

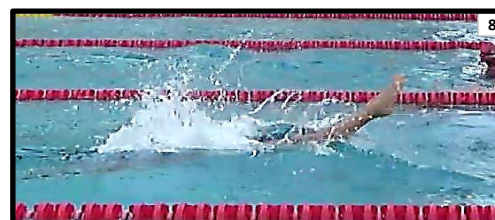
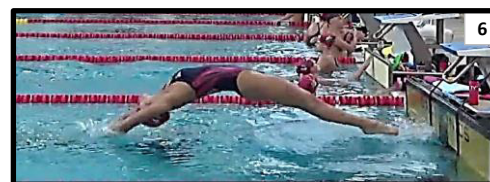
BACKSTROKE START

EVALUATION SHEET



FORWARD WEIGHTED

Photo Ref	Score	Set Up
1		Buttocks off Heels
1		Balls of feet waterline or above
1		Spine & Head in neutral line
1		Ability to flex arm & hold position
		Drive
2,3		Shoulders move backwards horizontally
2,3		Drive hips up to raise buttocks clear of water
2,3,4,5		Arms extend as legs drive
		Flight Phase & Entry
4,5		Spine extends as line of sight spots opposite end of pool
6		Hips rise to highest point in flight
6		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 (12)		



Example: Georgia Davies