

# The Start .. A few tags to support learning

**NWA Swimming**  
**Intro to Diving**

Kneeling Dive      Half Kneeling

**The Start**  
The Positives ???

**NWA Swimming**

**Backstroke Start**

- Throw head back
- Hands race head into the water

**B/K**  
*Fast Arms / Fast Kick*

[www.nwaswimaths.com](http://www.nwaswimaths.com)

Track Start      **NWA Swimming**

**2 Starts**

Whistle  
Take Your  
Marks  
Gun

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**NWA Swimming**

[www.nwaswimaths.com](http://www.nwaswimaths.com)

Tight streamline .. make a hole in the water with your hands; head squeezed between arms; knees together—toes pointed

**Backstroke Start**

Head back;  
drive hard off the wall  
Hips high  
Hands together on entry; tight streamline  
3-6 kicks Fly kicks to surface (before 15m)

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**NWA Swimming**

**I am working to improve my starts**

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Breaststroke Starts .. separate sheet

A Few tags to support Dive-Start Learning

Grab Start      Track Start

**Starts**

Tight streamline .. make a hole in the water with your hands; head squeezed between arms; knees together—toes pointed

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