

Starts

- Use arms. Pull so that elbows move to ribs.
- To access all the power from your legs, push chin forward and chest forward. That will help your back posture be optimal for generating force from your legs. □
- The back is curved on the start position on the blocks --> want to get to a flat back when jumping off the block □ Change posture from set-up to take-off position □
- Push chest forward (but don't lift the upper body up)
- After pulling elbows to ribs, to get arms back in front of the body, the swimmer can bring their arms back the way they came, or continue the motion and bring them around the side like a modified butterfly stroke □
- The front leg of the start should be the stronger, more coordinated leg because for much of the start the front leg is pushing the entire weight of the body off the block □
- Getting the hips and legs high on the entry is what many of the world's best starters do. It can force your weight downward into the water for an effective entry □
- A high follow-through of the back leg could help get the hips and legs high (although Jonty cautions against that)
- If someone's legs land flat on the entry (piked entry), it generally means that they are standing up a little too much with their upper body coming off the blocks. □
- To fix issues with the entry, make sure that the swimmer is using their arms and coming off the blocks properly

