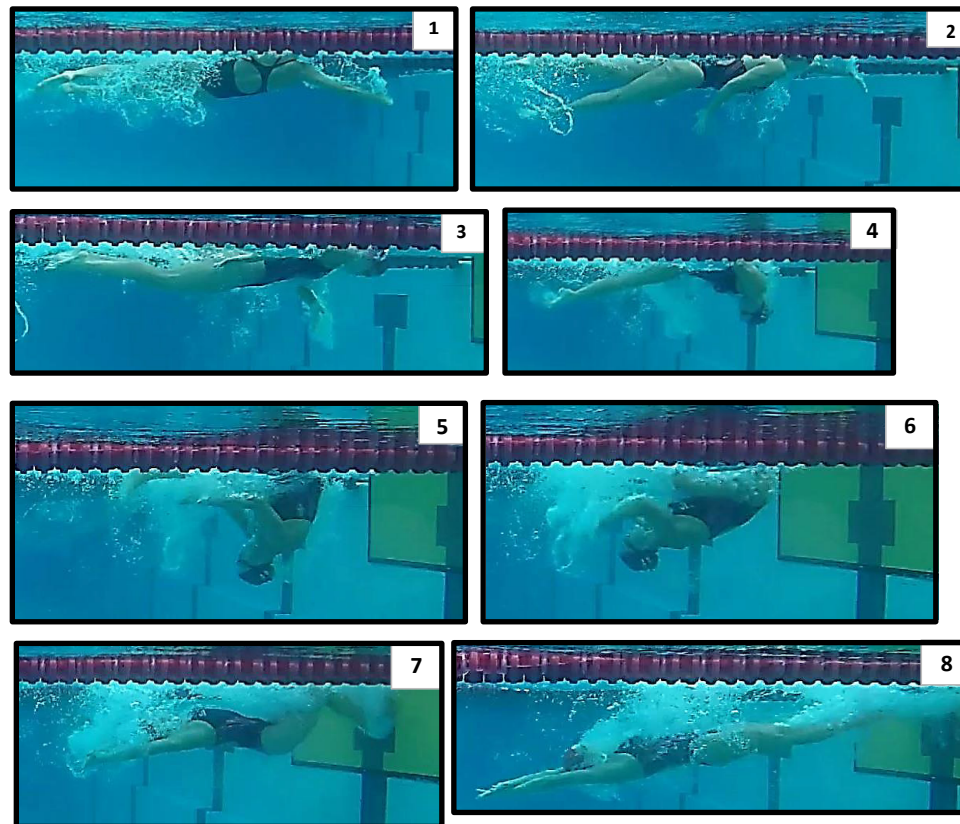


BACKSTROKE TURN

EVALUATION SHEET



Photo Ref	Score	Approach
		Maintain swimming speed and stroke rate through the 5m flags
1		Penultimate armstroke taken with body rotating to side
2		Final armstroke rotates body onto front
2		Wall spotted as final arm enters water
3		Head dips through front half of last arm pull
		Rotation
3		Head dips to initiate rotation
4		Single dolphin kick as head and shoulders submerge
4		Forcibly bend at waist as last arm pull is finishing
5		Rotate palms to face bottom of pool as head passes under hips
5,6		Knees tuck quickly once head has passed under hips
5,6		Push water over head to help hips rotate
		Footplant & Drive Phase
7		Feet plant using the balls of feet
7		Feet aligned vertically
7		Knees flexed at approximately 90 degrees
7		Arms streamlined above shoulders
7,8		Legs drive through balls of feet
7,8		Push into streamline position
Total (17)		



Example: Georgia Davies