

BUTTERFLY TO BACKSTROKE TURN

EVALUATION SHEET

EXIT ON BACK

Photo Ref	Score	Approach
		Maintain swimming speed and stroke rate
1		Spot wall to finish on fullstroke
1		Keep bodyline flat on water surface with ankles extended
1		Hands touch simultaneously and seperated
1 to 2		Elbows flex as hands touch wall
		Rotation
2		One arm releases wall and elbow draws back towards torso
2,3		Head stays low to water surface throughout rotation
2,3		Knees tuck towards wall directly underneath body
4		Opposite arm leaves wall as feet pass underneath hips
3,4		Feet & ankles remain full extension during rotation
		Footplant & Drive Phase
5		Feet plant using the balls of feet
5,6		Toes point sideways with knees at 90 degrees
6		Recovering arm enters water close to head in streamline
6		Hands come together to streamline as leg drive begins
6		Hips, shoulders & bottom arm aligned
6		Legs drive through balls of feet
6,7		Arms and legs extend into streamline position simultaneously
6,7,8		Push into streamline position on back
Total (17)		

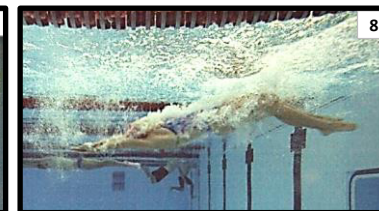
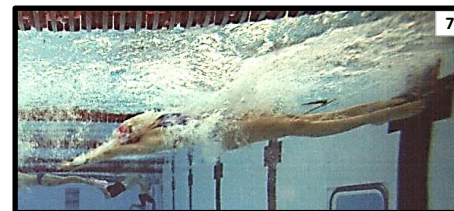
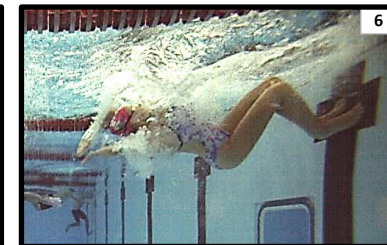
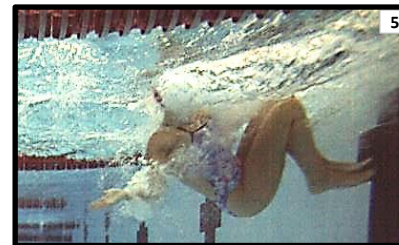
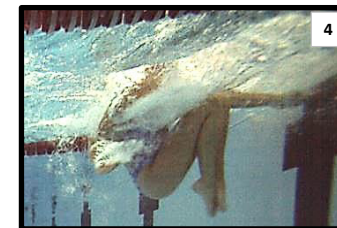
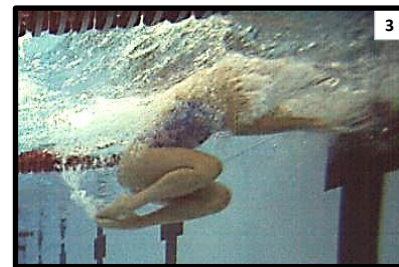
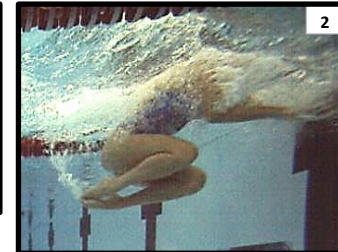
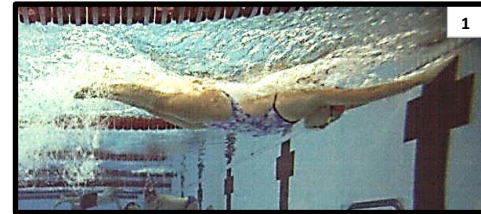


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