

# Can a Big Guy Really do A Flip Turn on It?

FINIS Turnmaster Pro Article Steve Haufler

When I first heard about the Finis Turnmaster Pro I had two questions.

#1. Is it easy to put in and take out?

and

#2 Can a big guy really do a flip turn on it?

The answers are yes and yes.

It is easy to move from the deck into the water because it has wheels on it. It is sturdy but light for its size. After you put it in the water it is easy to maneuver to the area where you will want to attach it to the lane lines. Attaching it to the lane lines is very simple with two people and I often do it by myself. You simply spread the disks apart on the lane line and place the grooves on the Turnmaster Pro on the cable, hook the two straps on the lane line and repeat for the other side.

It is 3-5 minutes maximum from deck to in-the-water operation.

So what about stability? IT WORKS! How? Because the bottom part fills with water and is supported on the sides by easy-to-attach straps, it feels just like any bulkhead.

It is also easy to take out, in fact, even easier than putting in.

We have only had the Turnmaster Pro for 3 weeks before our championship meet and I feel it gave us an edge in turns and sprints. Here's how we used it...and we are just getting starting:

1. We put the Turnmaster Pro in the middle of an end lane in our 25 yard pool. We divided our 6 & unders into two groups and had two different coaches work them from opposite ends. Instead of getting tired and sloppy swimming 25 yards before receiving feedback and instruction, the 5 and 6 year olds could stop at the 12.5 and receive twice the amount of coaching in the same amount of time.
2. We put the Turnmaster Pro at the 15 meter mark, leaving approximately 7.5 meters on the other side, which we also put to good use. Our favorite use of the 15 meter end was to do 60 meter IMs, for all age groups, but especially for our 7-8s, 9-10s, and 11-12s. It is perfect! Dive, underwater dolphin, 2 strokes of fly, fly-to-back turn, underwater back dolphin, 4 strokes of backstroke and then a back-to-breast turn, breaststroke underwater work, a couple of strokes of breast and then a quick breast-to-free turn and then a fast 15 meters of free. We could improve their turns and speed in and out of the wall. It was fun and fast and we timed them. The kids asked for more. They wanted to do it again and again.

3. On the other side of the Turnmaster Pro we had our swimmers doing 4 lengths (30 meters) of free, breast or fly. Our favorite was to swim a 4 length hold-the-breath freestyle swim with perfect turns. Streamline, kick, breakout two strokes, turn, kick, breakout, two strokes and so on. We wanted the swimmers to get comfortable with NOT breathing off the turn and swimming straight in and out so they are not doing “circle swimming” turns. We did the same with breast and fly and we got to practice another important skill—FLAT WALL TURNS. Teach them correctly and it completely eliminates the “jack-in-the-box” turn. They learn to stay low and absorb and use the wall.
4. We also tried something else—we move the Turnmaster Pro exactly 15 feet toward the middle from a set of flags. Can you picture that? Now it is perfect for continuous backstroke for our 9-10s. They can practice their turns non-stop in a 30 feet course.
5. The Turnmaster Pro also gave us another exciting station when we did station workouts: 60 meter IMs, 30 meter swims, backstroke finishes, 15 meter sprints, 15 meter underwaters, continuous 4 x 30 meter continuous relays.
6. We also could leave the Turnmaster Pro in the water for regular workouts and put a group of the less skilled swimmers in the 15 meter course and run the workout together. For example, our faster swimmers would be doing repeat 50 yards while they would be doing repeat 30 meters on the same interval. It worked like a charm and they thought it was fun and they felt special.

We love our Turnmaster Pro. We plan to buy another one next year so we can have side-by-side 60 meter races. In fact, I’ve just put in another order, and I am on the waiting list.

Our swimmers have nicknamed the Turnmaster Pro the Turnmaster 5000 because I’ve often told them they will get their perfect flip turn when they have reached #5000.

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