

TRACK START

EVALUATION SHEET

FORWARD ARM ACTION

Photo Ref	Score	Set Up
1		Hips in front of back foot
1		Feet approximately hip width apart
1		Toes of front foot grip block
1		Pressure through balls of foot onto wedge
1		Hands grip shoulder width apart
1		Thumbs grip block to stabilise
1		Arms long with tension through shoulders
1		Eyes downwards
		Drive
2		Drive back leg to accelerate hips forward
2		Head in neutral position
2		Arms pull to create forward body motion
2		Arms flex with forearms travelling forward
3		Rear leg drives to hip line or above
3		Front leg & arms extend simultaneously
		Flight Phase
4		Lead leg drives to hip line as fast as possible
4		Arms at full extension in front of face
5		Legs meet mid flight
		Entry
5		Arms & head streamlined before point of entry
4,5,6,7		Feet & ankles at full extension during flight
6,7		Entire body enter through single entry point
Total (20)		

