

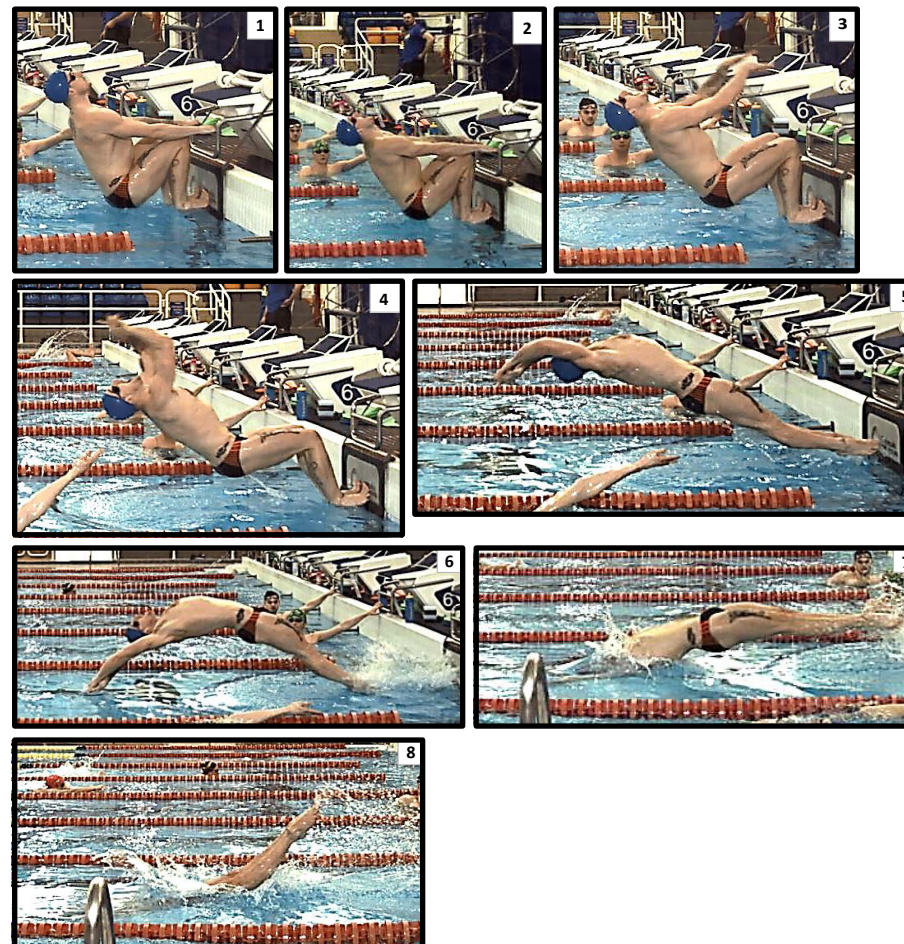
BACKSTROKE START

EVALUATION SHEET



REAR WEIGHTED

Photo Ref	Score	Set Up
1		Buttocks off Heels
1		Balls of feet at waterline or above
1		Spine & Head in neutral line
1		Shoulders upper body and head leaning back
		Drive
2		Head tips back
2		Hands release block as leg drive commences
3,4		Arms sweep over head
3,4		Leg drive lifts hips completely clear of water
5		Legs reach full extension as feet leave wall
		Flight Phase & Entry
5,6		Spine extends as head comes back into a more neutral position
6		Back fully arched prior to hands entering water
6		Hips rise to highest point in flight
6,7		Arms & head streamlined before point of entry
6,7,8		Feet & ankles at full extension during flight
7,8		Entire body enter through single entry point
Total (15)		



Example: Chris Walker-Hebborn