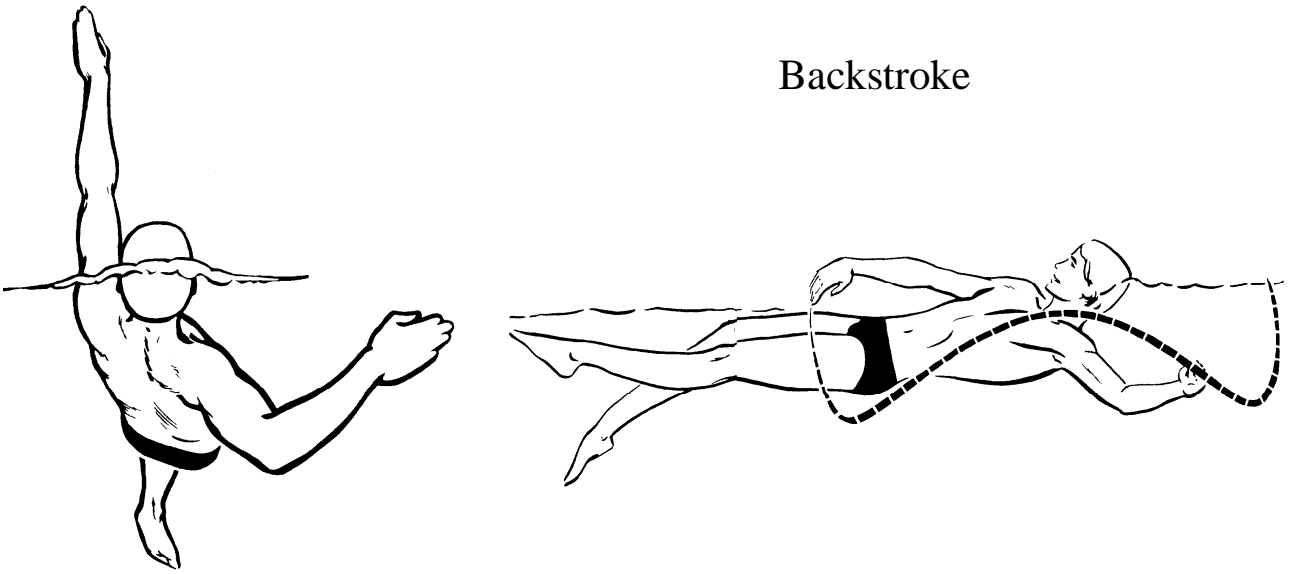
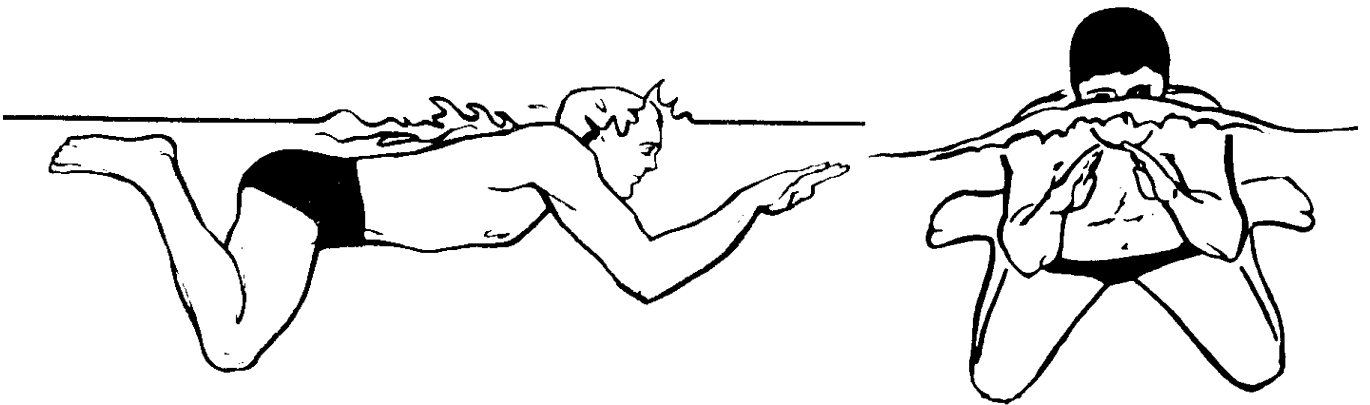


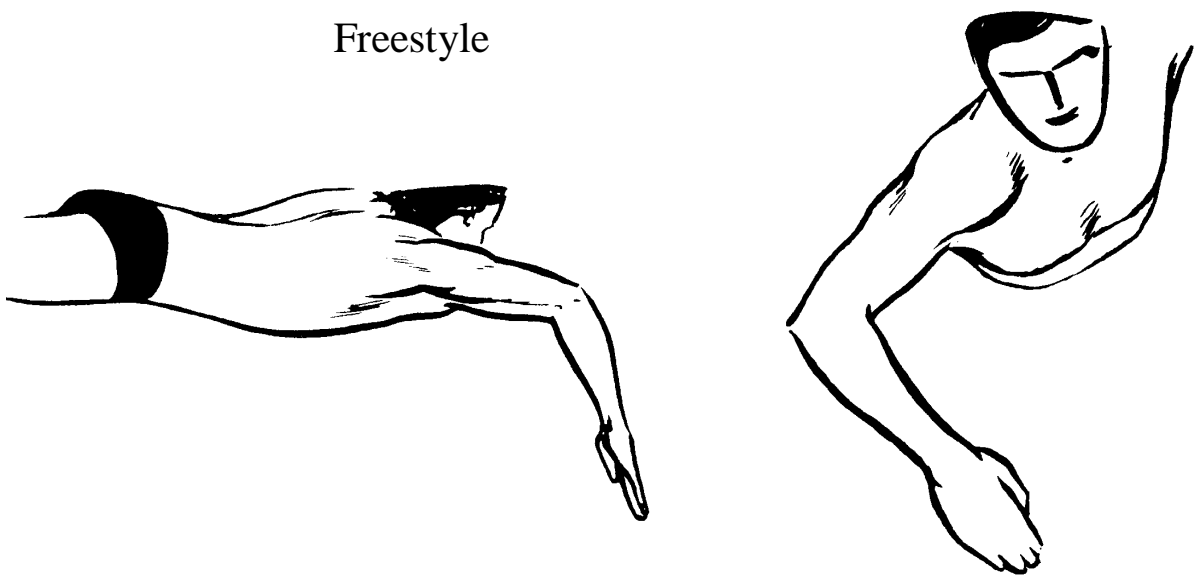
Backstroke

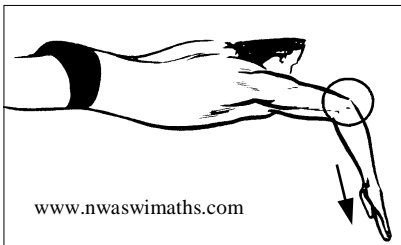


Breaststroke



Freestyle

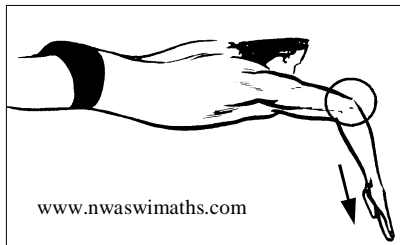




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Freestyle

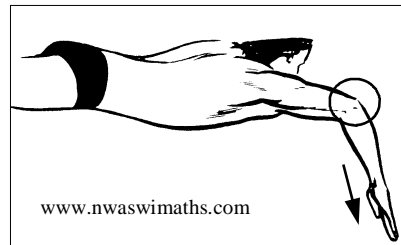
- Strong, continuous kick with extended legs – pointed toes
- Bent Arm Recovery with slight elbow lead, thumb first (v. semi-circle recovery)
- Controlled breathing and head position
- Long stroke with slow arms
Fingertips – wrist – elbow – shoulder
No splash entry



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Freestyle

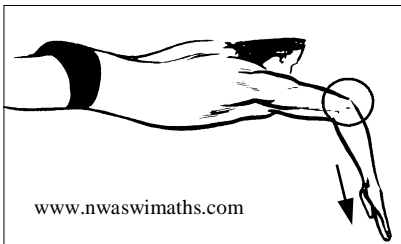
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Freestyle

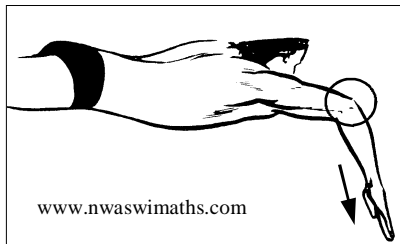
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Freestyle

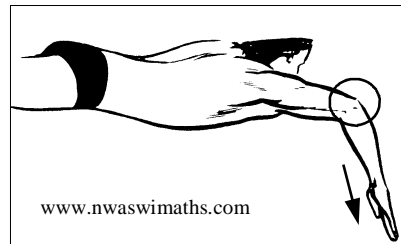
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Freestyle

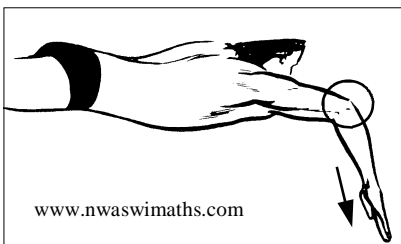
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Freestyle

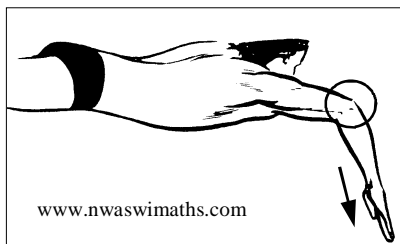
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Freestyle

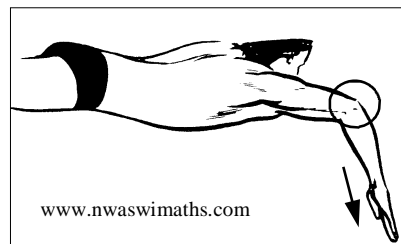
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