



## FINISHES

### Freestyle

1. No breathing flags in.
2. Accelerate last arm stroke into the wall – stretch entire body after the arm.
3. Finish on side.
4. Continue kicking until contact is made with the wall.



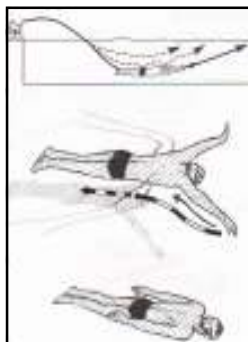
Finish on a “down”  
Turn on an “up”

### Backstroke

1. Need to know number of strokes (right and left arm) from the flags in.
2. Increase velocity.
3. Accelerate last arm stroke into the wall.
4. Recovery should be bent on final arm stroke.
5. Rotate body towards the finishing arm and stretch entire body with a dolphin kick.
6. Head should be on the side.

### Breaststroke and Butterfly

1. Last few strokes must be the most powerful of the race.
2. The recovery stroke in butterfly should have elbows flexed.
3. In both strokes the swimmer must lunge for the finish.
4. Butterfly – accelerate the kick.



NWA Swimming  
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### Breaststroke Start Pullout

Tight streamline on entry  
Hold streamline .. count 2  
One Fly kick ▶ “power phase”  
Hold after pull out (1-2)  
Hands recover close to body  
Break Out

Tags shown are available (& others).

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

- > PRESENTATIONS
- > Swimming Presentations
- > Starts-Turns-Finishes Skill Development

### NWA Swimming ... Relays



### Relay Change-over

**Incoming Swimmer:** fatigued—relieved it’s nearly over  
— on side, reaching hand to the wall, fast — kick hard to  
the wall — don’t look up until hand touches the wall.

**Outgoing Swimmer:** nervous, eager—watch the  
incoming swimmer—anticipate the touch—can be in  
motion before incoming swimmers touches, BUT must not  
lose contact with the block until touch is made.

Only **Plenty of (Perfect) Practice**  
Produces Professional Performance