

Basic rules

1. Head down hips up.
2. Hips before hands.
3. Feel with your finger tips.
4. All strokes move from slow to fast.



BACKSTROKE

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| 1. Travel on back/Canoe | Hands on thighs, eyes up, long neck, tight core w/a slightly rounded back & a light kick. |
| 2. Travel on back with rotation | Travel position and rotate using the hip & keeping the core tight. |
| 3. Lift and drop | Travel, rotate lift arm out thumb first until over eyes then drop back down to travel position. |
| 4. Lift and glue | Glue 1 arm to ear & 1 arm at side-lift & stop above eyes & see the thumb - then swich both arms. |
| 5. Rib Drill | With one hand on rib cage, recover the other arm. When the skin pulls - rotate arm in. |
| 6. Backstroke catch-up | Both arms above the eyes - alt. one arm anchor & lift back up. Kick hard - hold body position. |
| 7. Touch Down | One arm at the side - the other anchors & throws the shoulder out. Then the one at the side lifts. |

Key Backstroke Terms:

Long Neck

Chin up

Eyes to the sky

Thumb out

Body rotates arm in

