



# STARTS, TURNS & FINISHES



# STARTS



## *Track Start Position*

### 1) Eyes looking down

- Head neutral, chin not tucked

### 2) Rear foot positioned in-line or slightly behind the hips

### 3) Arms ready to pull

- Thumbs around blocks

*\* The back is rounded in this position, which is both unavoidable and not ideal for jumping.*





## *The Best Jump*

- 1) Flat back
- 2) Hips moving forward





## *From Setup to Takeoff*

### 1) Pull with the arms

- “Elbows to ribs”

### 2) Push chin & chest forward

- Changes posture to a flat back

### 3) Push with the rear leg

- Get the hips moving forward





## *The Mid-Air Goal*

- 1) Jump forward
  - Not up
  - Back stays horizontal
- 2) Arms recover around the side
  - Comfortably
- 3) Rear foot extends high

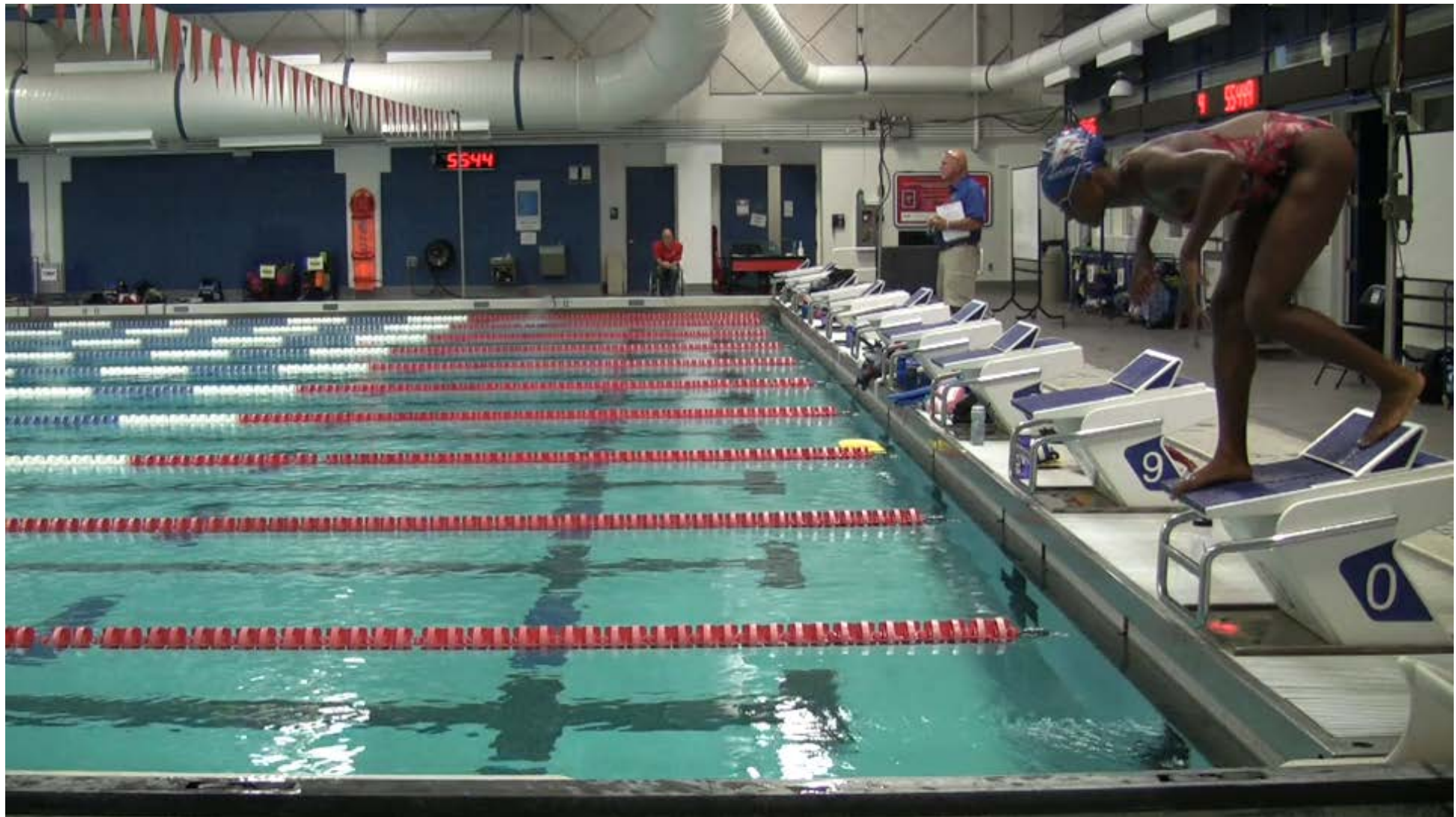




## *Full Start*

*Pull with arms – Flat back – Jump forward*





## *Start Drill*

*Back is flat & locked – Eyes forward – Elbows up*





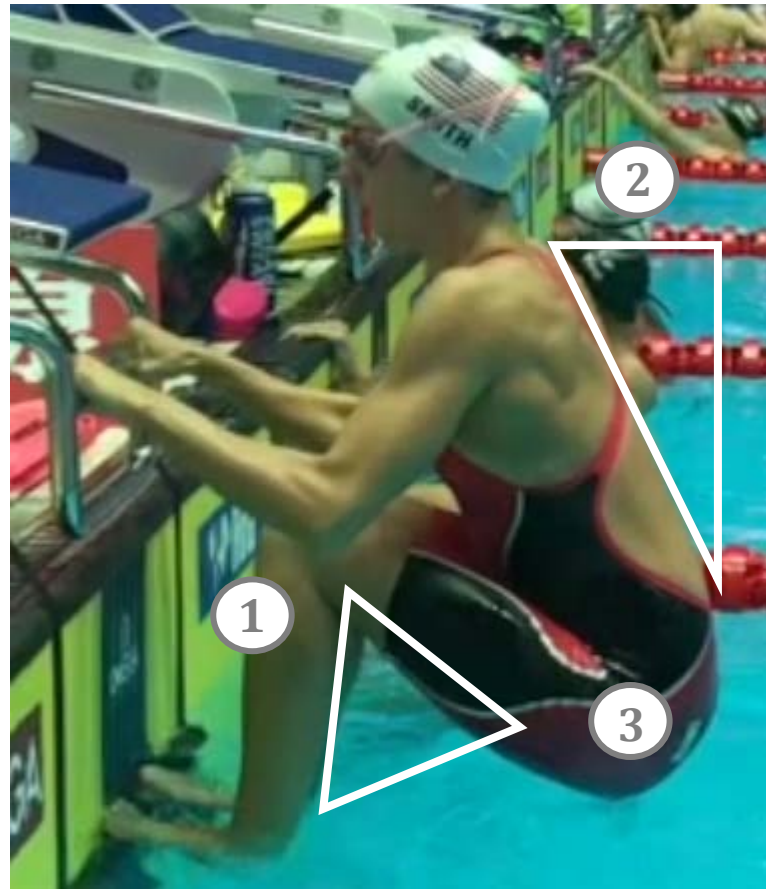
# *Backstroke Start Goals*

- 1) Push away from the wall
- 2) Clean entry



# *Backstroke Start Variables*

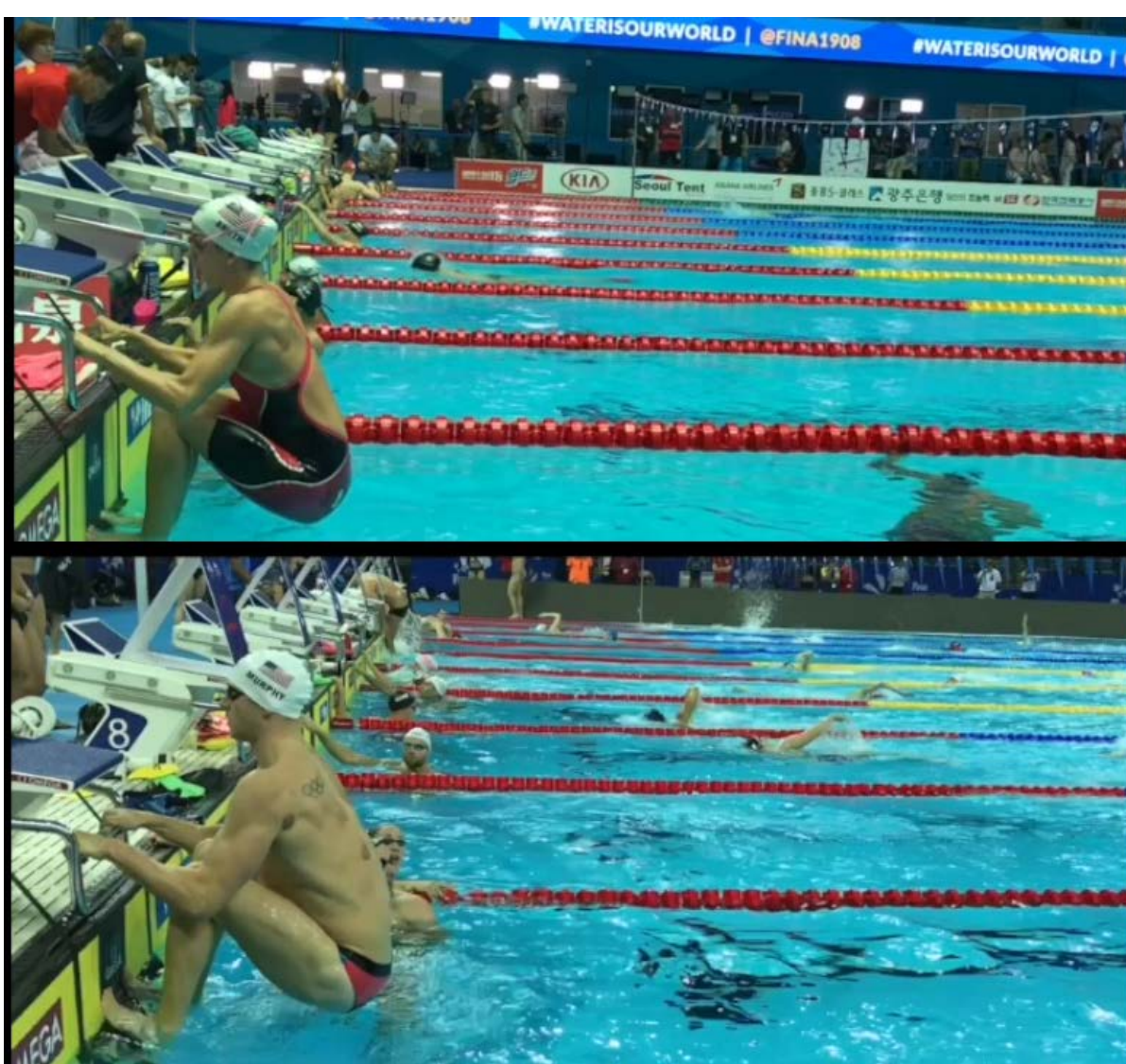
- 1) Knee bend
- 2) Back angle
- 3) Hip height
- 4) Shoulder height
- 5) Shoulder inward-ness
- 6) Neck angle



# *Backstroke Start Action Priorities*

- 1) Push away from the wall
- 2) Unfold at the hips quickly
  - Get the upper body away from the wall
- 3) Don't push with the legs too early
  - Get the upper body away from the wall





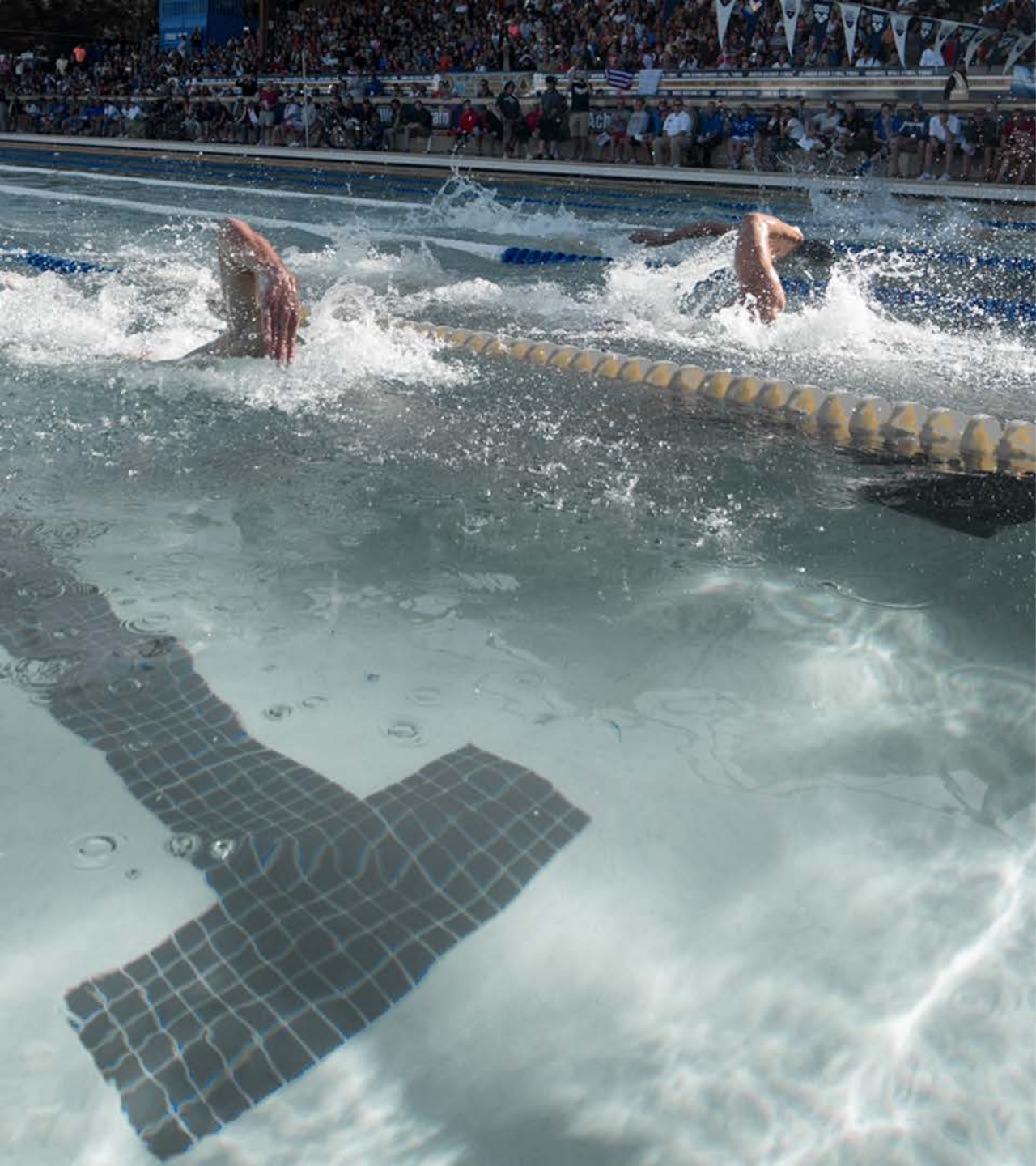
## *Full Start*

*Tension through the setup – Jump away from the wall*





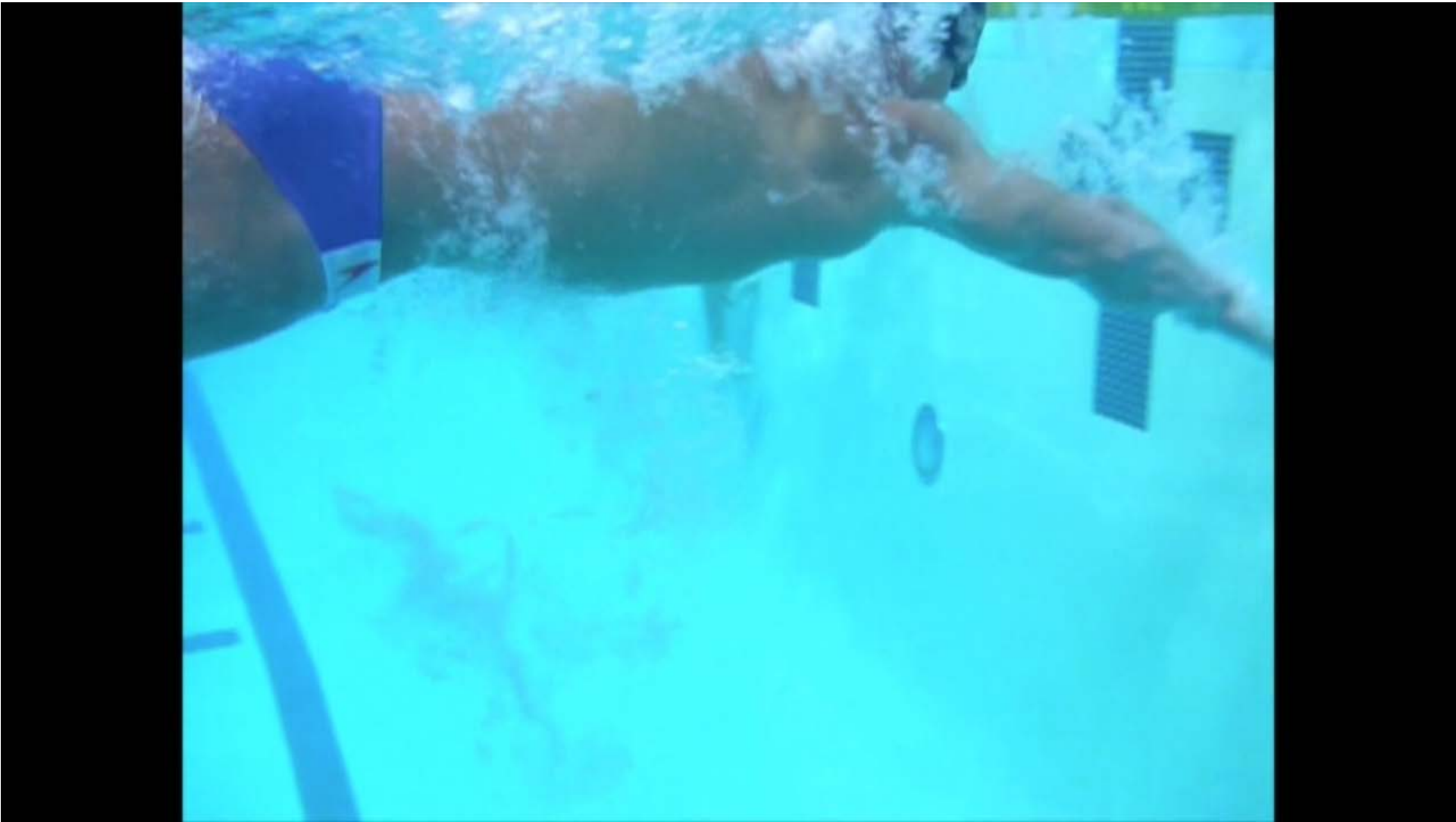
# TURNS



## *Flip Turns*

- 1) Swim all the way into the wall
- 2) Head follows the last hand down
- 3) Bend at the upper abdomen
  - Consider not tucking the chin
- 4) Rotate your palms and use your hands to throw water over your head

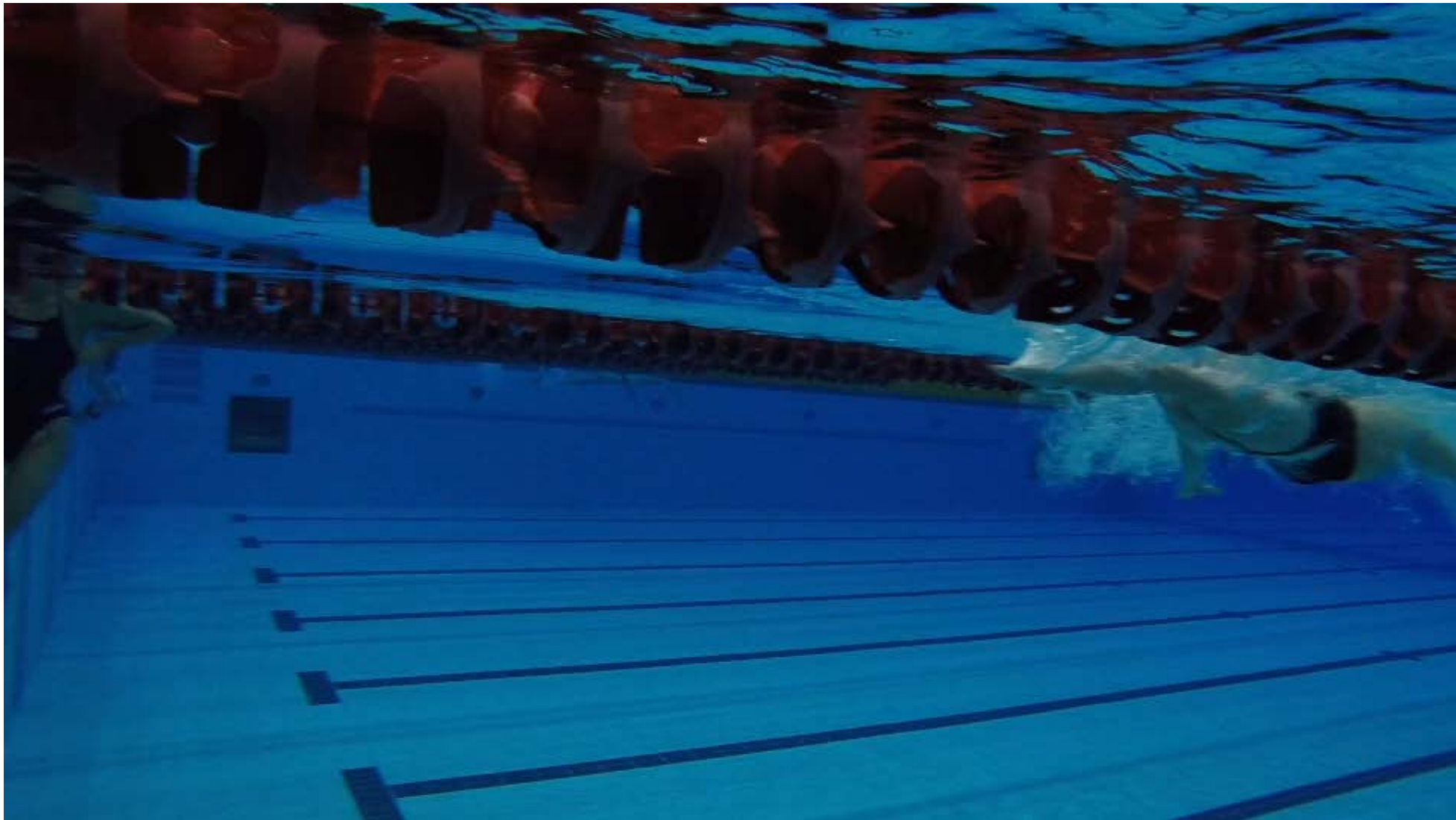




## *Flip Turn*

*Head follows the last stroke – Flip the hand*





## *Backstroke Turn*

*Use the 2nd to last stroke – Flip the hands – Jump off the wall*



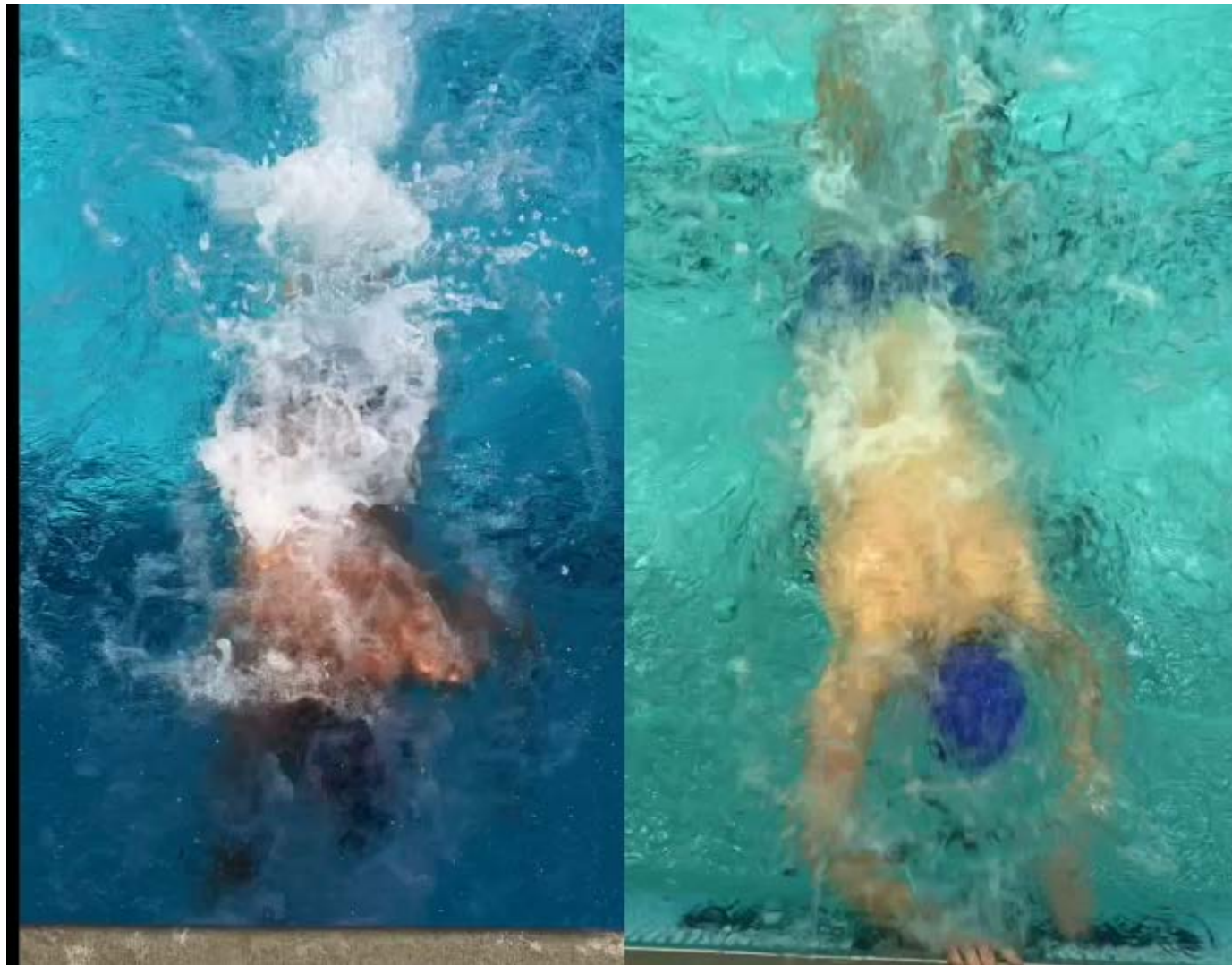




## *Open Turns*

- 1) Adjust for the wall 2-3 strokes out
- 2) The Basics – knees up, elbow back
- 3) Spin toward the side
- 4) Plant your feet well





## *Open Turn*

*Stay low to the water – Spin at an angle*





## *Open Turn*

*Plant the feet in a good jumping position!*





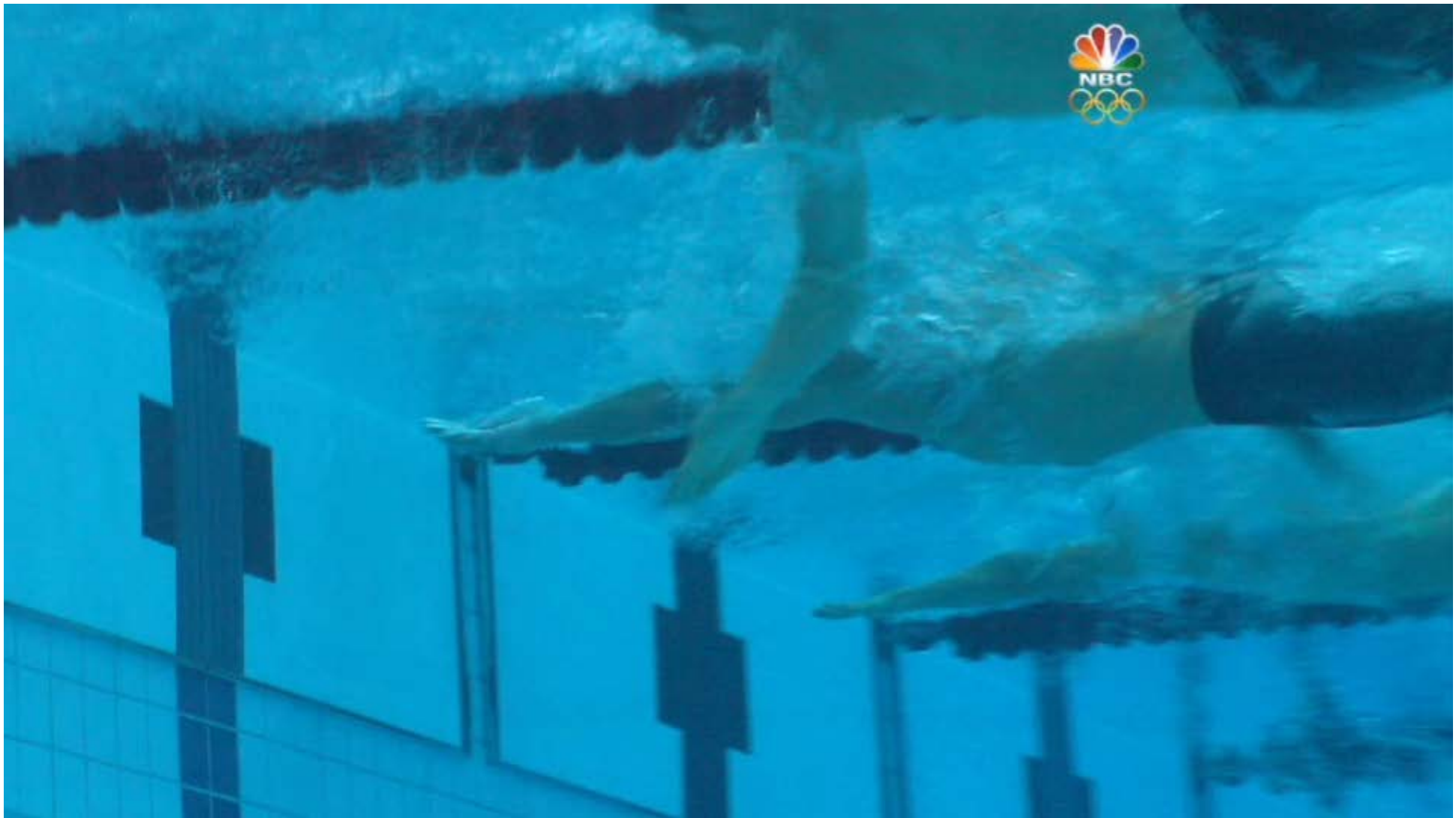
# FINISHES



## *Finishes*

- 1) Adjust 2-3 strokes out (for breast + fly)
- 2) Tempo up
- 3) Take a direct, straight lunge toward the wall





## *Freestyle Finish*

*Direct line into the wall – Don't lift head too much*





*2012 Backstroke Finishes  
Don't lunge way off the bodyline!*





*2016 Backstroke Finishes*  
*Lunge with a direct line into the wall*

