

Shooting Swimming

By Robert J. Courtemanche, CJE rcourtemanche@galenaparkisd.com
Galena Park HS, Texas
Permission for use granted for any classroom teacher in a public or not-
for profit / non-profit school system.

Camera Set Up

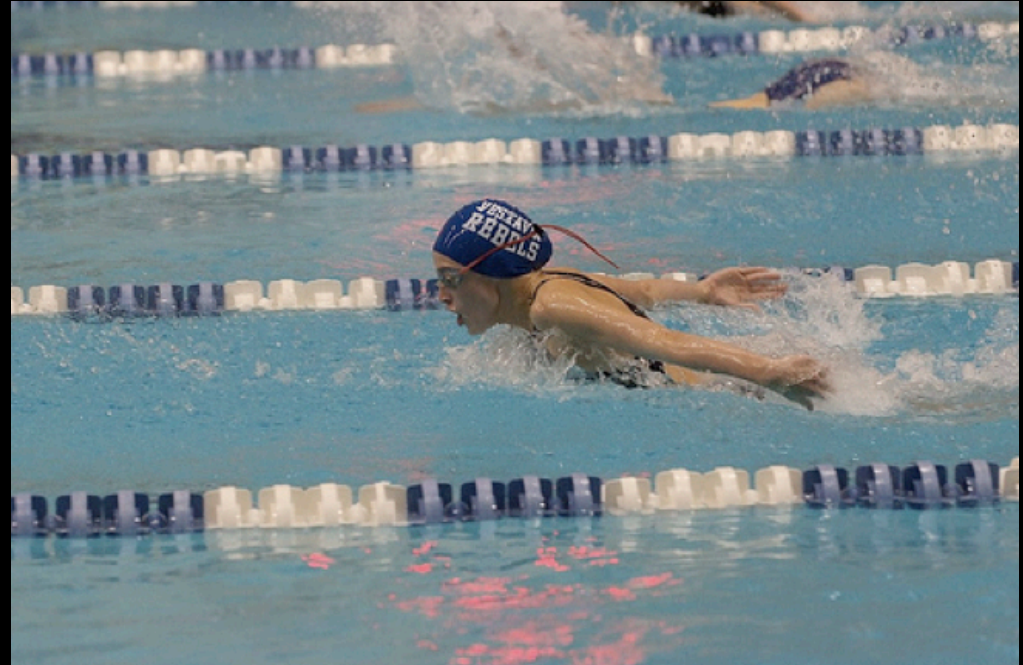
- Indoor Sport
- F/2.8 or F/4
- 125 Shutter Speed
- ISO 800 - 3200

- Some schools do have outdoor pools, but most are indoor and poorly lit
- 70-200 mm lens



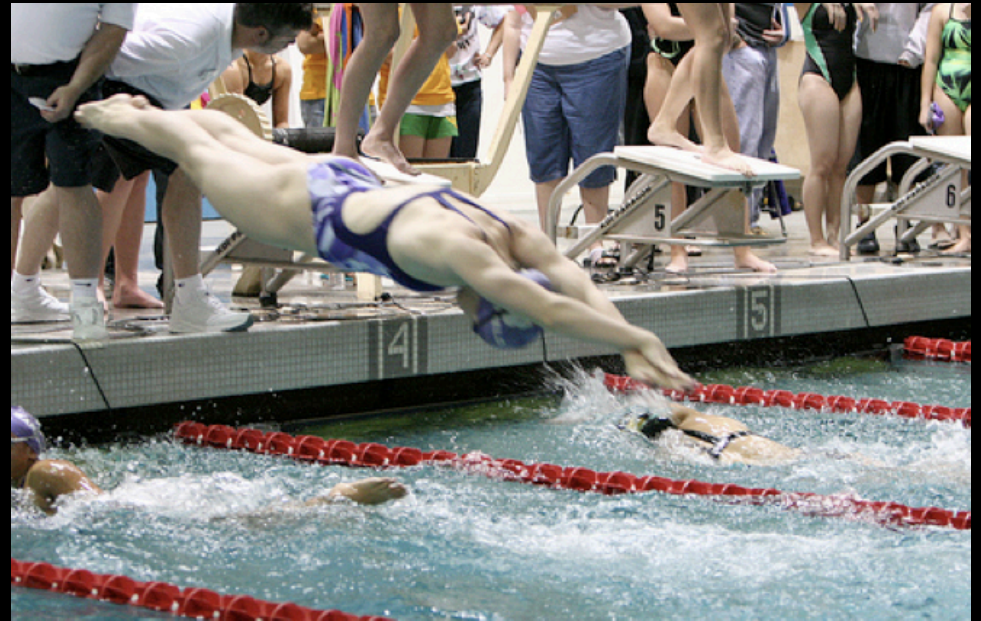
Where To Stand

- Get as close to the edge of the pool as they will let you without putting yourself in danger of falling in.
- Get as low as you can without getting too wet.
- Keep your camera dry.



Length Of The Meet

- Individual swim events are timed and the quickest wins, but the meet itself is very long with several heats for each event.



Safety

- Stay away from the edge.
- Keep your camera dry.
- Use a neck strap and wear non-skid shoes.



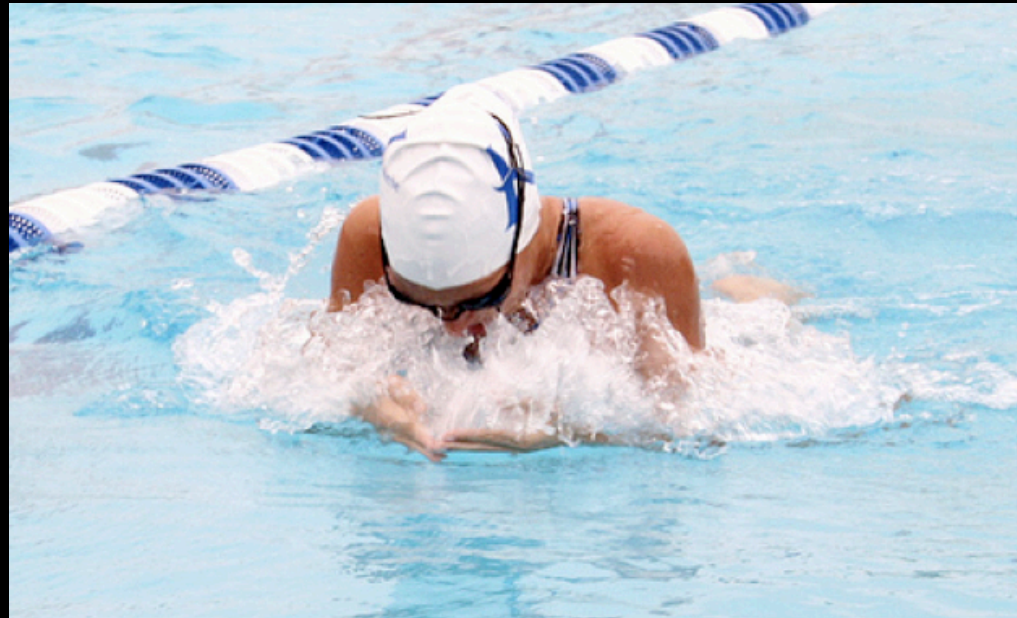
Gotta Get ‘Em Shots

- Swimming is slow with many moments in between events.
- Look for “little moments” between swimmers and groups of swimmers.

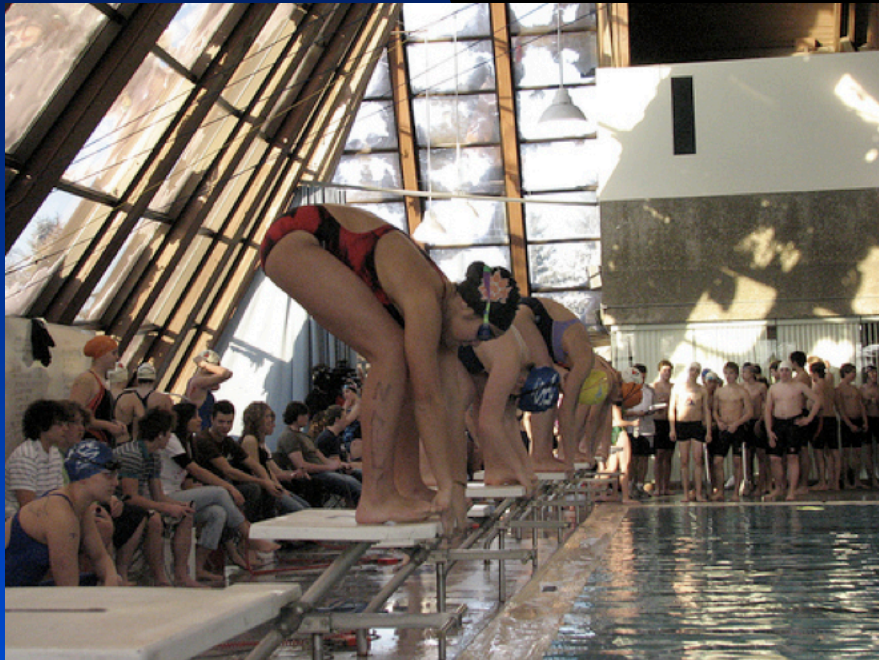


Backup Plan - aka Plan “B”

- Always get shots of swimmers diving into the water, rising up from the water, finishing and in the ready pose.



Keep A Lookout!



Keep A Lookout!

