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Foreign language & sport terminology  
ME0153

# Aquatics

## Αθλοπαιδιές υγρού στοιχείου



- Diving / κατάρδυση
- Synchronized Diving
- Swimming (crawl, backstroke, breaststroke, butterfly)
- Synchronized Swimming / συγχρονισμένη κολύμβηση (solo, duet, team, combo)
- Water Polo

# Diving Κατάδυση



- ▶ It involves plunging (βουτιά) into the water from a platform (εξέδρα).
- ▶ It dates back to the 4<sup>th</sup> century B.C. The Vikings practiced it 12 centuries later.
- ▶ It involves physical and technical skills.
- ▶ Divers jump from a platform or diving board (βατήρα κατάδυσης) and perform a figure as perfectly as possible before touching the surface of the water.
- ▶ Judges award marks for the mastery and ease with which divers perform the figure. Divers must enter the water with as little splash (παφλασμός) as possible.

# Diving in Olympic Competitions

## 3 phases

- ***Preliminaries (involves all divers)***

From the 10m, men perform 6 dives and women 5. There is no limit to the degree of difficulty. The top 18 divers advance to the next round.

- ***Semi-finals***

Men and women perform 4 dives from the 10m platform and 5 from the 3m springboard. A maximum degree of difficulty is imposed on the entire series of dives. The 12 best divers go to the finals.

- ***Finals***

The results from the preliminaries are eliminated (απαλείφω) here. The divers perform the same number of dives as in the preliminaries and the degree of difficulty is open. The points earned are added to those from the semi-finals to obtain the final score.



# Synchronized Diving

- ▶ Two divers team up to perform simultaneous (ταυτόχρονος) dives.
- ▶ The movements must be executed gracefully and at the same time.
- ▶ In platform diving, both divers take off («απογειώνομαι») from the same platform and must be at least 1m apart (απόσταση) at the start of the dive.
- ▶ The scores are awarded by 9 judges assigned (αναθέτω) to either the execution (εκτέλεση) or synchronization aspects of the dive. The first set of judges observe only one of the divers. The second one only considers the synchronization of the divers.



# Diver's Profile

- ▶ Technical impressions (grace-χάρη, expertise-τεχνογνωσία and effortlessness-άνεση).
- ▶ It is essential that the diver present the most aesthetically pleasing (αισθητικά ευχάριστη) and elegant silhouette (κομψή σιλουέτα) possible.
- ▶ Divers should do muscle building activities, which focus on stretching and power.
- ▶ A top level career normally begins between ages of 14 and 16 (performance peaking: 21 or 22) and dropping off after the age of 26 (1-2 years later for women).



# Swimming



- ❖ Competitors must swim a defined distance. Races take place in a 25m or 50m pool.
- ❖ Men and women compete in 4 strokes; breaststroke (πρόσθιο); Backstroke (ύπτιο); butterfly (πεταλούδα) and freestyle. Some races combine all 4 strokes (medleys).
- ❖ The goal of competition is a race against the other swimmers and the clock.
- ❖ At the starter's 1<sup>st</sup> signal (σινιάλο), the competitors take their positions on the starting blocks in their respective lanes (αντίστοιχες διαδρομές).
- ❖ At the 2<sup>nd</sup> signal, they dive (βουτώ) into the pool.
- ❖ If a swimmer has a false start, he/she is disqualified.

# The Crawl

## Ελεύθερη Κολύμβηση



### *Forward start*

The swimmer holds his breath and concentrates until the start signal is given. He then pushes off strongly with his legs, stretching his body fully.

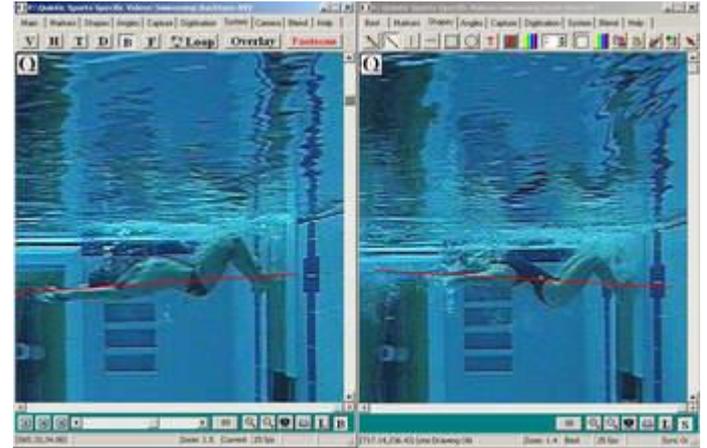
### *Competitions*

Recognized distances at the Olympic Games and world championships for men and women.

### *Stroke (στυλ κολύμβησης) technique*

The legs are submerged (βυθίζω) and perform flutter kicks (διαδοχικά χτυπήματα ποδιών) while the arms are alternatively (εναλλακτικά) lifted forward (σηκώνω μπροστά) then pulled through the water. The swimmer breathes out (εκπνέω) when his head is submerged.

# The Backstroke Το ὕπτιο



## *Backward start*

The hands are placed on the starting grips (χειρολαβές εκκίνησης) and the feet, braced against the wall (ακουμπώ στον τοίχο), must be entirely (τελείως) under water.

## *Competitions*

Recognized distances at the Olympic Games and world championships for men and women (100–200m individual).

## *Stroke technique*

The arms are lifted forward alternately, then pulled through the water between 45 and 60cm below the surface. At the same time, the legs flutter kick to propel (προωθώ) the swimmer.

# The breaststroke

## Το πρόσθιο

### *Forward start*

The swimmer holds his/her breath until the start signal; he/she pushes off with his/her legs and his/her body is fully stretched.

### *Competitions*

Recognized distances at the Olympic Games and world championships for men and women (100–200m individual).

### *Stroke technique*

The arms make 3 lateral (έμμεσος) movements in order; an “outward pull” (away from the body), then a “downward pull” (toward the bottom of the pool) and finally an “inward pull” (toward the body).



# The Butterfly

## Η πεταλούδα



### *Forward start*

The swimmer holds his breath until the start signal, then pushes off strongly with his legs, his body fully stretched.

### *Competitions*

Recognized distances at the Olympic Games and world championships for men and women (100–200m individual).

### *Stroke technique*

Both arms are lifted forward and pulled backward symmetrically for propulsion (προώθηση). The shoulders must stay horizontal and parallel to the water surface. The legs also move in unison (ταυτόχρονα) in the dolphin kick. He/she breathes in at the end of the stroke, as the arms return over his head.

# The Medley



Athletes swim each stroke for about 50m (1 length of the pool). This race combines technique, speed and endurance. The 4 strokes are the breaststroke, the backstroke, the butterfly and the freestyle.

## *The Medley Relay (σκυταλοδρομία)*

- It involves teams composed of specialists in each stroke. All freestyle specialists use the crawl. The order of the strokes: the *backstroke, the breaststroke, the butterfly, the freestyle*.
- The first swimmers start from the backstroke position and the other team members use the starting block.

### *Competitions*

Recognized distances at the Olympic Games and world championships for men and women (200–400m individual; 4×100m relay).

# Swimmer's profile



- Swimmers must have strength and endurance (αντοχή) and they undergo (υφίσταμαι) intense (έντονη) physical (σωματική) training.
- Before any competition, athletes usually reduce the amount of training while continuing high intensity splits.
- Their hips (γοφοί) should be narrow (στενοί) (less resistance/λιγότερη αντίσταση).
- Taller athletes have better reach (both arms and legs).

# Synchronized Swimming



- ▶ It was developed in the early 1990s by Canadian or Australian swimmers.
- ▶ It is performed (εκτελείται) exclusively (αποκλειστικά) by women and it combines swimming, dance and gymnastics.
- ▶ There are 3 types of competition: solo, duet, team.

# Synchronized Swimming



- ▶ Swimmers perform 2 routines for the judges: the 1<sup>st</sup> technical and the 2<sup>nd</sup> free.
- ▶ The technical involves required elements executed in a defined (καθορισμένη) order (6 figures in solo, 7 in duet, 8 in team).
- ▶ The free routine allows swimmers to present an artistic composition (σύνθεση) including technical elements for their choosing, combined in a choreography.

# Synchronized Swimming

Competitors are judged on:

- ***their technical and physical abilities*** (quality/ποιότητα, accuracy/ακρίβεια, difficulty/δυσκολία) and
- ***their artistic performance*** (presentation/παρουσίαση, transitions/μεταβάσεις, interpretation/ερμηνεία and creativity/δημιουργικότητα).



# Synchronized Swimming

Team competition

- ✓ The synchronization between the swimmers and the music must be perfect.
- ✓ In the free routine, the swimmers do not have to perform the same figures at the same time.
- ✓ Difficult figures and transitions are the elements practiced most in training.



# Synchronized Swimming

- Training takes 7 to 9 hours per day, 6 days a week, divided among different activities.
- Preparation is:
- **physical** (muscle building, cardiovascular/καρδιοαγγειακός exercise and flexibility/ευλυγισία),
- **technical** (mastery of figures, routines/χορογραφίες, body movement, aquatic sessions (υδρόβια μαθήματα) and “high risk” elements/κομμάτια),
- **artistic** (dance training, gymnastics and choreography) and
- **psychological** (visualization/οραματισμός-νοερή απεικόνιση, relaxation and land drills/ασκήσεις εδάφους).
- A swimmer reaches the elite level at the age of 15 to 16 and rarely maintains this level after 28 to 29 years of age.



# Water Polo



- ▶ It is a ball sport in the water between 2 teams.
- ▶ It combines speed, endurance, accuracy and team spirit.
- ▶ Each team has 12 players: 7 in the pool and 6 reserves. Among the 7 active players, one is the goalkeeper.
- ▶ The aim is to score more goals than the opposing team in a defined time (four 7-minute periods in real time).
- ▶ Players must stay in the water without touching the bottom (except the goalkeeper) or supporting themselves in any way.

# Water Polo

- ▶ With the exception of the goalkeeper, players may not hold the ball with both hands or hit it with their fists (γροθιές).
- ▶ The team in possession (κατοχή) of the ball must throw at the opposing goal within 35 seconds after it takes possession.
- ▶ If a game that requires a winner ends a tie, extra time (two 3-minute periods) is played.



- ▶ Water polo players must be excellent swimmers with high endurance and have an excellent cardio-respiratory (καρδιοαναπνευστικό) system.
- ▶ The most developed muscles are those of the torso (κορμός) for ball handling and the legs.
- ▶ Training has 3 stages: muscles warm-up outside of the pool, swimming work and ball plays.

## Player's Profile Training



# Thanks for your attention

Reference book:

Kontopodis, P.(2002) *English for sports purposes with exercises. Athens: Kontopodis*