

BREASTSTROKE TO FREESTYLE TURN

EVALUATION SHEET

Photo Ref	Score	Approach
		Maintain swimming speed and stroke rate
1		Spot wall to finish on fullstroke
1		Keep bodyline flat on water surface
1		Hands touch simultaneously and seperated
		Rotation
2,3		Head stays low to water surface throughout rotation
2,3		Knees tuck towards wall directly underneath body
2,3		One arm leaves the wall with elbow drawing back towards torso
2,3		Above 2 points happen simultaneously
3		Opposite arm leaves wall as feet pass underneath hips
2,3		Feet & ankles remain full extension during rotation
4		Feet extend to wall as head submerges
		Footplant & Drive Phase
4,5		Feet plant using the balls of feet
4,5		Toes point sideways with knees at 90 degrees
4,5		Recovering arm enters water close to head in streamline
5		Hips, shoulders & bottom arm aligned
5,6		Legs drive through balls of feet
6		Push into streamline position without twisting
7		Return to breast after leaving wall & before any stroke or kick
Total (17)		



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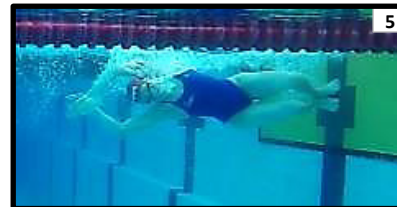


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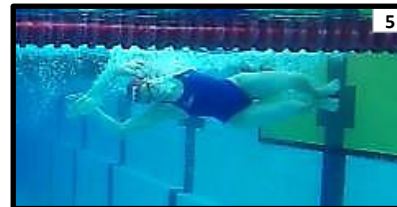


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