

Burke Centre Swim Club

Stroke/Swim Evaluation Criteria

effective summer 2008

COMPONENT

Body Position

FRONT CRAWL

- Trunk horizontal to 30 degrees from surface
- Rudimentary body roll
- Some side-to-side motion of trunk and legs acceptable

BACK CRAWL

- Trunk horizontal to 30 degrees from surface
- Ears may be out of water, chin on chest
- Hips may be bent
- Rudimentary body roll
- Slight side-to-side motion between shoulders and hips acceptable

Arms

- Above-water arm recovery
- Underwater recovery or arm straight at elbow acceptable
- Hand enters at or above the level of the head
- Arm straight at the elbow during power phase acceptable;
- Power phase finishing at hip level acceptable

- Above-water arm recovery
- Elbows below surface acceptable
- Hands may enter at or above shoulder level
- Arm straight at elbow during power phase acceptable

Legs

- Continuous kicking
- Occasional bicycling action acceptable
- Legs bent at hips or knees during down beat acceptable
- Feet may break surface

- Continuous kicking
- Occasional bicycling action acceptable
- Legs bent at knee acceptable
- Feet may break surface

Breathing and timing

- Face in water and breathes consistently to the side
- Occasional head lift acceptable
- Arms and legs show general alternating pattern

- Occasional breath holding acceptable
- Arms in opposition
- Hesitation at finish acceptable

Additional Requirements:

- Float on their back for 30 seconds
- Tread water for 20 seconds