



Tech Toc

[develop perfect hip rotation]

"We've tried the Tech Toc successfully with learn to swim students as young as five years old, advanced age group swimmers, teenagers in novice high school programs and Junior and Senior national qualifiers. It helps all of them."

*- John Leonard,
President, American
Swim Coaches Association*

[audible feedback to develop
the proper stroke]

Vertical vs. Horizontal Position

To change between vertical and horizontal positions, remove the unit from the belt, rotate the unit 90 degrees to the desired position and re-thread the belt through the base of the Tech Toc.

What is the Tech Toc?

The Tech Toc is a friendly, introductory product to hip training. It can be used by any age group for any swim distance. Use it for all or just a portion of your workout. It is especially valuable when you are tired, since it ensures successful hip rotation at the point when you're most likely to suffer a degradation in performance.

The Tech Toc is the only device that allows swimmers to gauge the position of their hips with relation to their hand and body position using sound and feel. The Tech Toc utilizes a ball bearing inside of a plastic capsule containing acoustical amplifiers at each end. The device allows swimmers to hear, as well as feel the rhythm and pace of their stroke pattern and technique. It is a "swimmer's metronome" that synchronizes the entire range of body movements that make up a complete stroke.

As the ball hits the acoustical amplifier at each end of the capsule, it provides the swimmer audible feedback on their hip rotation and movement. Additionally, the coach can see a visual reference and hear an audible noise to monitor the hip rotation in relation to the hand and body position.



Tech Toc

Why do I need the Tech Toc?

While swimming, the timing of hip rotation determines proper shoulder rotation and hand position. During an ideal swim, the hips initiate the body rotation, followed by the shoulders. The Tech Toc takes the guesswork out of gauging the position of the hips and helps to perfect overall body position during freestyle, backstroke, breaststroke and butterfly.

The faster the hips rotate, the faster the stroke tempo. The Tech Toc ensures proper timing of hip rotation, allowing the swimmer to achieve the maximum potential and efficiency of each stroke. Practicing improper hip rotation degrades the quality of the stroke and can also lead to shoulder strain and eventual muscle damage.

For breaststroke and butterfly, the timing and rhythm of the hips is key in determining the distance per stroke, as well as the power of each stroke. With every stroke taken, it is important that the swimmer pops the hips up with each kick, allowing for recovery between kicks. The audible sound emitted by the Tech Toc informs the swimmer of the timing and rhythm for their stroke.

Freestyle or Backstroke Intro Drill

Swim 8 x 50s with moderate rest.

For the first 25 yards, kick six times per side. For the second 25 yards, swim back or free at a normal pace.

The kicking allows you to slow down your stroke and concentrate on a maximum hip rotation. The second 25 yards allows you to rotate just as much but at a normal swim pace. Now you will begin swimming side to side.

Note: Head only moves to take a breathe. Hips and shoulders rotate together.

Mixed Pull & Kick Drill

Swim 10 x 25s with a butterfly or breaststroke pull and a dolphin kick, with moderate rest.

When the arms move forward, make sure you lay flat on the water and wait for the ball to hit the chamber.

If you do not hear the ball hit the chamber, you will need to put your head down and be more aggressive when moving your arms forward. You may also want to try to arch your back more.

Tech Toc/Tempo Trainer* Advanced Drill

Using both the Tech Toc and Tempo Trainer devices together, concentrate on making the timing of the hip rotation (Tech Toc) symmetrical with the audible feedback of precision time from the Tempo Trainer.

*Tempo Trainer sold separately



How do I get started with the Tech Toc?

Wear the Tech Toc horizontally (hip-to-hip) for freestyle and backstroke; wear it vertically (along the spine) for butterfly and breaststroke. During backstroke, the Tech Toc can be worn at the hips or near the chest, placed in front of the body.

The concept is to snap or roll the hips so the swimmer gets the ball to hit the top of the capsule. When the ball is hitting both ends of the tube, the swimmer is popping the hips properly. At this point, the swimmer can monitor stroke rhythm and how it changes with a slow or fast pace.

The Tech Toc has two settings. The "delay on" position requires the swimmer to rotate at least 45 degrees to get feedback. For swimmers who do not rotate enough, this setting forces hip rotation. In the "delay off" position, any movement from a level position will result in feedback. This setting provides feedback based on any degree of hip rotation to familiarize beginner swimmers with the concept and feeling associated with hip rotation.

To change settings "delay on" and "delay off", hold the Tech Toc base in the palm of your hand and rotate one side of the capsule. The entire capsule will then rotate in the base. If the unit does not rotate, it is often due to cold conditions. If this occurs, place the Tech Toc in the pool water to loosen the capsule from the base of the product.