

BUTTERFLY TURN

EVALUATION SHEET

Photo Ref	Score	Approach
		Adjust stroke length at 15m from the wall
1		Spot wall to finish on fullstroke
1		Keep bodyline flat on water surface
1		Hands touch simultaneously (and seperated)
		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
3		Opposite arm leaves wall as feet pass underneath hips
2,3		Feet & ankles remain full extension (Plantar flexed) during rotation
		Footplant & Drive Phase
4		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 and ear in streamline position
4		Hands come together to streamline as feet begin push from the wall
4,5		Hips, shoulders & bottom arm aligned
4,5		Legs drive force through balls of the feet
5,6		Arms and legs extend into streamline position simultaneously
6		Push into streamline position on side
7		Rotate onto the breast after feet leave wall & before any stroke or kick
Total (17)		

