



Technique Cheat Sheet

Butterfly

- Flat and forward
- Touch legs as finishing out the back of the stroke
- Work underneath to recovery on top
- 2 strong kicks per arm cycle

Backstroke

- Leg driven
- Finish down to help with rotation
- Head back and still
- Throw shoulder, arm, and hand into water
- Swim on top of the water

Breaststroke

- Eyes down on breath
- Long neck throughout the stroke
- Shoot hands along water surface
- Finish kick downward with feet together, then pull towards surface
- Squeeze ears with locked out elbows and hands together on glide (almost streamlined)

Freestyle

- Kick driven (always seen and heard)
- High elbow during pull phase
- Quick low breath
- Touch leg as finishing out the back of the stroke
- Accelerated hands through back of stroke
- Swim on top of the water

Underwater kicking • Legs finish below hips on down kick • Work both directions of kick • Tight streamline • Always count your kicks	Breaststroke pull outs • Glide between movements • Keep hands & arms close to body on kick through • High elbows on pull down
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