

BACKSTROKE TO BREASTSTROKE TURN

EVALUATION SHEET



CROSSOVER TURN

Photo Ref	Score	Approach
		Maintain swimming speed and stroke rate through the 5m flags
1		Rotate onto side half way through last arm pull
2		Reach down to touch wall
2		Line of sight looking to side of pool
2		Arm stays at side as completes the last pull
		Rotation
2,3		Head dips down to follow hand and initiate rotation
2,3,4		Hand has firm contact with wall to aid rotation
3,4		Forcibly bend at waist
5		Rotate palms to face bottom of pool as head passes under hips
4		Knees tuck quickly as head passes under hips
2,3,4		Arm not in contact with wall stays neutral throughout
4,5,6		As feet approach wall, arms come together to streamline
		Footplant & Drive Phase
6		Feet plant using the balls of feet
6		Feet aligned horizontally
6		Knees flexed at approximately 90 degrees
7		Arms streamlined above shoulders as legs fully extend
6,7,8		Rotate onto breast position
8		Perfect streamline parallel to water surface
Total (18)		

