

FREESTYLE TURN

EVALUATION SHEET

Photo Ref	Score	Approach
		Maintain swimming speed and stroke rate through the 5m flags
1		Final arm stroke acts as anchor point for turn
1		Wall spotted as final arm enters water
2		Head dips through front half of last arm pull
2		Final third of arm stroke accelerates through to hip
		Rotation
3		Head dips to initiate rotation
3		Single dolphin kick as head and shoulders submerge
3,4		Forcibly bend at waist
4,5		Rotate palms to face bottom of pool as head passes under hips
4,5		Knees tuck quickly once head has passed under hips
4,5		Push water over head to help hips rotate
		Footplant & Drive Phase
6		Feet plant using the balls of feet
6		Feet aligned vertically or diagonally
6		Knees flexed at approximately 90 degrees
6		Hands come together to streamline as feet plant on wall
6,7		Legs drive through balls of feet
7		Arms and legs extend into streamline simultaneously
7		Push into streamline position on side
8		Rotate onto prone position
Total (18)		

