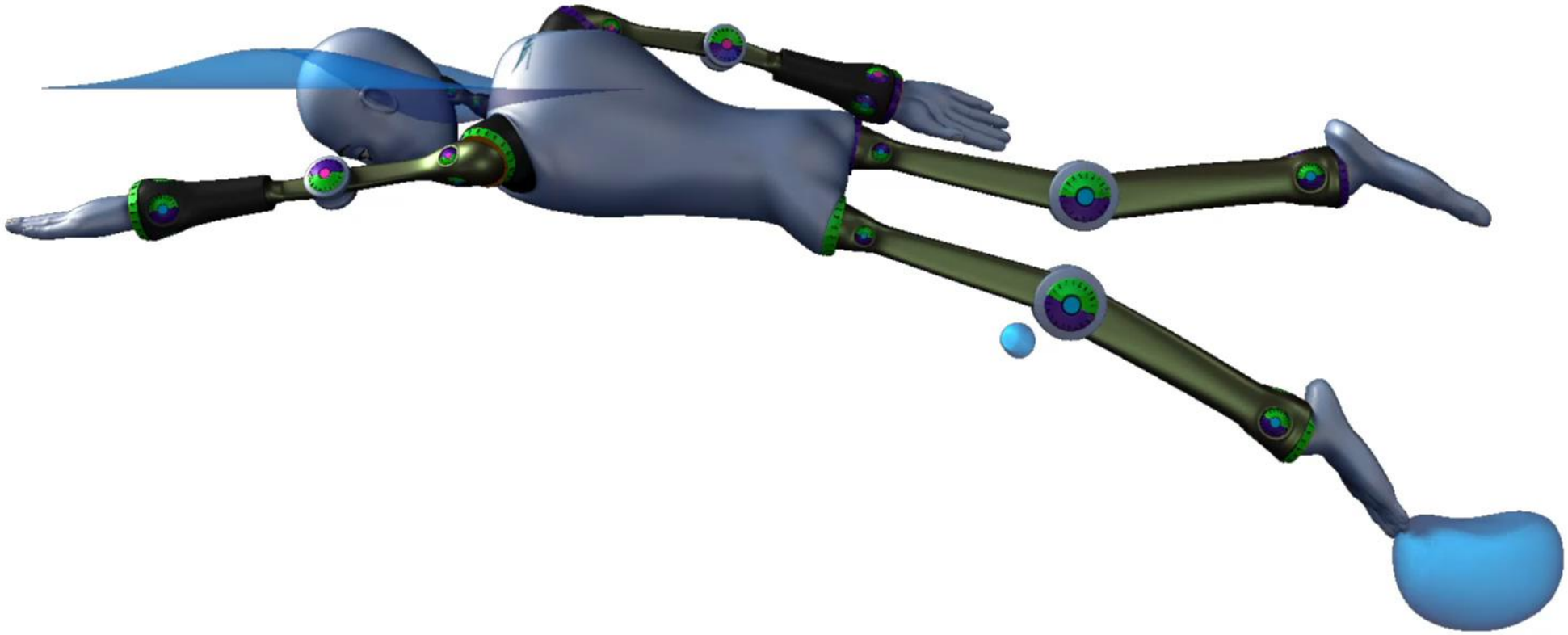

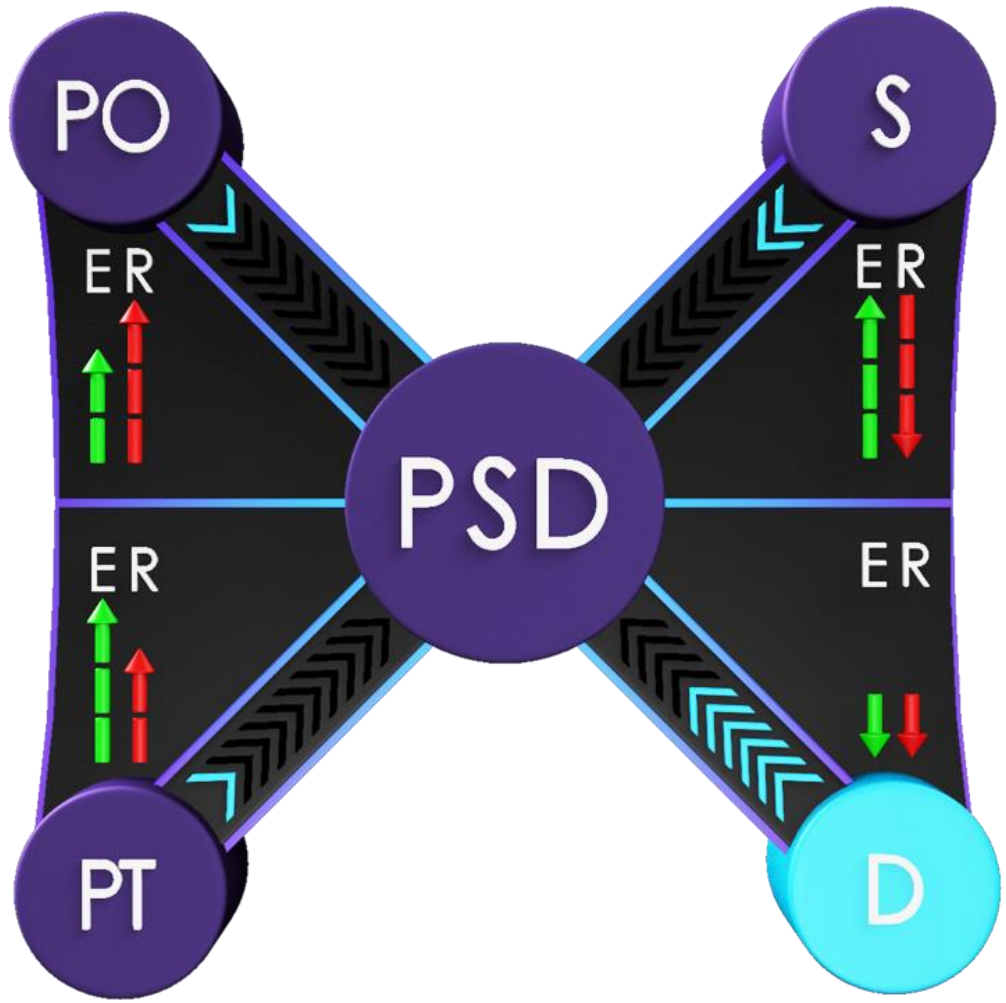
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Push The Object

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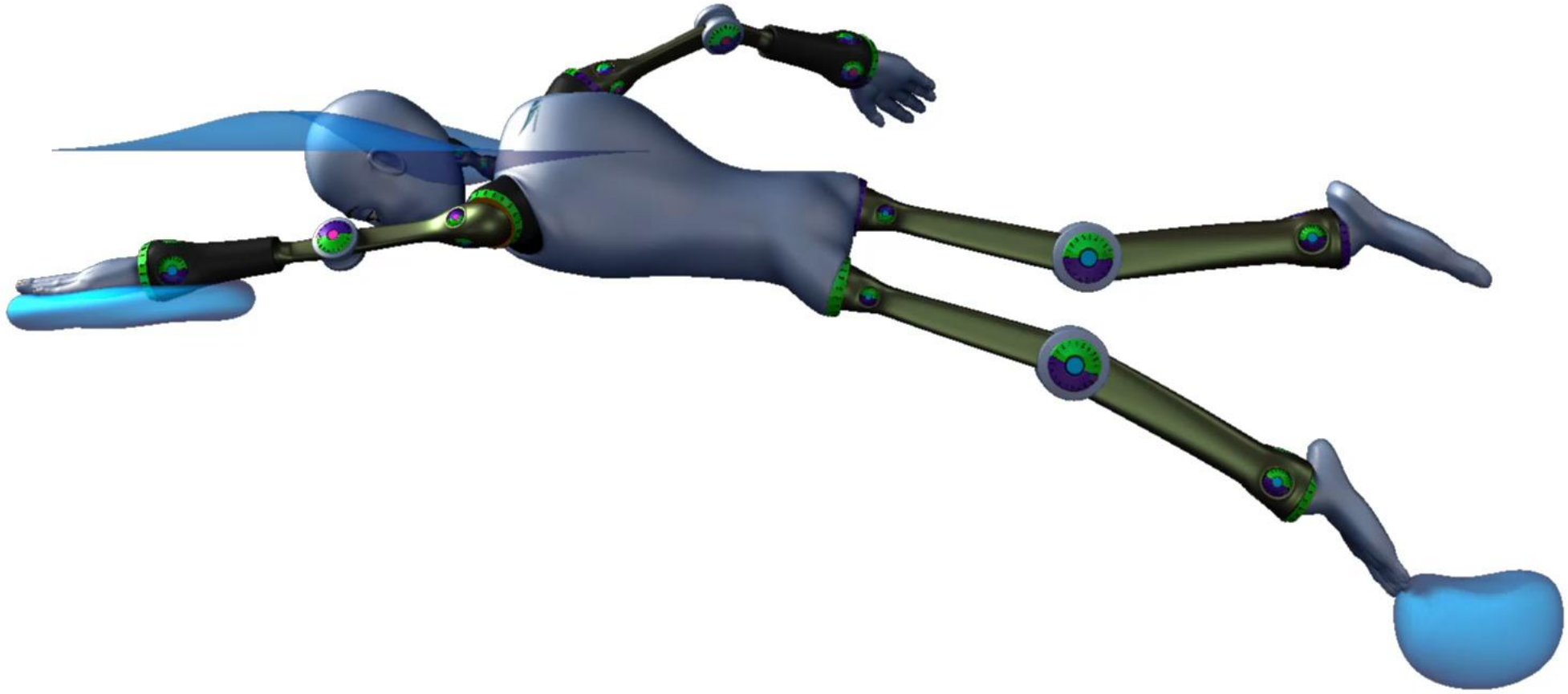

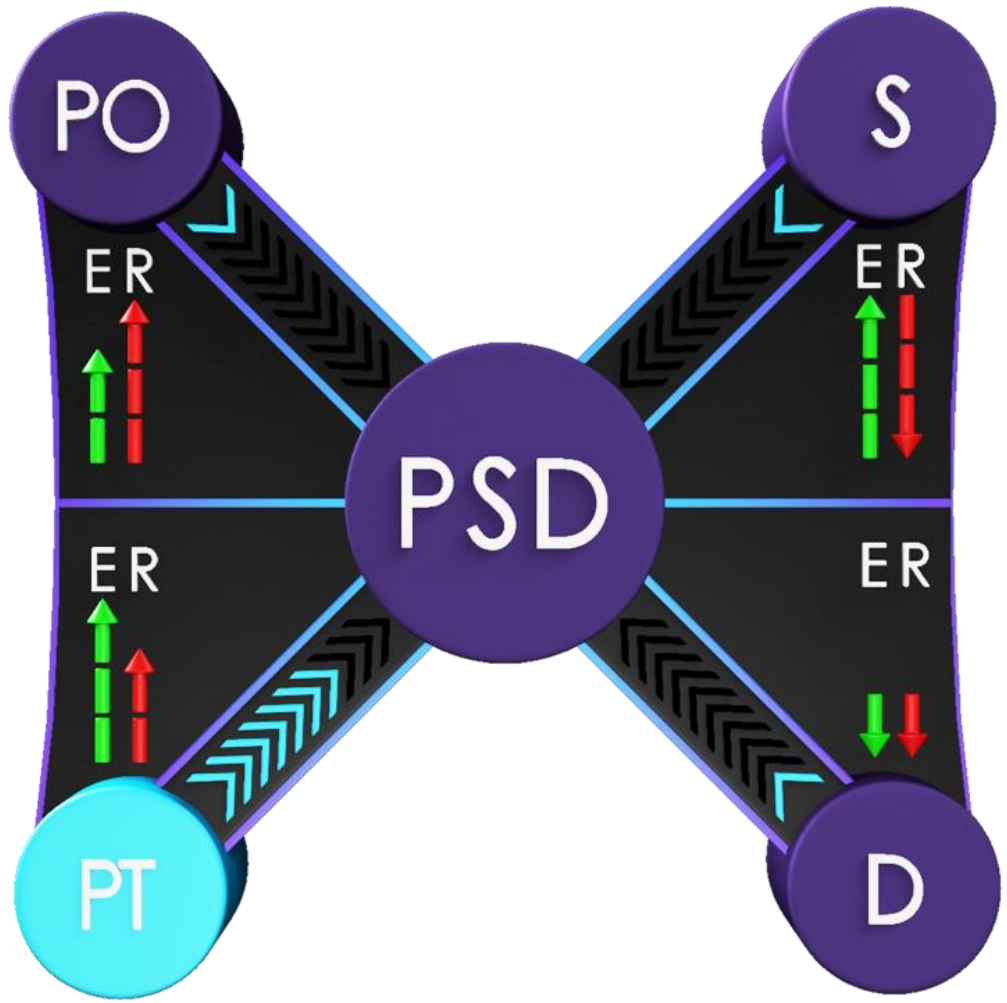
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Push Off The Object

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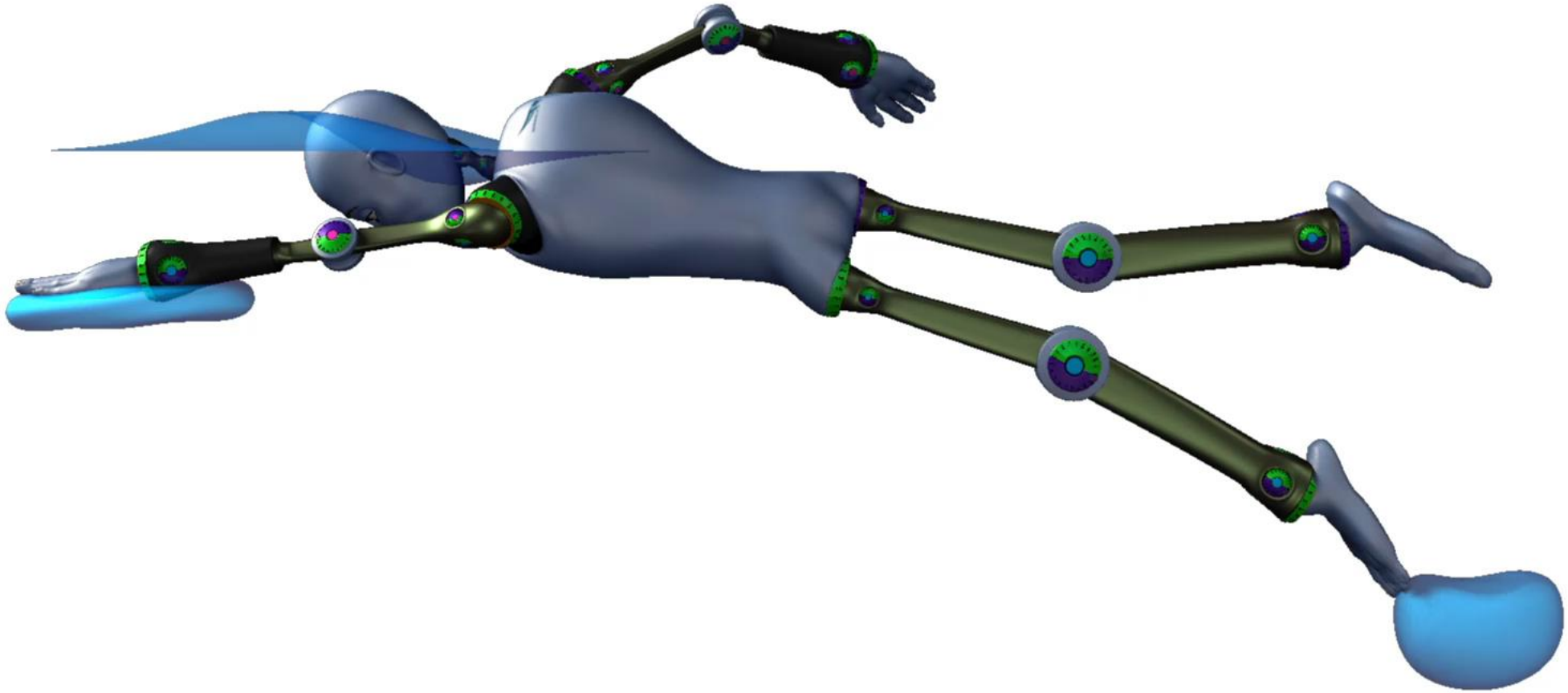

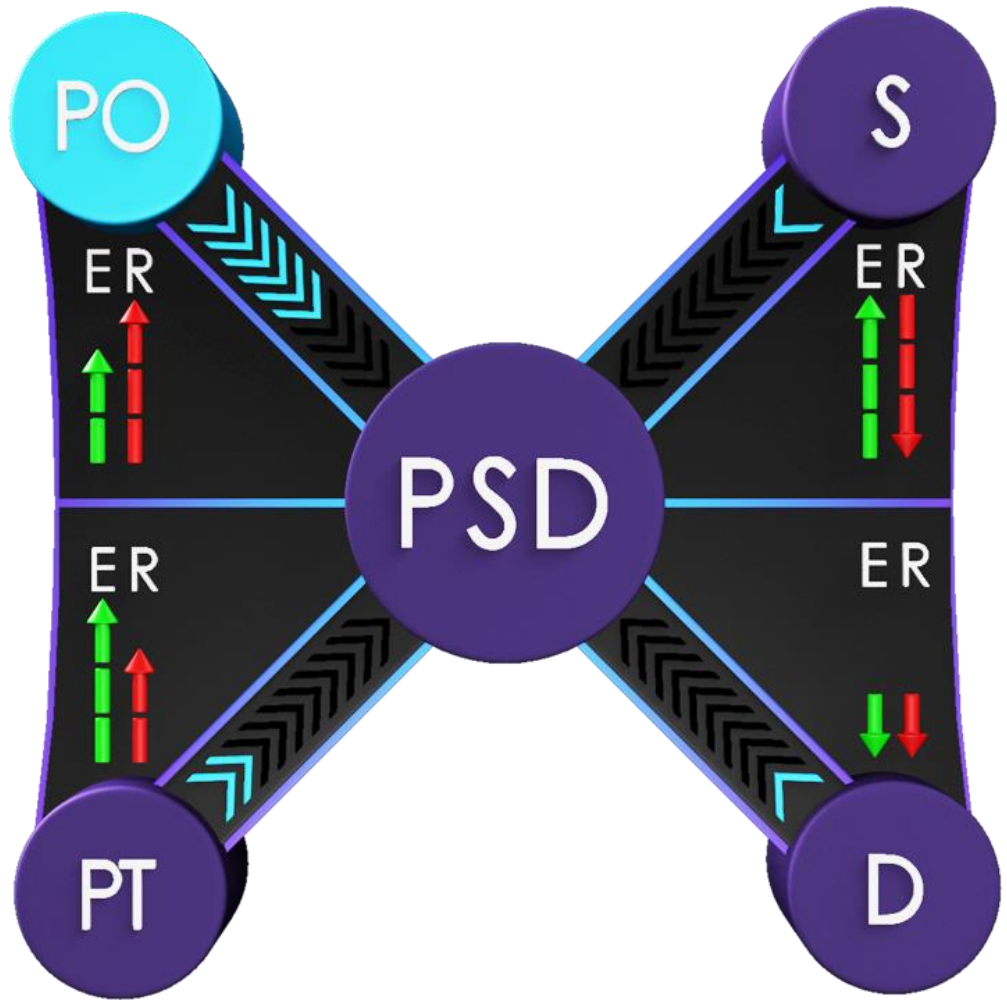
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PSD Percentages

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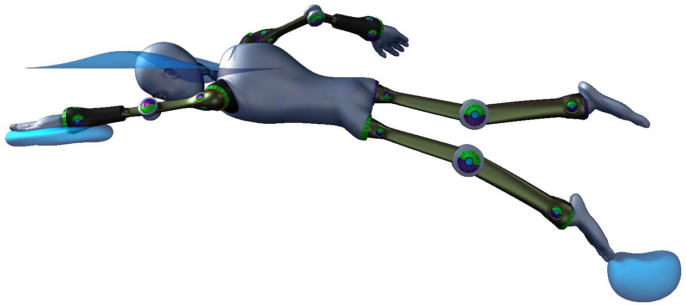
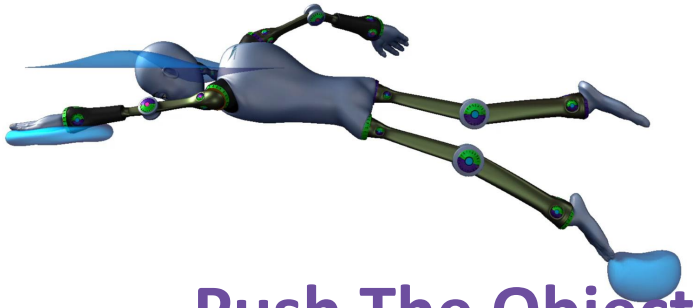
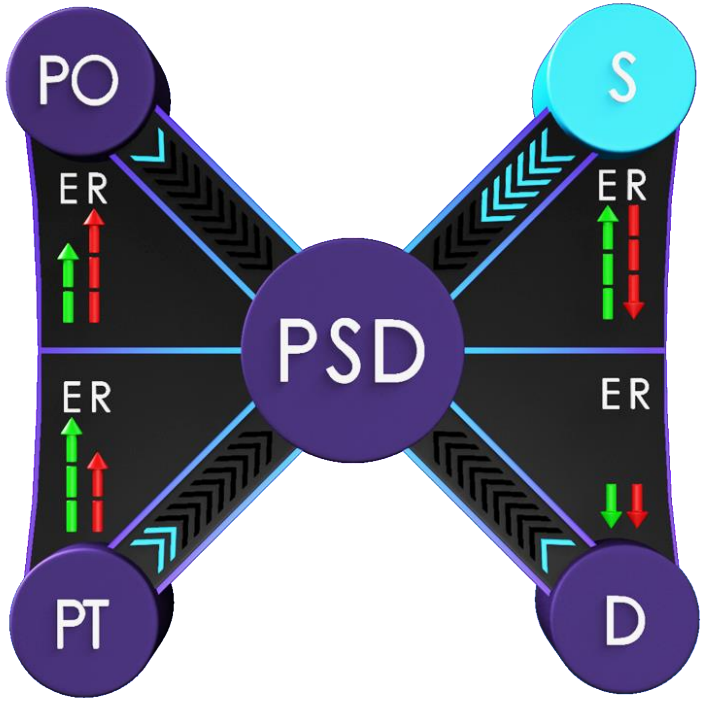
Push Off The Object 10%

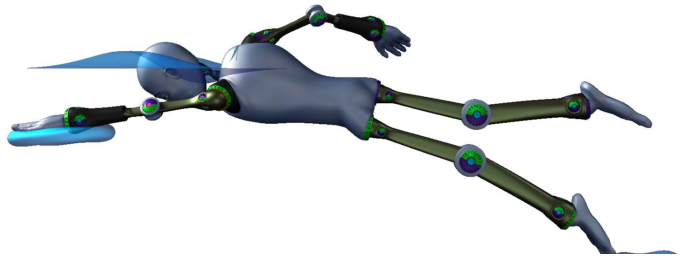




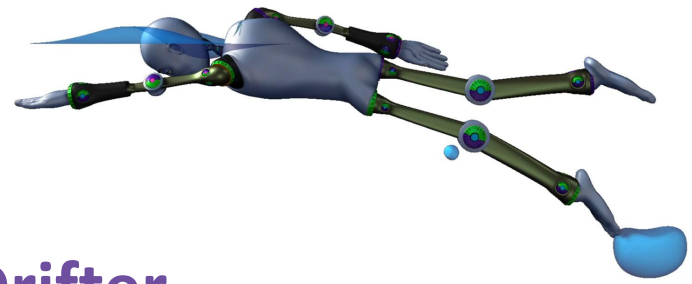
Push The Object 20%



Slipper 30%



Drifter 10%



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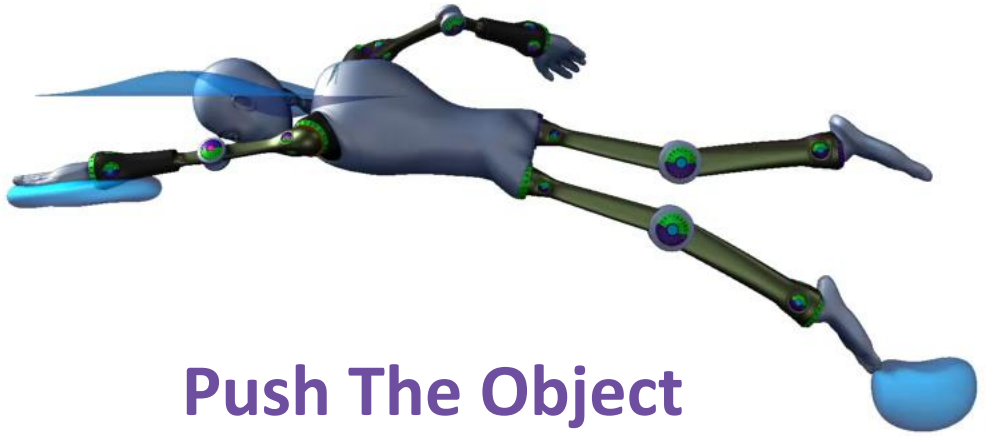
Push Off The Object

VS



Push The Object

Universal Concept

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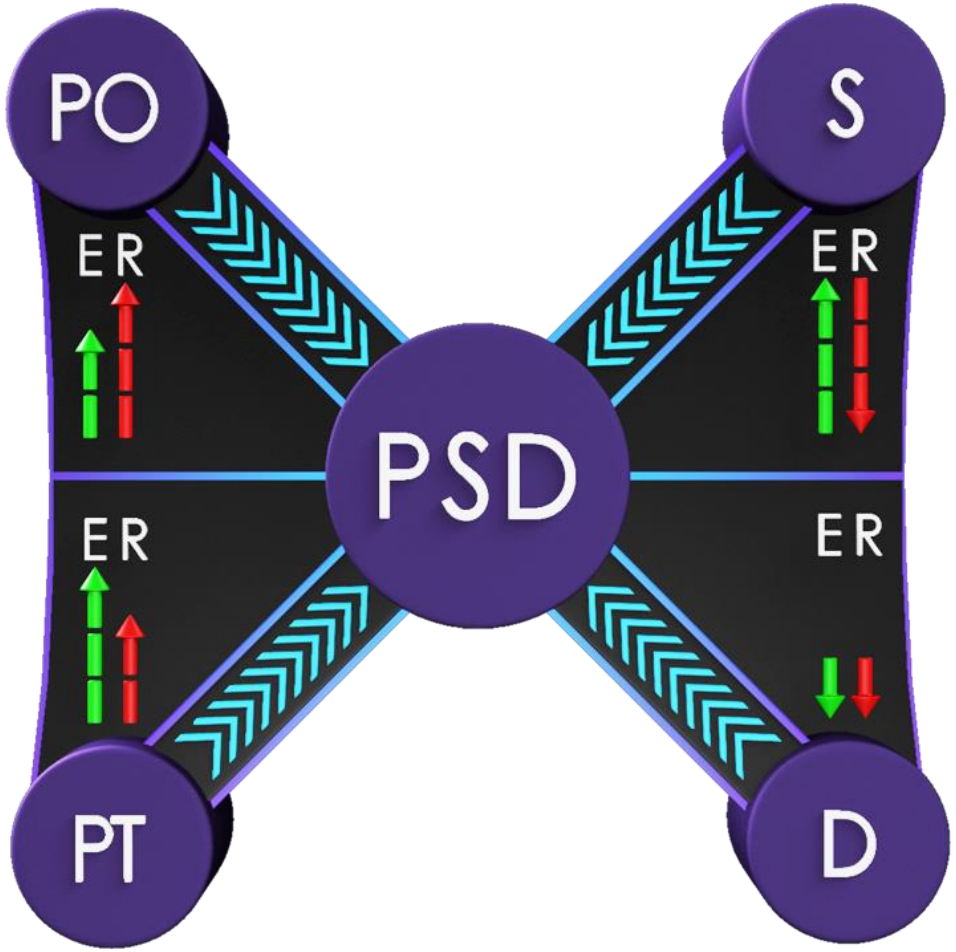


School

Work

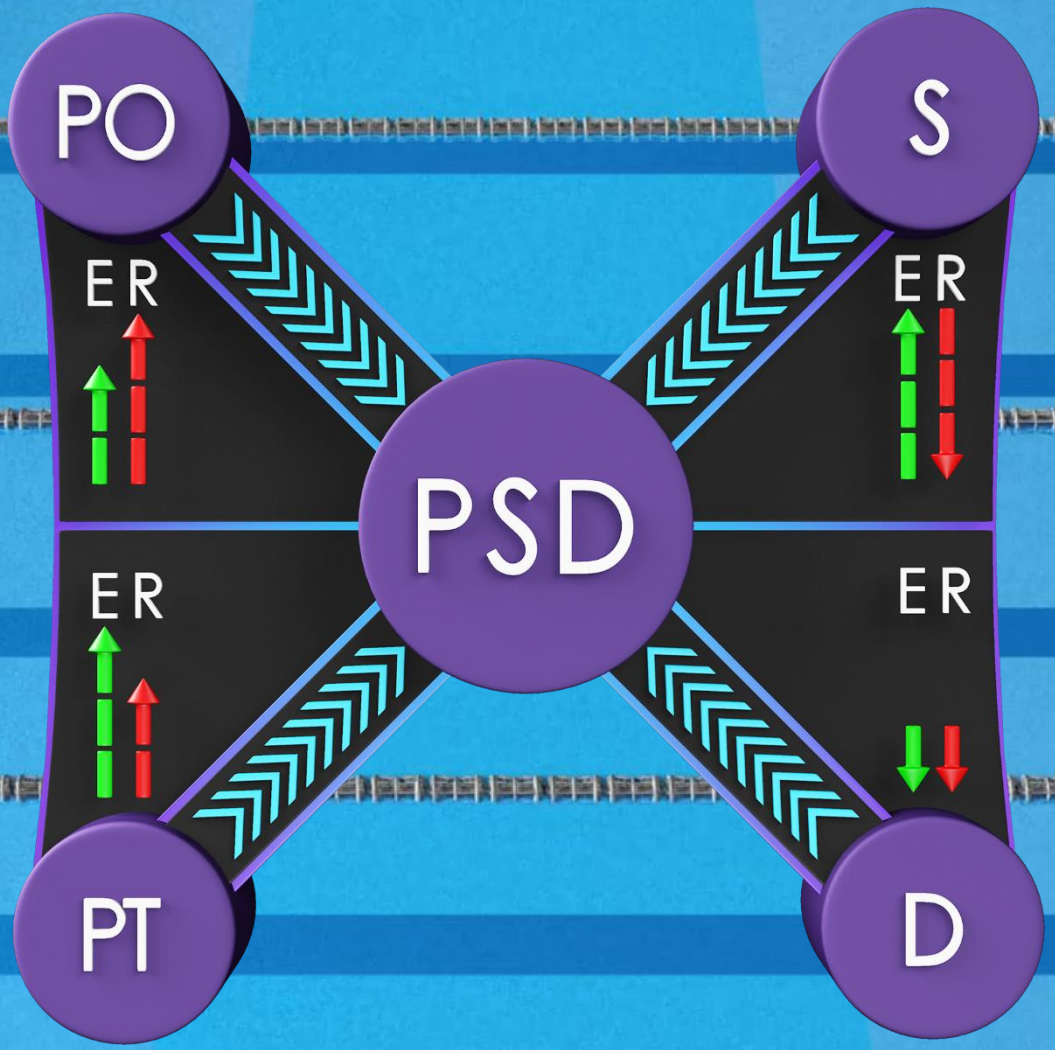
Personal

Slipper

Drifter

Push The Object

Push Off The Object



How To Introduce Pressure Fields

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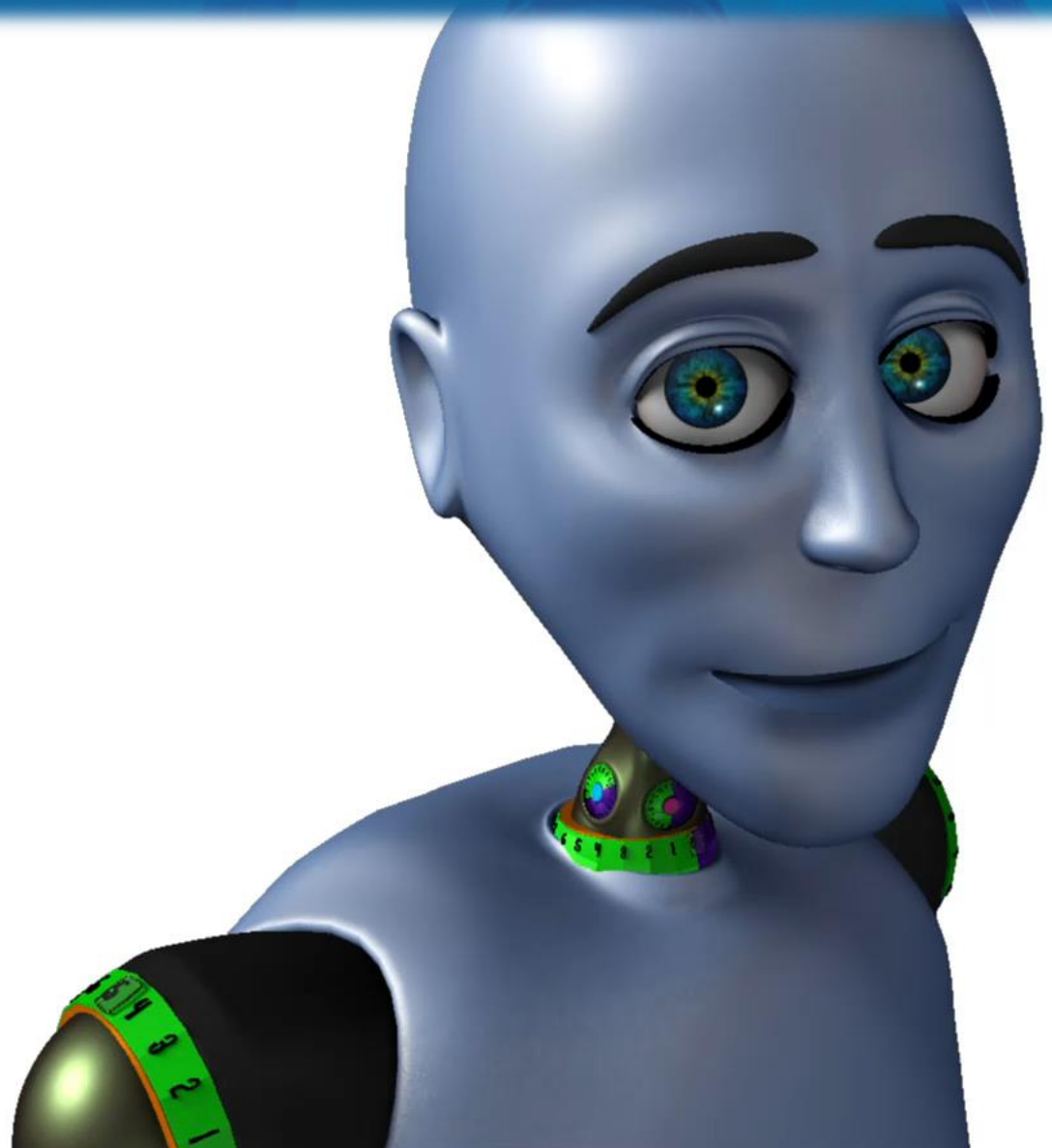

Using Hand Paddles As A Teaching Tool

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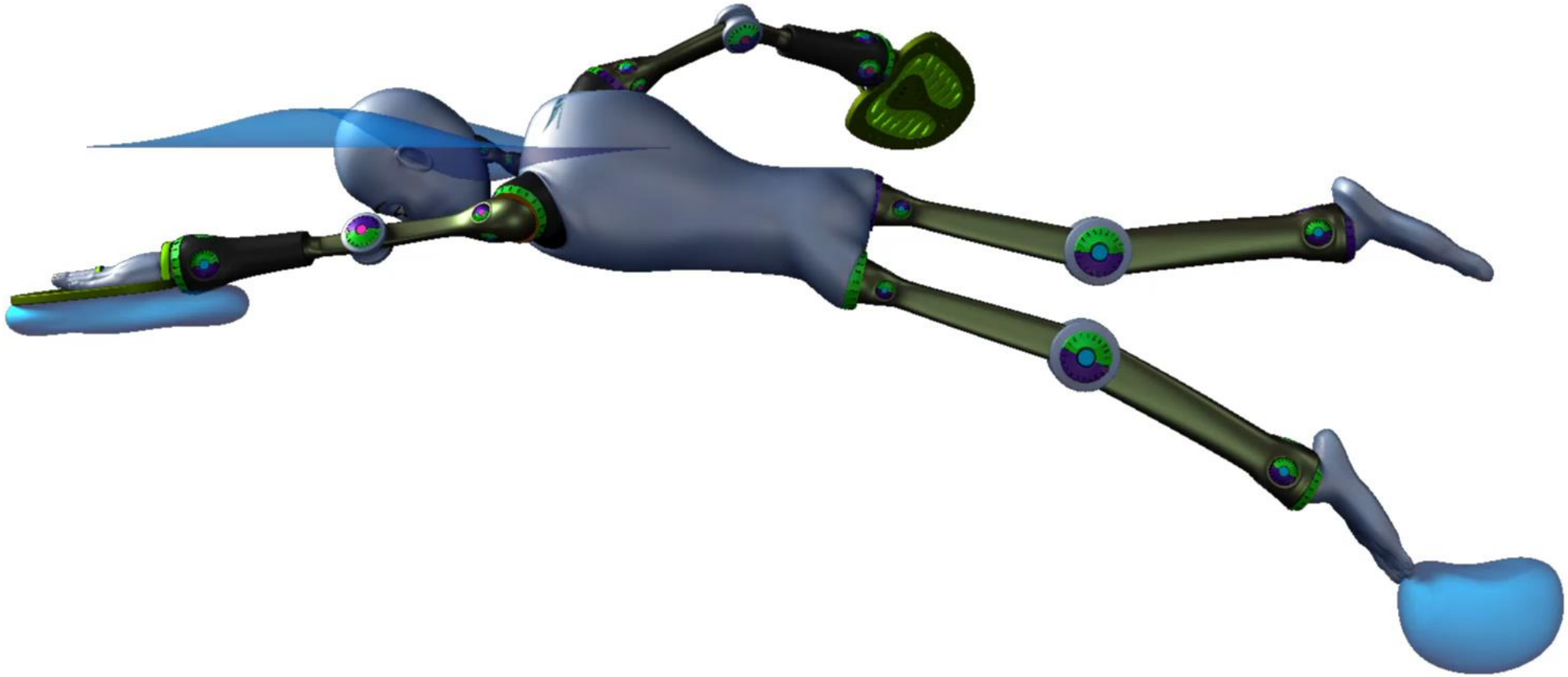

The Heavy Spot

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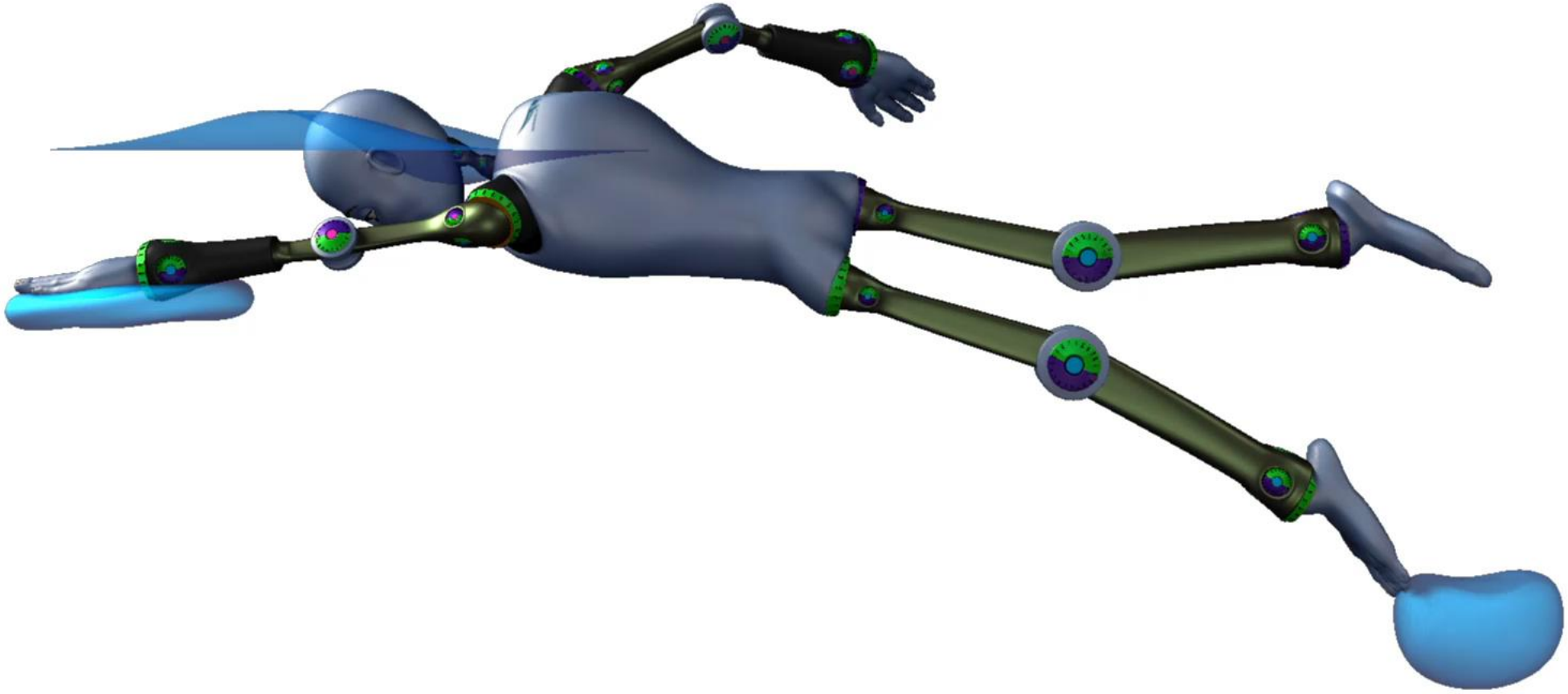

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Gaining Traction On The Water
"The Ultimate Denominator"

Acceleration vs. Pressure Fields

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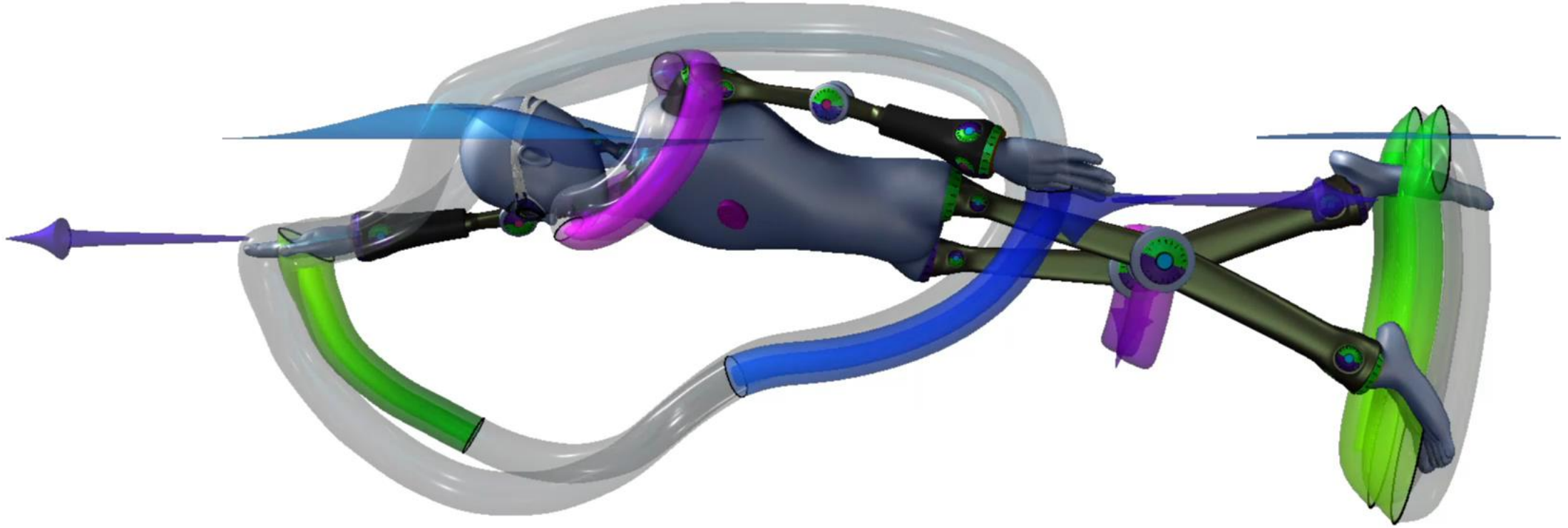

Acceleration **Pressure Fields**

The Tools You Need

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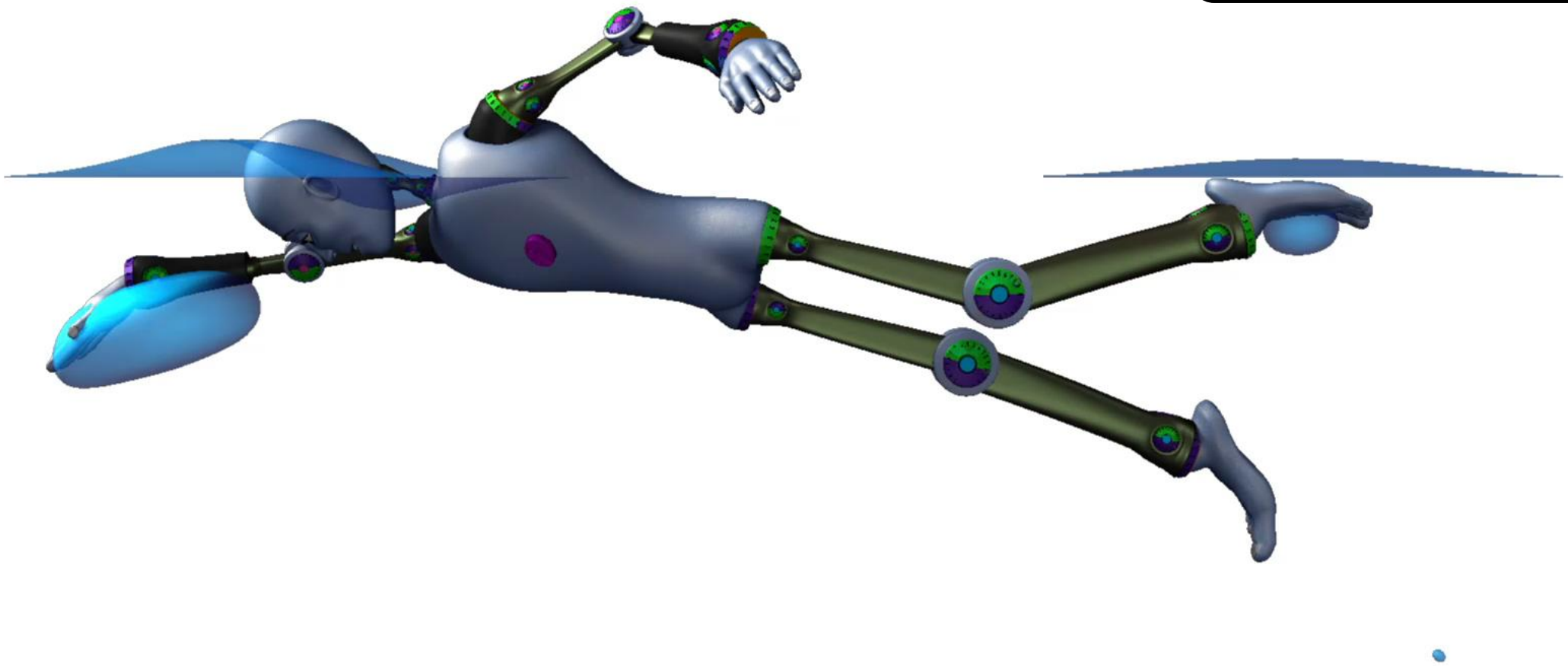

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