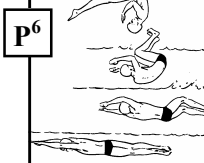


Turns

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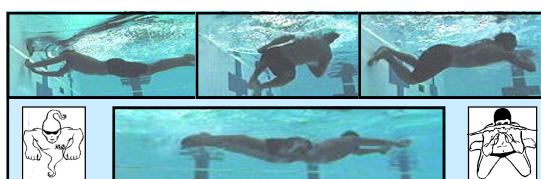
Freestyle Turns

- **Spot** the wall early ... use the **T** as a guide.
- Initiate (start) the turn close to the wall: head follows the last hand entry, down.
- Fly kick – u/w hand scull to help the feet over.
- Body in a **tight** ball position.
- Feet hit the wall vertical (heels to the bottom / toes to the surface).
- Push off on your back; rotate on to your front after feet have left the wall.
- Streamline (F/S kick or FLY-F/S combination), past the flags before first stroke.
- Do not breathe into and out of the wall .. breathe on 3rd stroke on the way out.



Time: Swim 10m “in” .. turn .. 10m “out” cf. 20m swim (from flags to 25m)

P⁶ = ONLY Plenty of Perfect Practice Produces Professional Performances



Breaststroke Turn

Stretch last stroke ► glide ► touch: both hands ► draw legs up .. tight tuck ► twist ► *salute the sky* ► push off streamlined ► glide ► pull out ► one kick — break surface before insweep of stroke
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Breaststroke Turn

Stretch last stroke ► glide ► touch: both hands ► draw legs up .. tight tuck ► twist ► *salute the sky* ► push off streamlined ► glide ► pull out ► one kick — break surface before insweep of stroke

B/R: The Start .. The Turn .. FINA changes to B/R Rules .. ASCTA *Swimming in Australia*, Sept / Oct '05

SW7.4 (New Wording): During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. A single downward dolphin kick, followed by a breaststroke kick is permitted while wholly submerged, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

Implications: Most swimmers will feel that combining the dolphin kick with the “power phase” of the arm stroke (pull out) will produce the greatest forward propulsion.

IM — BACKSTROKE ► BREASTSTROKE (Swivel Turn or “Bucket Turn”)

- Hand on the wall— fingers down / side.
- Knees to Chest—keep knees high during swivel.
- Feet on the Wall—where the hand was.
- Push off to streamline—hand behind / in front of head.



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