

Swim Stroke Doctor Secures Patent for a swim cap Swim Cap That Improves Performance Through Streamlined Head Alignment

Our-Dynamic Swim Alignment Cap — is a new standard in swim training and technique refinement. Watch the demonstration video to visualize how the cap corrects technique in real time. <https://www.youtube.com/watch?v=E2GIhNGWShA>



Groundbreaking Swim Cap That Improves Performance Through Streamlined Head Alignment

Swim Stroke Doctor, LLC proudly announces the award of U.S. Design Patent **D1070288** by the United States Patent and Trademark Office (USPTO) for its revolutionary **Hydro-Dynamic Swim Alignment Cap** — a breakthrough that sets a new standard in swim training and technique refinement.

Engineered to **optimize head, eye, and body alignment**, this patent-protected cap significantly **reduces drag and enhances stroke efficiency** across all four competitive strokes. Improper head positioning is a leading cause of frontal resistance and poor propulsion. This cap corrects that instantly.

See it in action: [Watch the demonstration video](https://www.youtube.com/watch?v=E2GihNGWShA) to visualize how the cap corrects technique in real time. <https://www.youtube.com/watch?v=E2GihNGWShA>

Designed for use in tandem with Swim Stroke Doctor's industry-leading **video analysis systems**, the cap enables swimmers and coaches to identify and correct technique flaws more quickly and effectively than ever before. It's not just a piece of gear — it's a powerful coaching tool.

"**Proper head positioning is the cornerstone of efficient swimming**," said **Dan Lynch**, founder and head coach of Swim Stroke Doctor, LLC. "This cap empowers athletes and coaches with a practical, science-backed tool to **maximize performance** and **build better habits in the water**."

The cap is now a foundational component of Swim Stroke Doctor's elite coaching programs and technical workshops. Whether you're preparing for your next competition or refining stroke mechanics, the Hydro-Dynamic Swim Alignment Cap delivers results.

Learn more and order here: <https://www.youtube.com/watch?v=E2GihNGWShA>

<https://swimstrokedoctor.com/hydro-dynamic-swim-alignment-cap/>

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- **YouTube:** [@SwimStrokeDoctorLLC](#)
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#swimmer #triathloncoaching**

About Swim Stroke Doctor, LLC

Founded in 2012, *Swim Stroke Doctor, LLC* is a leader in swim performance innovation. From patented gear to personalized coaching systems, the company is redefining how swimmers and coaches achieve excellence in the water.

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