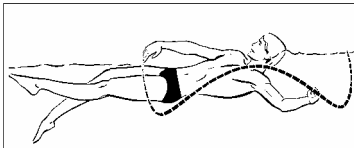


Some of the Resources / Rewards / Reminders that are available

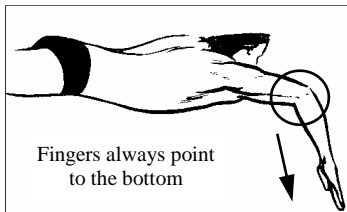
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Backstroke

- Hip high position
- Continuous arm movement; straight / high on recovery, brushing the ear(s) and entering the water at 11:00 and 1:00 o'clock
- Continuous kick; knees under water and extended legs; toes pointed to the surface
- Stable head position (water at ear level)

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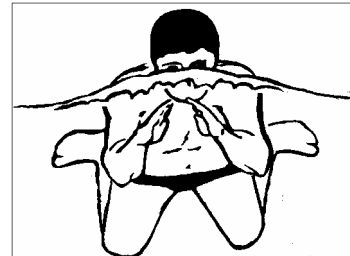


Freestyle

- Strong, continuous kick with extended legs – pointed toes
- Bent Arm Recovery with slight elbow lead, thumb first
- Controlled breathing & head position
- Long stroke with slow arms

Fingertips – wrist – elbow – shoulder. No splash entry

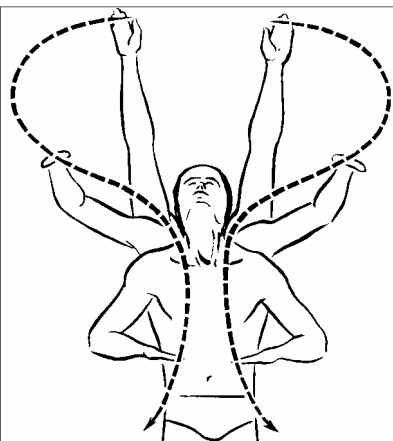
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Breaststroke

- Both feet turned out on kick
- Knees inside feet on backward kick
- Arms pulling outwards to 10:00 o'clock and 2:00 o'clock in a locked position **after** the kick is complete
- Legs up slowly and extend back quickly
- High hip position
- Long glide to the count of 3
- Heels Together .. Hands Apart

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Butterfly

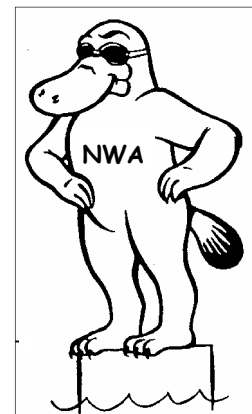
- Little finger first, straight arm recovery
- Feet together with kick in (hand entry) and kick out (hand exit); timing of the stroke
- Continuous arms together
- Breath just prior to arm recovery
- Feet together and hands together on kick and arm stroke

"Long" arms, head down at commencement of the stroke

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Much more available on
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