

BREASTSTROKE TURN

EVALUATION SHEET

Photo Ref	Score	Approach
1		Maintain swimming speed and stroke rate
1		Spot wall to finish on fullstroke
1		Keep bodyline flat on water surface
2		Hands touch simultaneously and seperated with slight elbow flexion
		Rotation
2,3		Head stays low to water surface throughout rotation
2,3		Knees tuck towards wall directly underneath body
2,3		One arm leaves the wall with the elbow flexing back beyond torso
2		Above 2 points happen simultaneously
3		Opposite arm leaves wall as feet pass underneath hips
2,3		Feet & ankles remain full extension during rotation
4		Feet extend to wall as head submerges
		Footplant & Drive Phase
4,5		Feet plant using the balls of feet
4,5		Toes point sideways with knees at approximately 90 degrees
4		Recovering arm enters water close to head in a streamlined position
4,5		Hips, shoulders & bottom arm aligned
5		Legs drive through balls of feet
6		Push into streamline position on side
7		Rotate to breast after feet leave wall & before any stroke or kick
Total (18)		

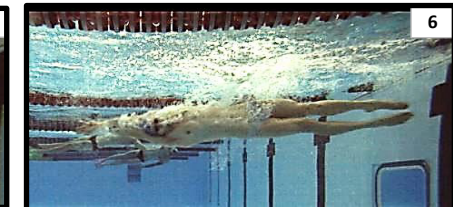
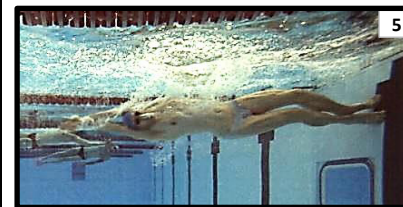
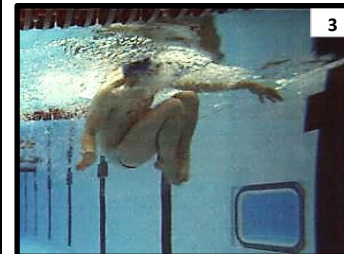
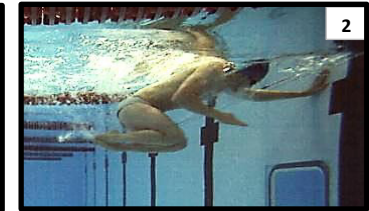
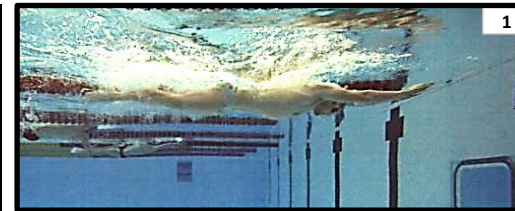
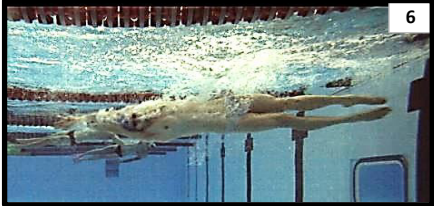
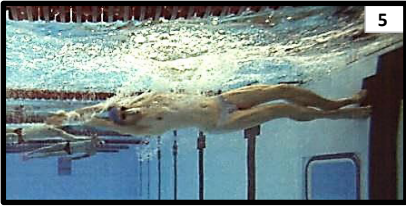
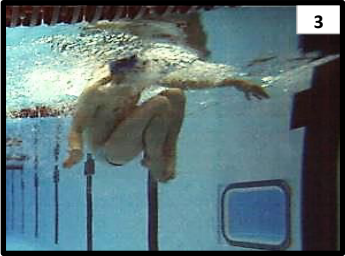
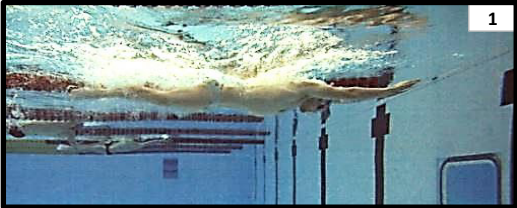


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Example: Andrew Willis

23	Head stays low to water surface throughout rotation		
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