



STARTS, TURNS & FINISHES



STARTS



Track Start Position

1) Eyes looking down

- Head neutral, chin not tucked

2) Rear foot positioned in-line or slightly behind the hips

3) Arms ready to pull

- Thumbs around blocks

** The back is rounded in this position, which is both unavoidable and not ideal for jumping.*





The Best Jump

- 1) Flat back
- 2) Hips moving forward





From Setup to Takeoff

- 1) Pull with the arms
 - “Elbows to ribs”
- 2) Push chin & chest forward
 - Changes posture to a flat back
- 3) Push with the rear leg
 - Get the hips moving forward





The Mid-Air Goal

- 1) Jump forward
 - Not up
 - Back stays horizontal
- 2) Arms recover around the side
 - Comfortably
- 3) Rear foot extends high





Full Start

Pull with arms – Flat back – Jump forward





Start Drill

Back is flat & locked – Eyes forward – Elbows up



Backstroke Start Goals

- 1) Push away from the wall
- 2) Clean entry



Backstroke Start Variables

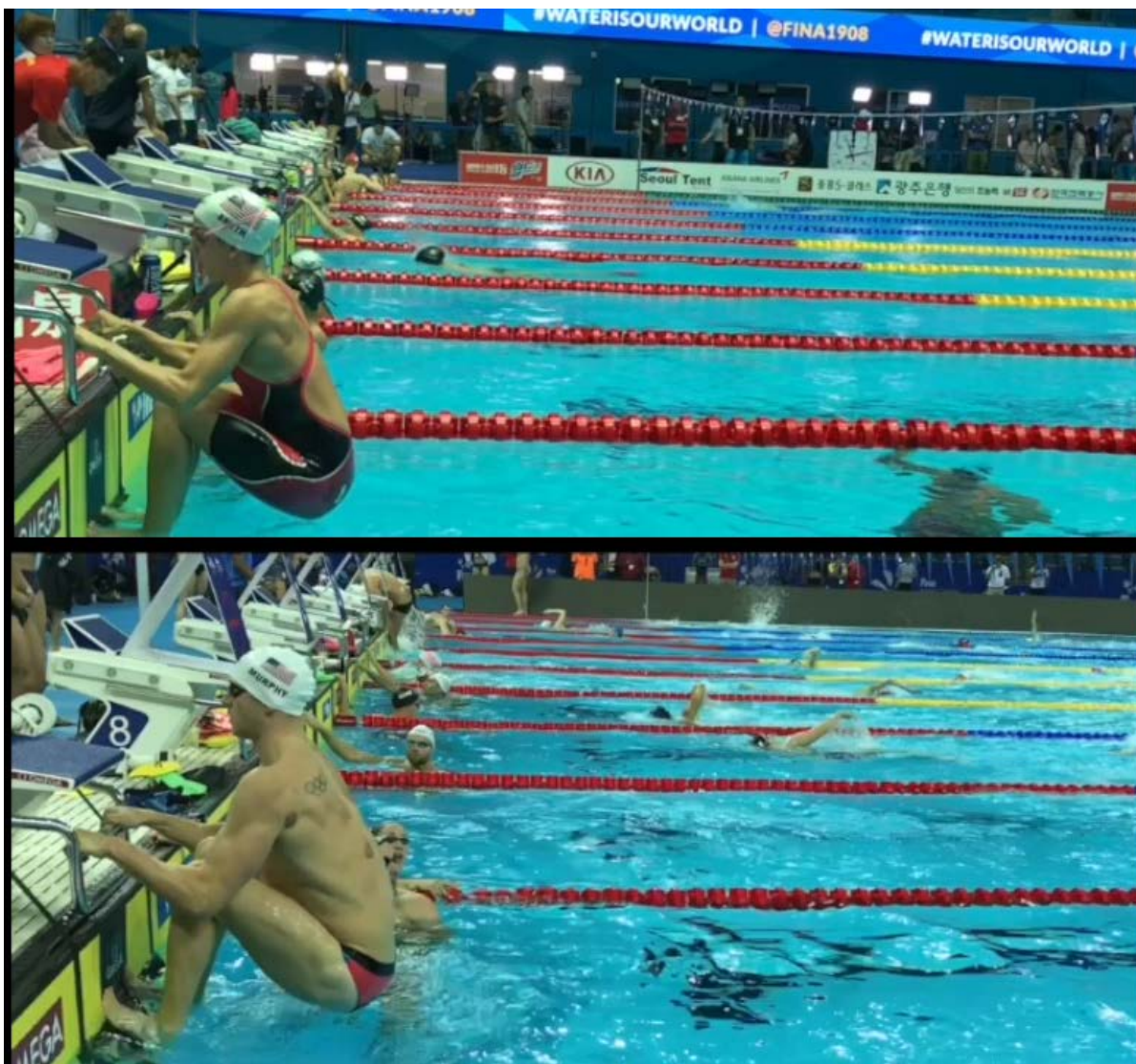
- 1) Knee bend
- 2) Back angle
- 3) Hip height
- 4) Shoulder height
- 5) Shoulder inward-ness
- 6) Neck angle



Backstroke Start Action Priorities

- 1) Push away from the wall
- 2) Unfold at the hips quickly
 - Get the upper body away from the wall
- 3) Don't push with the legs too early
 - Get the upper body away from the wall





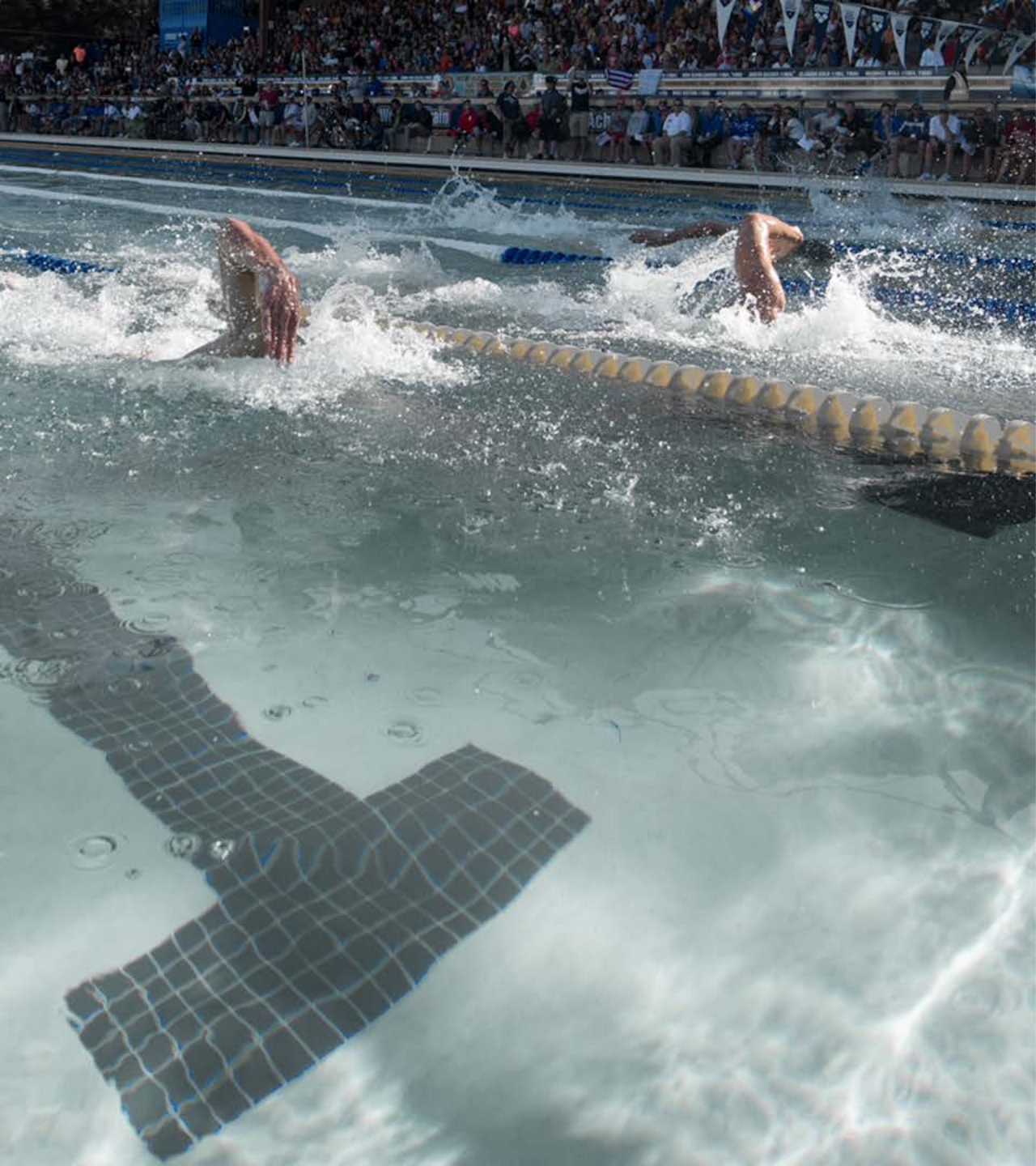
Full Start

Tension through the setup – Jump away from the wall





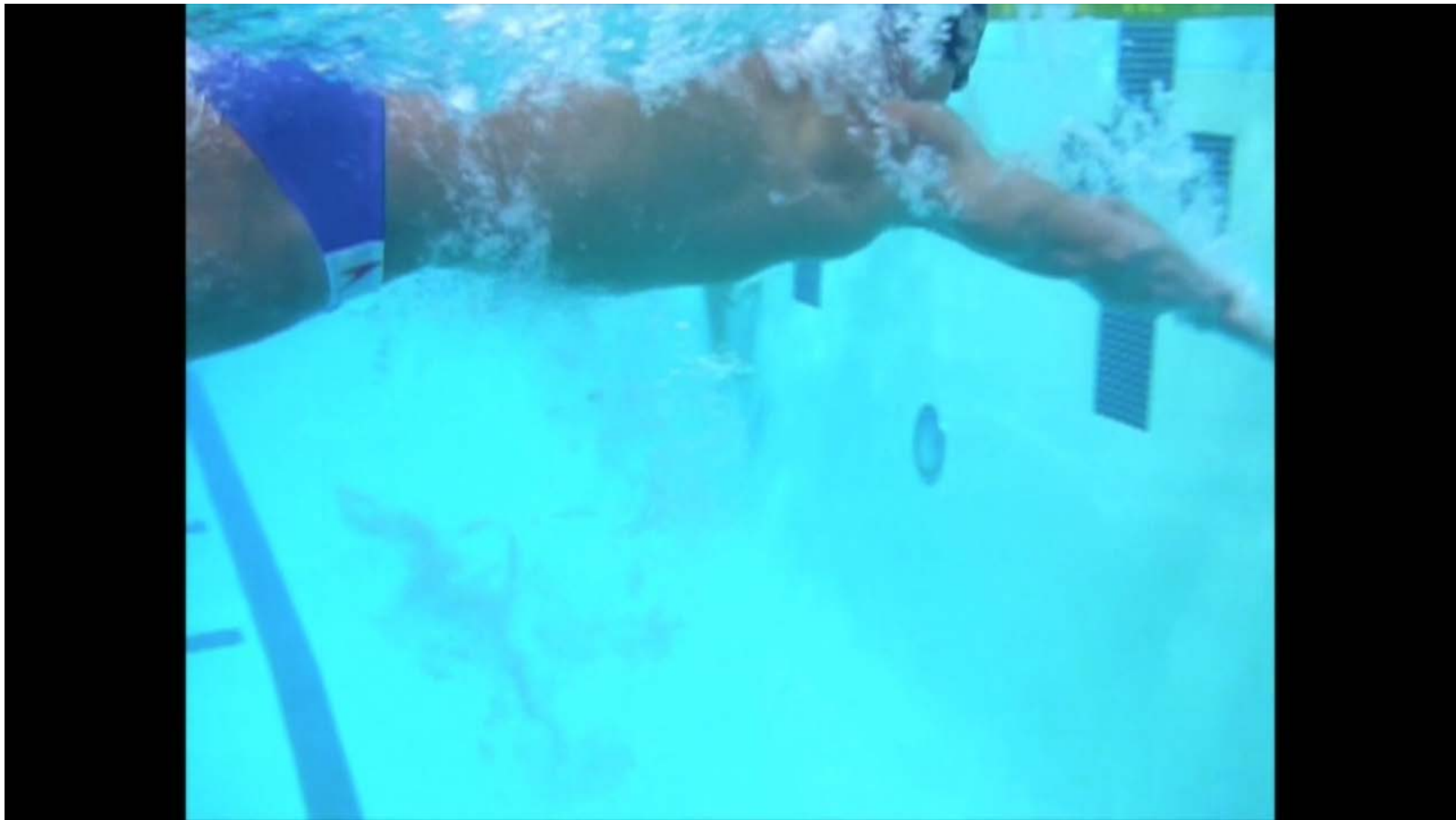
TURNS



Flip Turns

- 1) Swim all the way into the wall
- 2) Head follows the last hand down
- 3) Bend at the upper abdomen
 - Consider not tucking the chin
- 4) Rotate your palms and use your hands to throw water over your head

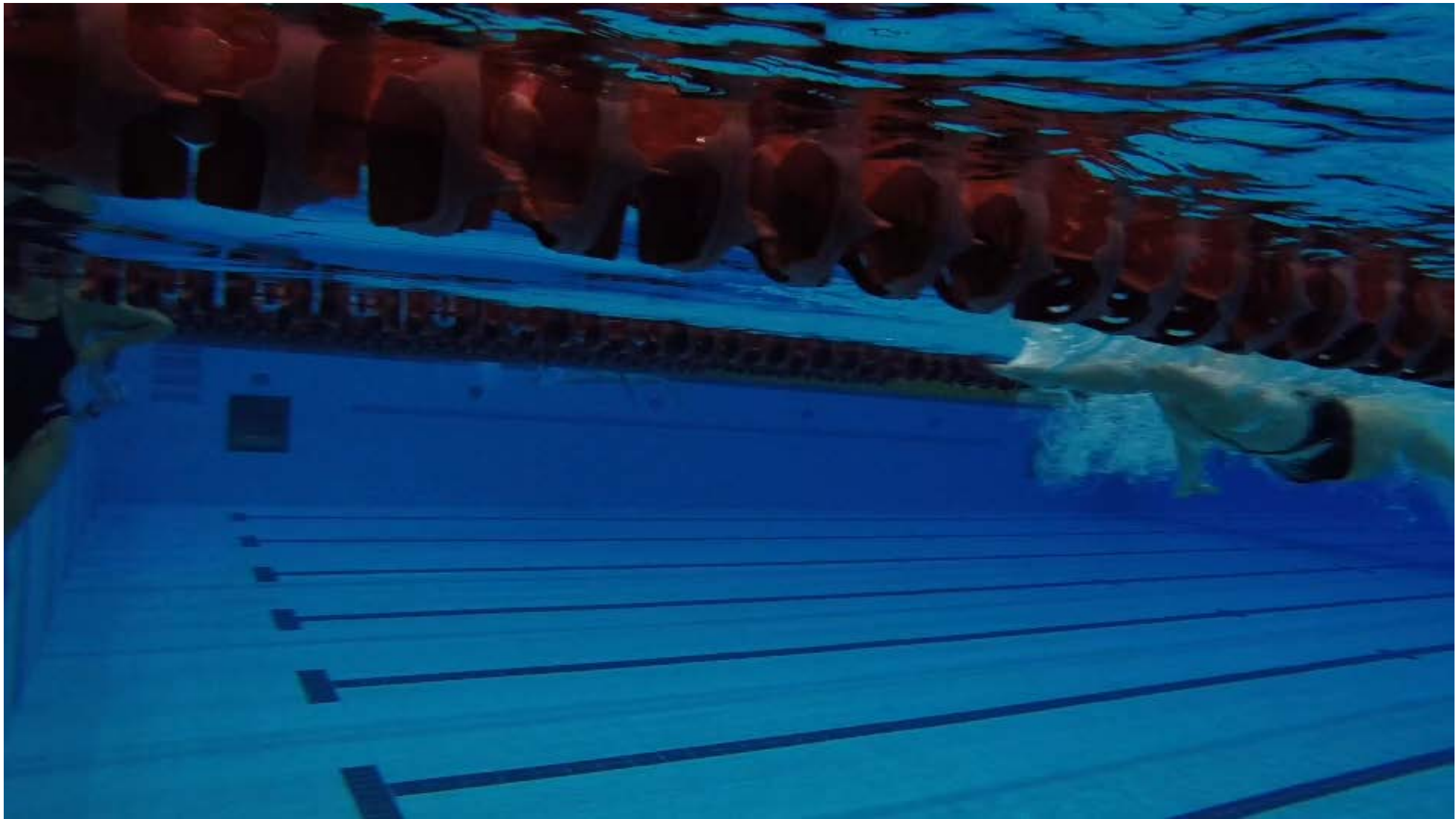




Flip Turn

Head follows the last stroke – Flip the hand





Backstroke Turn

Use the 2nd to last stroke – Flip the hands – Jump off the wall

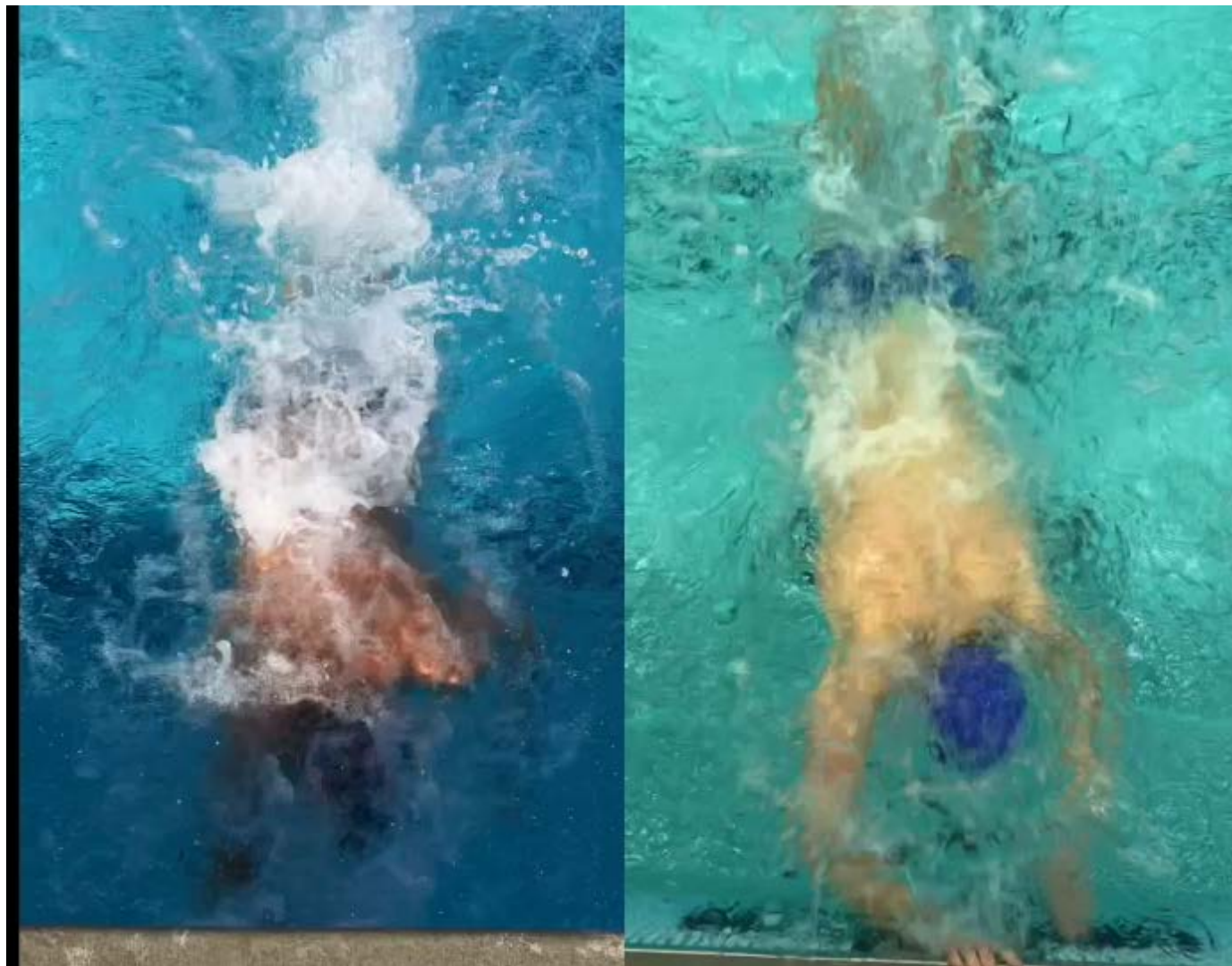




Open Turns

- 1) Adjust for the wall 2-3 strokes out
- 2) The Basics – knees up, elbow back
- 3) Spin toward the side
- 4) Plant your feet well





Open Turn

Stay low to the water – Spin at an angle





Open Turn

Plant the feet in a good jumping position!





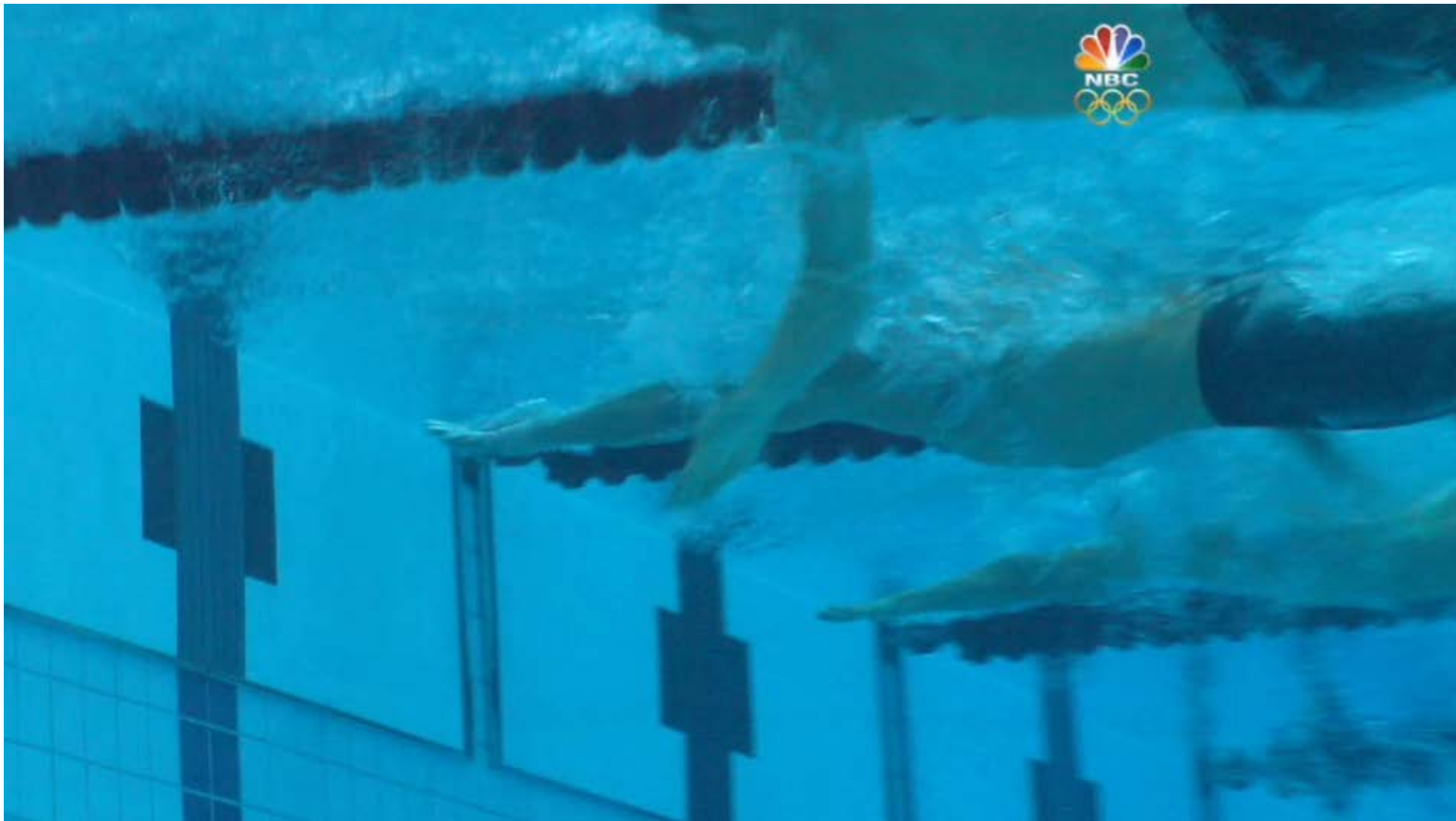
FINISHES



Finishes

- 1) Adjust 2-3 strokes out (for breast + fly)
- 2) Tempo up
- 3) Take a direct, straight lunge toward the wall





Freestyle Finish

Direct line into the wall – Don't lift head too much





2012 Backstroke Finishes
Don't lunge way off the bodyline!





2016 Backstroke Finishes
Lunge with a direct line into the wall

