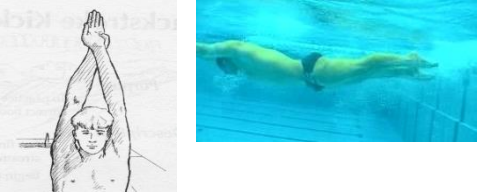



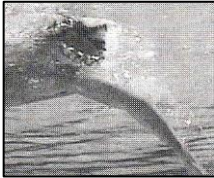




Swim Video Analysis

Swim Skill	Skill Example
<p>1. Streamline Pushoff</p> <ul style="list-style-type: none"> • Hands stacked • Squeeze head • Kick 1st • Follow with stroke 	 <p>The diagram shows a swimmer from the chest up with hands stacked on top of the head and feet together. The underwater photo shows a swimmer in a full streamline position, gliding through the water.</p>
<p>2. Head position</p> <ul style="list-style-type: none"> • Water level at hairline or slightly deeper • Roll head while taking a breath (no lifting) 	 <p>The diagram shows a swimmer in a streamline position with the head rolled slightly to the side, demonstrating the correct head position relative to the water surface.</p>
<p>3. Body position</p> <ul style="list-style-type: none"> • Horizontal 	<p>See picture above</p>
<p>4. Kick</p> <ul style="list-style-type: none"> • Compact • Heels at surface • Straight leg during upbeat 	 <p>The diagram shows a swimmer's legs in a compact, straight position during the upbeat of a kick, with the heels near the water surface.</p>
<p>5. Entry</p> <ul style="list-style-type: none"> • Finger tips 1st • 45 degree or flat • Smooth • Enter and Stretch arm underwater in front of shoulder 	 <p>The left photo shows a close-up of a hand entering the water with the index finger leading. The right photo shows a swimmer's arm extended forward and slightly downward as it enters the water.</p>
<p>6. Catch</p> <ul style="list-style-type: none"> • Aim for high elbow position 	 <p>The photo shows a swimmer's arm during the catch phase, with the elbow high and the hand positioned to pull water back.</p>
<p>7. Pull Phase</p> <ul style="list-style-type: none"> • Pull pattern near midline of body 	 <p>The photo shows a swimmer during the pull phase, with the arms pulling water back towards the midline of the body.</p>

<p>8. Body Roll</p> <ul style="list-style-type: none">• 45 degree roll with every stroke	<p>As pictured above</p>
<p>9. Timing / Overlap</p> <ul style="list-style-type: none">• Stroking arm at shoulder or just in front as recovering arm enters water	
<p>9. Recovery</p> <ul style="list-style-type: none">• High elbow• Relaxed lower arm• Lead with elbow until near head then lead with hand to entry	