

Jerky, struggling strokes inhibit swimming and floating and will cause the beginner to bob up and down like the block of wood. If the man slows down his actions in the water, he will have less tendency to bob up and down. Any fast thrust of the arms or legs will change the depth of the body and start it bobbing. A wild, convulsive stroke will produce enough force to change the floating state of the swimmer. The beginner must be cautioned to move slowly and in a relaxed manner. It should also be noted that the force expended in convulsive and jerky strokes uses up too much energy and will bring on premature fatigue. Since the blue-jacket may need to conserve his energy he should be impressed with the reasons for slow, relaxed swimming. (Fig. 4)

Breathing, buoyancy, and relaxation are important factors closely related to the problems of swimming. The instructor must understand the scientific background of these problems. No bluejacket can swim or keep afloat for a great length of time unless he has been taught to make the best possible use of his energy in relation to his breathing, buoyancy, and relaxation.

In order to help the instructor to teach the recruit the various skills and techniques related to swimming, the method of instruction must include some competitive activity. Such techniques as floating for time, gliding for distance, plunge for distance, picking up objects in shallow water with eyes open, and various other skills may be used as games. Competition tends to keep the men on their toes and working better. The competition should be kept at the level of swimming ability of the group or individual at any given time. Any simple type of award should be used for an incentive. Intelligent