

BREASTSTROKE

Body Position

Body close to surface

Body rotates at the hips

Head rises and dives with body rotation

Leg Movement

Feet draw up and close to buttocks

Feet turned outward close to/below surface

Initial 'catch' positioning of legs

Knees separate shoulder width apart

Semicircular path of feet and legs reach full extension

Arm Movement

Outward pull and sweeping action of arms

Shoulders rise as hands and forearms move inward and upward to chest Hands and elbows squeeze together moving forward close to surface Breathing

Breathing

Breathing occurs during propulsive phase

Timing

Pull begins after kick finishes

Feet ready to kick as shoulders are up

BUTTERFLY

Body Position

Body undulates continuously
Hips break surface

Leg Movement

Leg movement flows from hips
As feet drive down, hips rise
As hips drive down, feet rise but don't breakout surface
Legs together, feet pointed & turned slightly inward

Arm Movement

Hands enter in front of shoulder, thumbs down
Arms sweep out but bring them back higher than neck
Shoulders, forearms, and hands lined up vertically at midpoint of pull phase
Accelerated pull past hips
Relaxed recovery, arms clearing but close to surface

Breathing

Breathing occurs every 2nd/3rd stroke
Breathing starts at end of pull phase
Head enters and exits surface before hands

Timing

Two kicks per stroke
First kick on hand entry
Second kick toward end of pull phase

FREESTYLE

Body Position

Streamlined with even body roll from side to side

Head is steady, slightly tilted up, eyes straight down to bottom, slightly look forward

Leg Movement

Kick is initiated from hips

Knees lead in both directions

Loose ankles, Pointed toes

Whipping action of lower leg and foot

Arm Movement

Smooth hand entry in front of shoulder

Accelerated pull finishing past hips

Shoulders, forearms, and hands lined up vertically at midpoint of pull phase

Relaxed recovery

Shoulder and elbow initiate recovery

Elbow is higher than hand during recovery

Breathing

Breathing Bilateral breathing pattern is used

No forward/upward lift of head

Timing

Six-beat kick is used Recovery arm is trying to 'catch-up' to pulling arm

BACKSTROKE

Body Position

Shoulders and body rolls from side to side
Chest at the surface and high hips
Head is steady, eyes straight up

Leg Movement

Kick is initiated from hips
Knees lead in both directions
Loose ankles, pointed toes
Whipping action of lower leg and foot
Knees are relative straight and stay below surface

Arm Movement

Arm enters above shoulder
Pinky enters first and deep entry
Accelerated pull past hips
Shoulders, forearms, and hands lined up vertically at midpoint of pull phase
Shoulder leads arm recovery
Hand exits, thumb first, straight arm recovery

Breathing

Pattern is regular, rhythmic and relaxed

Timing

Recovery arm enters as pulling arm finishes