

'Sandfish', more commonly known as 'Sand Stroke', originated in Alameda, California in 2021. Created by a competitive swimmer on the Gators swim team named Eleanor Hahnel, Sandfish is a combination of Breaststroke and Dolphin kick usually performed at the bottom of a pool. As the swimmer continues down the pool, they push off the bottom and break through the surface to breathe, diving back down to the bottom and continuing the stroke.

Hahnel has introduced Sandfish to the Alameda Gators and their coach, Jared Thompson, has grudgingly let swimmers swim Sandfish during their 'choice swim'. Hahnel is currently working on making 'Sand Back' and 'Sand kick' a choice swim option on the Alameda Gators. Although many don't know about Sandfish, Hahnel is determined to teach as many as possible about this new stroke.

-Eleanor Hahnel