



# Gold Medal Starts:

## A USA National Team Tradition



# “Rookie” Start



# *“Ancient Old School”*



# “Old School”



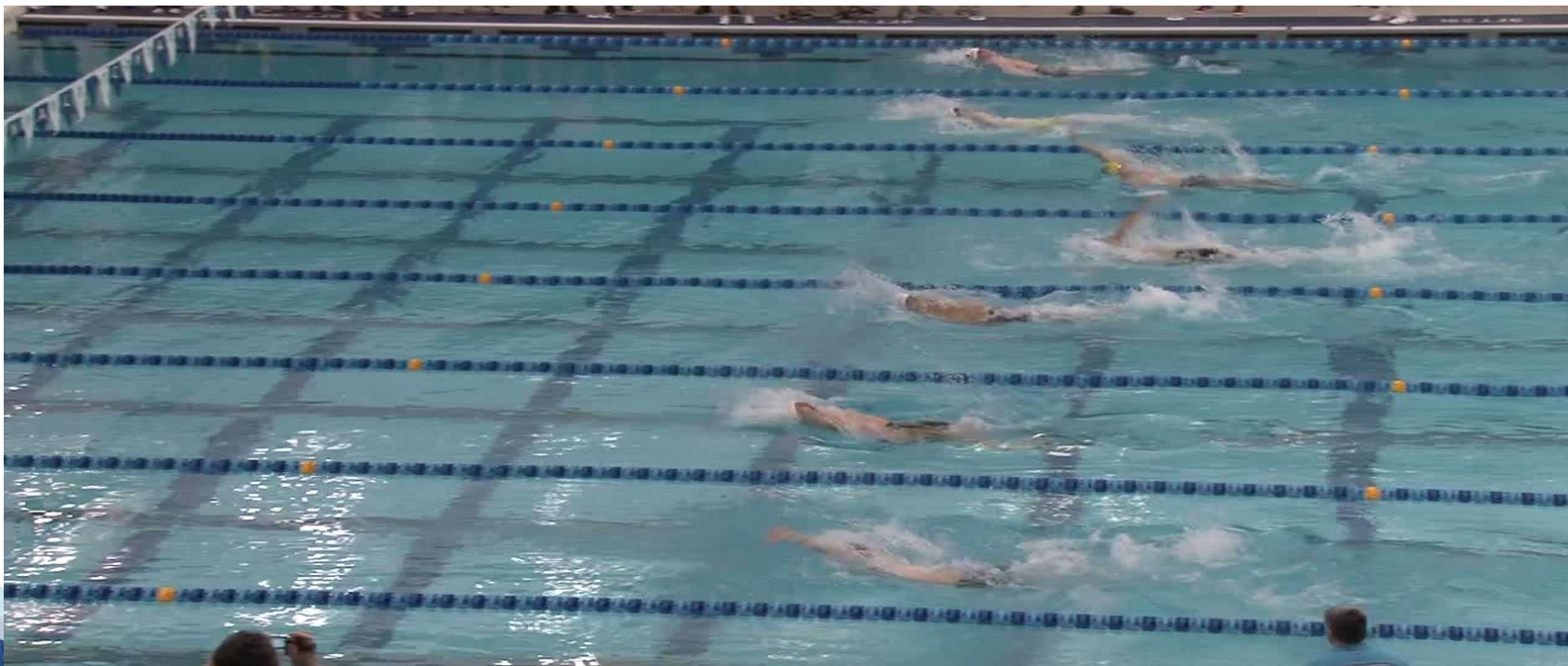
# Key to Japan's Success



# *A Bad Start Can Really Hurt*



# *A Bad Start Can Really Hurt*



# Safety First

USA Swimming Minimum Water Depth for teaching or practicing starts is – **6 Feet!**





# Teaching

## Step 1



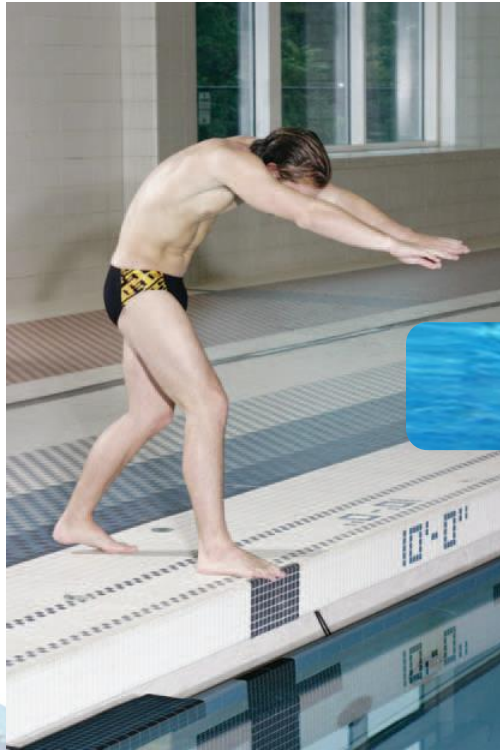
## Step 2



## Step 3



# Teaching



Step 4



# *Objective of the Start*

**Carry maximum forward speed  
into the water**

Push effectively off the block

Have a great entry

Maintain speed through the transitions



# Grab Start



Simplest start

Easier to control

Slower to take-off position



# Grab Start

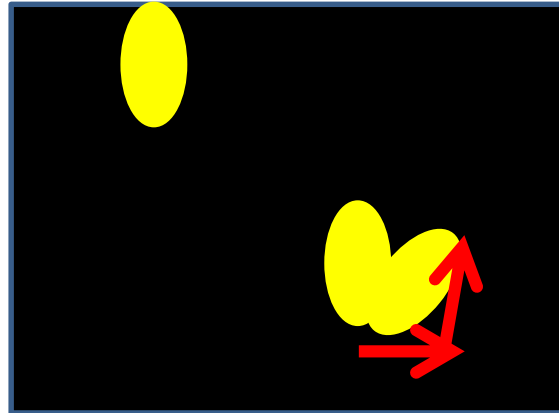
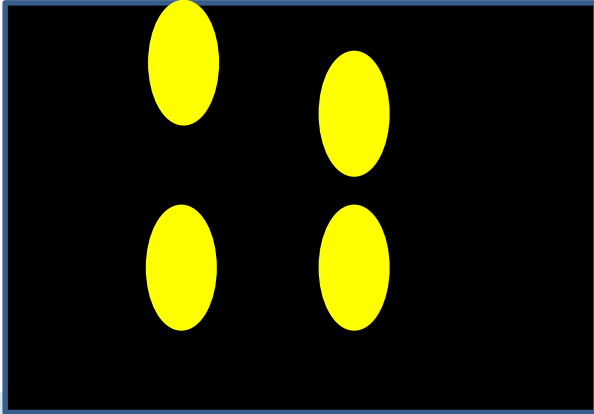


# 4 Keys To The Track Set-up



# Track Start

Feet hip width apart pointing forward



# Arms Must Be Used

Pull elbows towards ribs → arms follow

Gets upper body & hips moving forward

Keeps body low





# Leverage

Thumbs should be around block



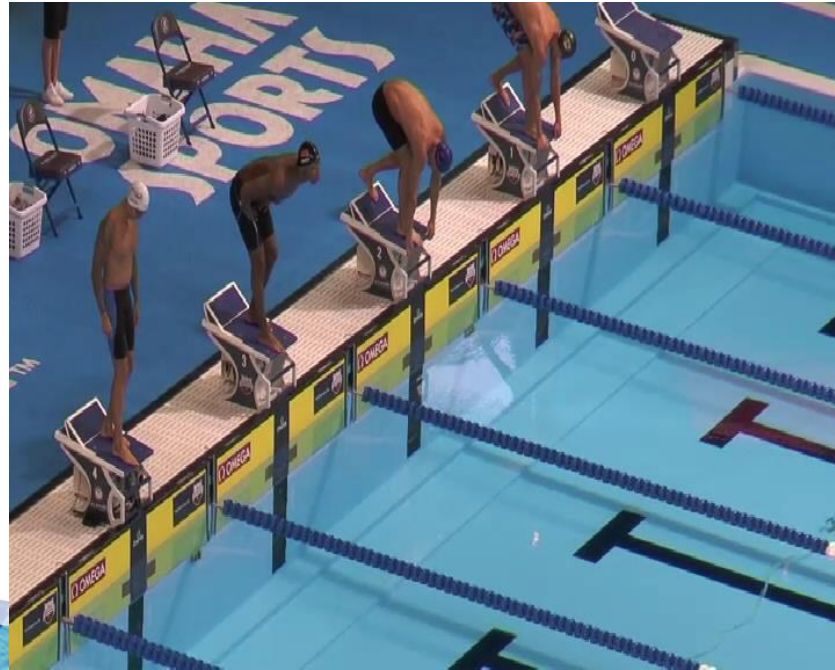
# *Eliminate Wasted Motion*

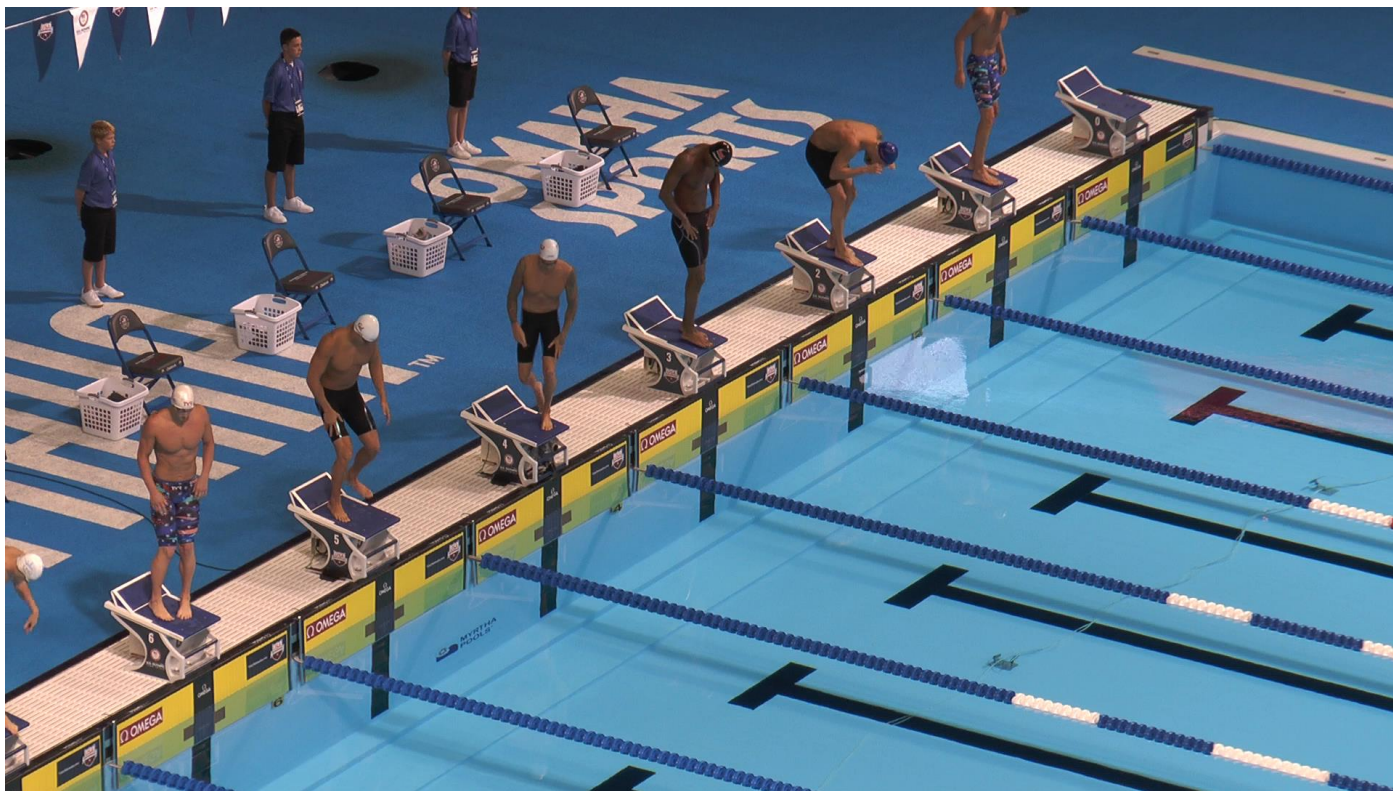
If starting with bent elbows, they should point backward not outward



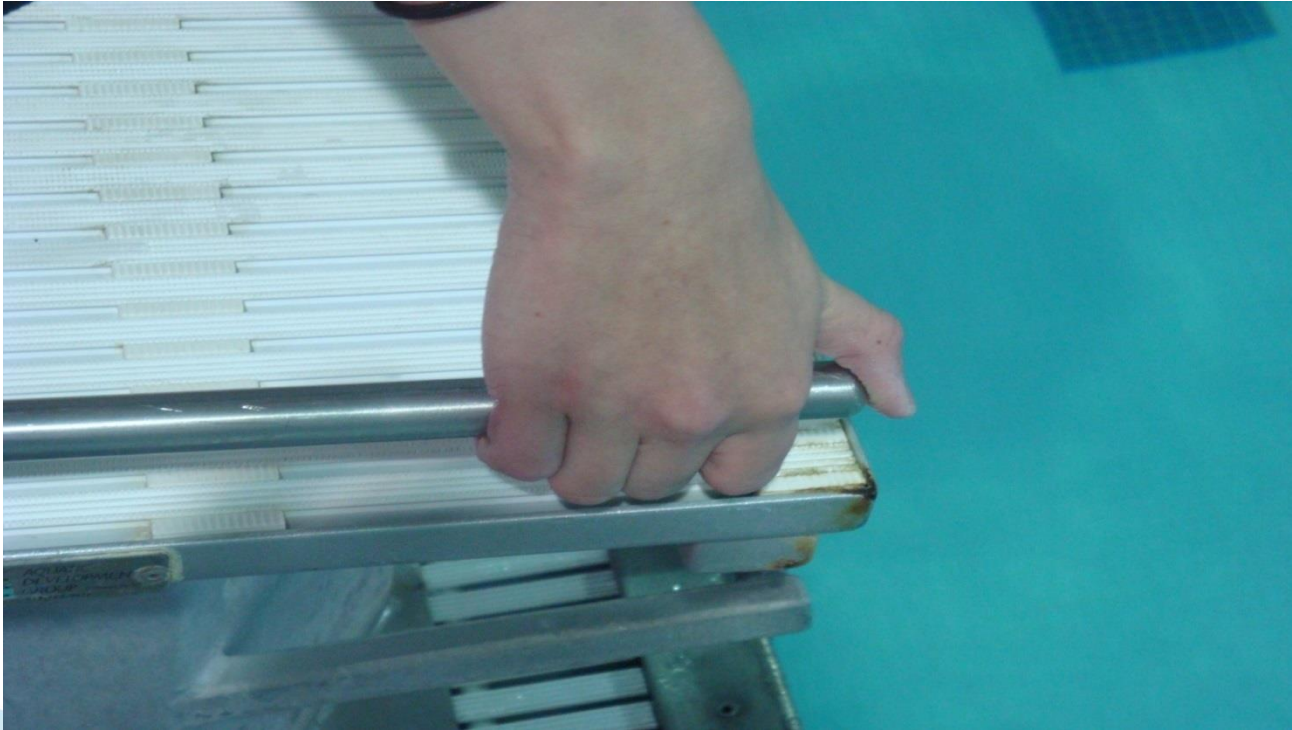
# *Eliminate Wasted Motion*

“Bend the block” toward you to load arms





# Side Rails?



# Start Drill



# *Start Drill On Block*

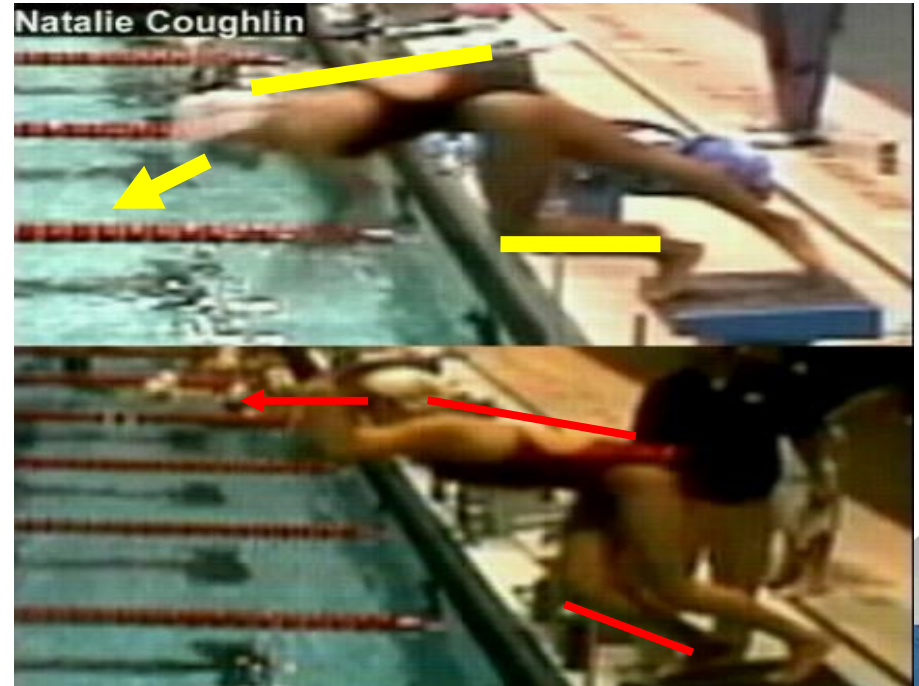


# *Jump Forward, Not Up!*

Keep your back flat & low

Push chin & chest forward

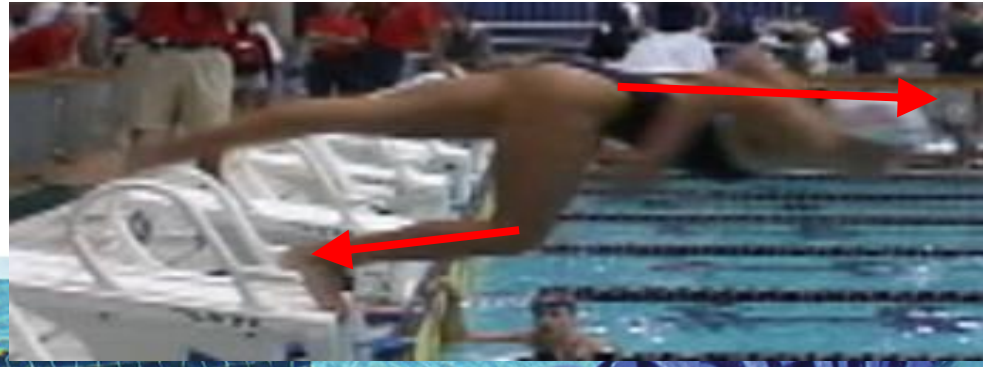
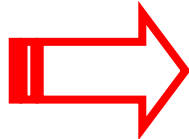
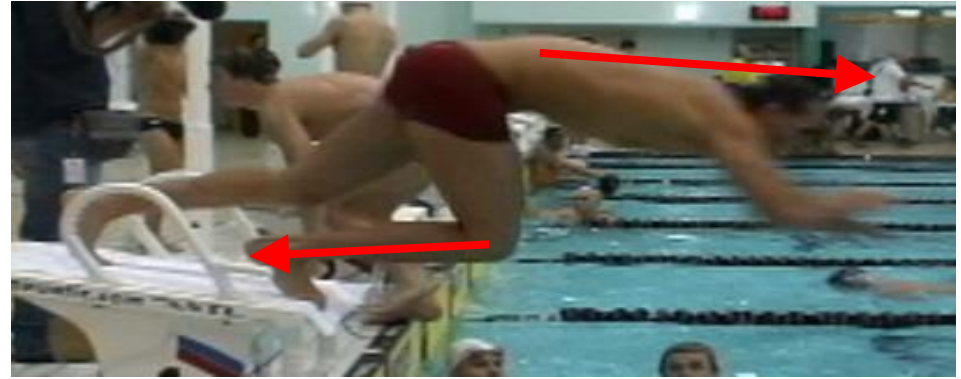
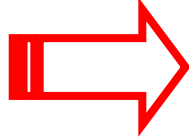
Look at your entry point





# Explode

Arm pull & rear leg push gets body to take-off position



# Flat, Low Back Optimizes Leg Push



# Take-off Angle



Natalie Coughlin



Ian Crocker



Cullen Jones



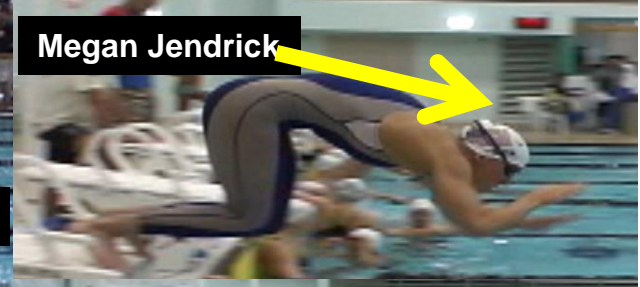
Whitney Myers



Brendan Hansen



Jason Lezak



Megan Jendrick



Amanda Weir

# *The Entry*

Great speed off the blocks doesn't mean a thing without a great entry



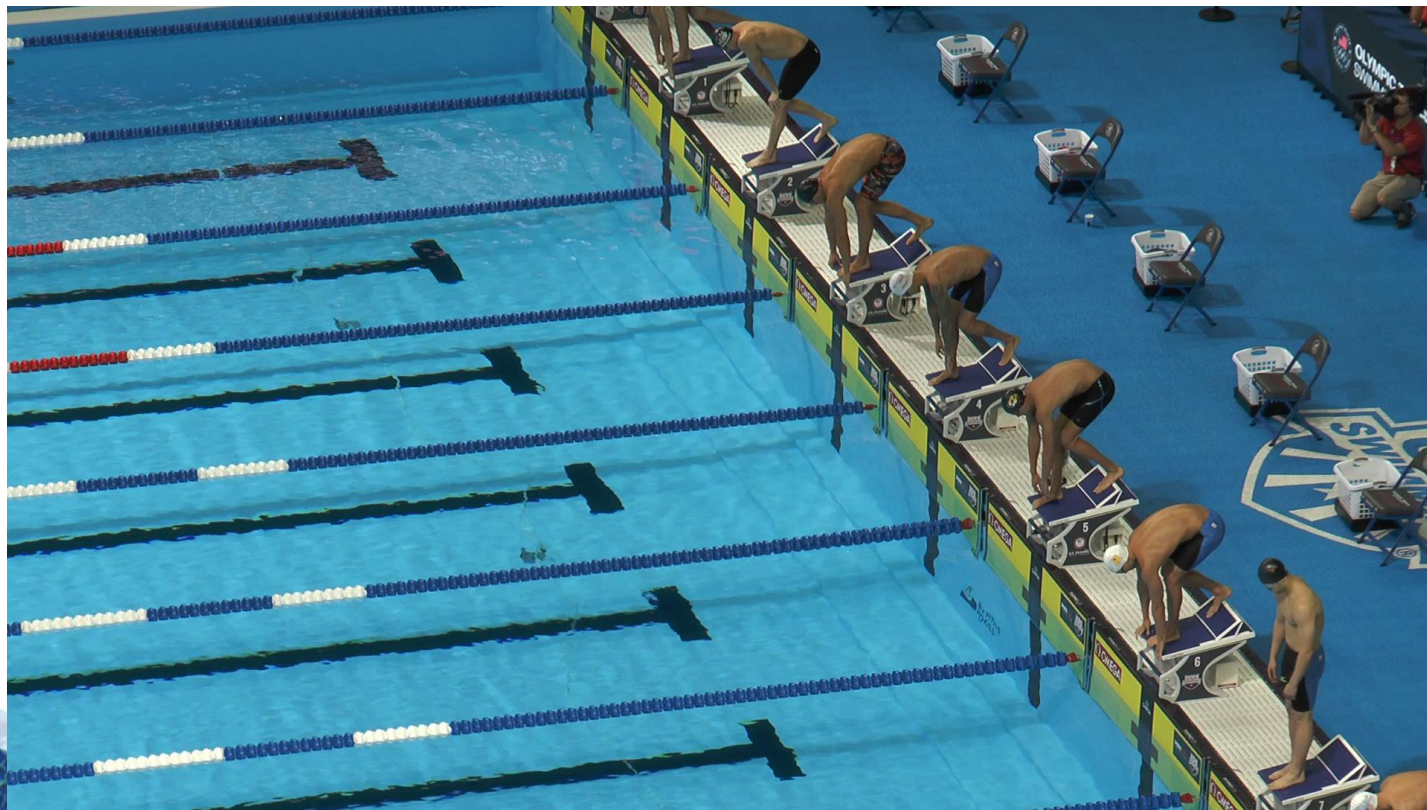


# *In the Water*

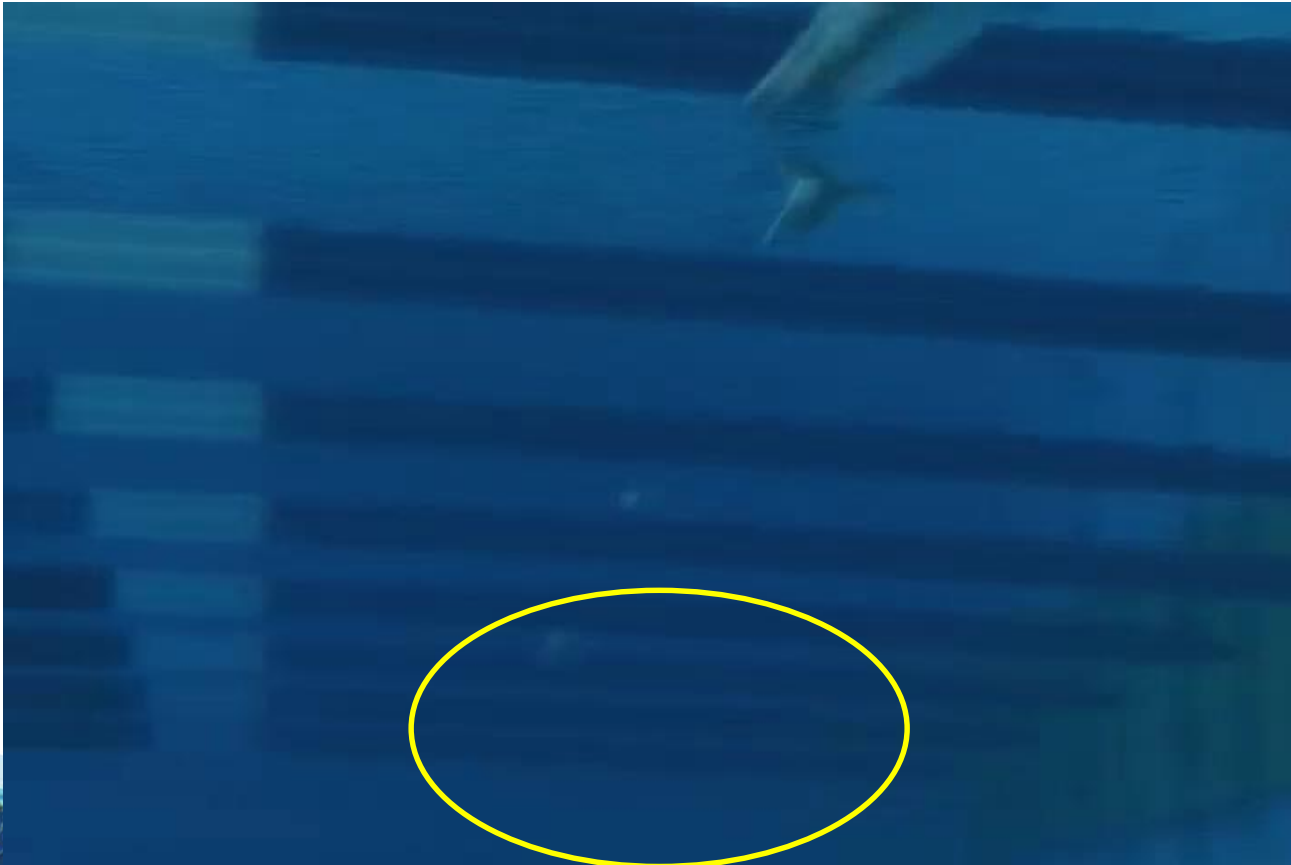
Holding body line through the core is crucial to create the perfect streamline



# *In the Water*



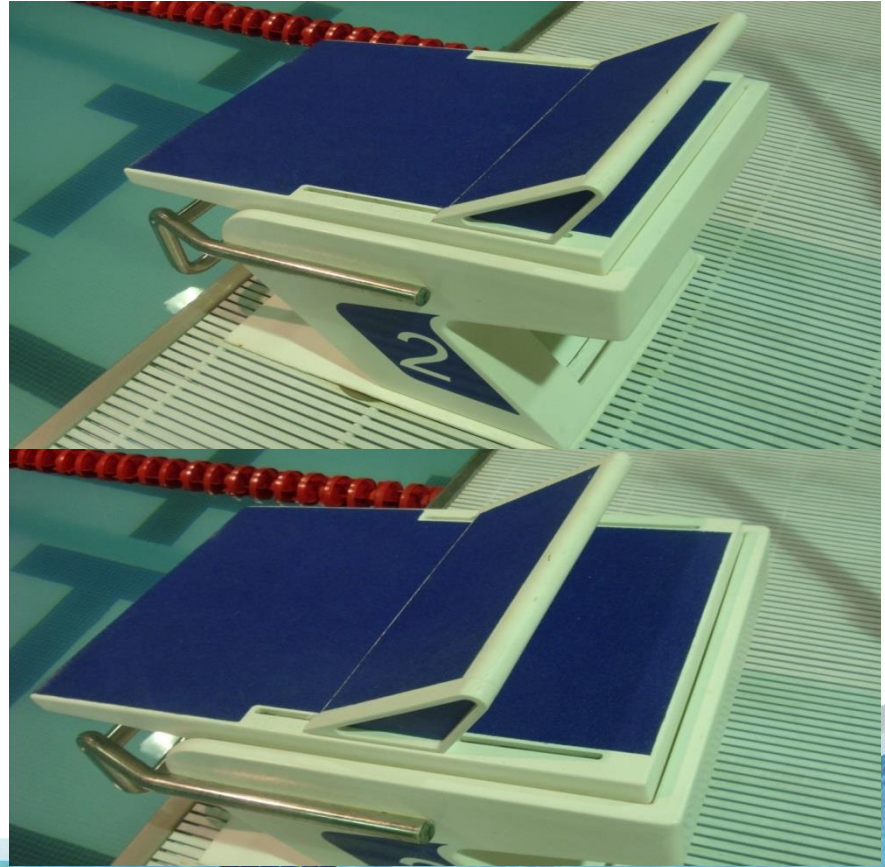
# *In the Water*



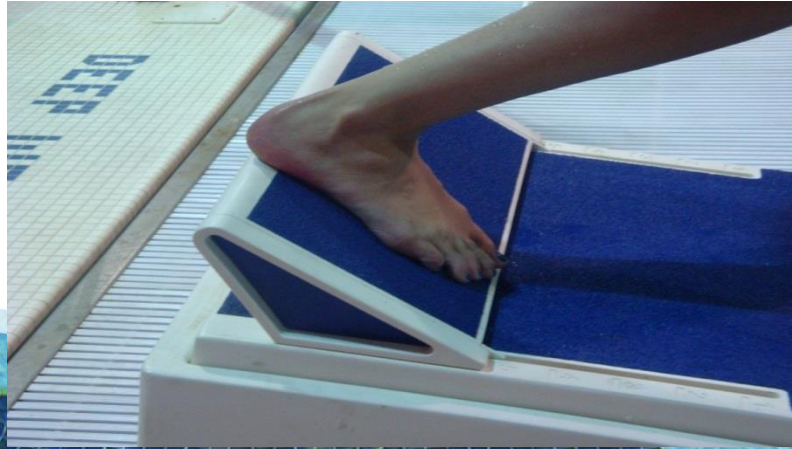


# Wedge Placement?

Place wedge as far forward as possible without compromising the four set-up keys



# Foot Placement?



# *With Wedge*

# *Without Wedge*



**Weighted  
toward front  
foot**

**Weight more  
balanced**



# Keys To A Great Start

Get comfortable on block & in the air: height, balance, head below hips, speed

Great set-up: High hips, eyes down, arms loaded, rear foot behind hips

Explode: Elbows to ribs, flat, low back, push chin & chest forward, JUMP

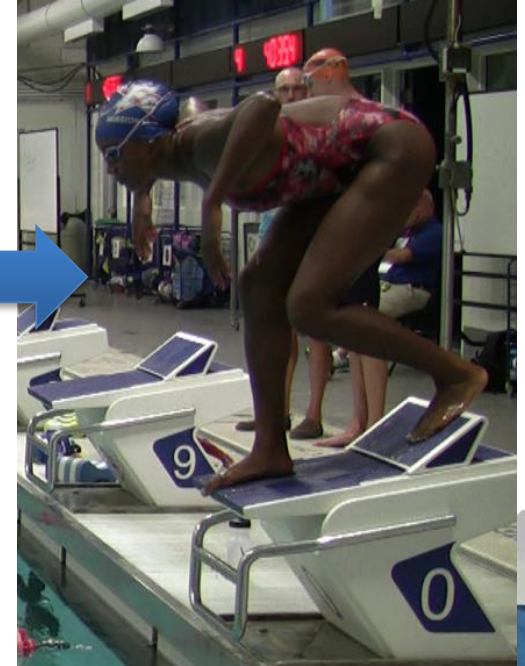




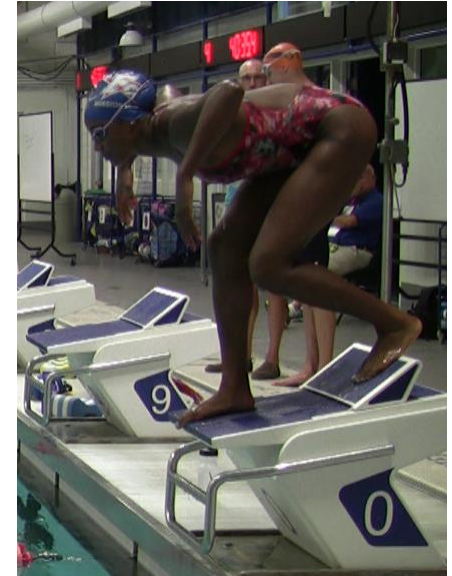
# *The Hard Part:*

Going from bent  
over to flat back...

While moving  
forward & staying  
low



# Flat Back Drill Progression



# Start Progression



Video courtesy of  
Coach Ryan Mallam  
Texas A & M Men





# Start Progression



Video courtesy of  
Coach Ryan Mallam  
Texas A & M Men



# Start Progression



Video courtesy of  
Coach Ryan Mallam  
Texas A & M Men



# Start Progression



Video courtesy of  
Coach Ryan Mallam  
Texas A & M Men



# *Doug Cornish – Hunterdon County Y*



# 4D Pro – Bolles School Sharks



Monkey Jumps/Dives

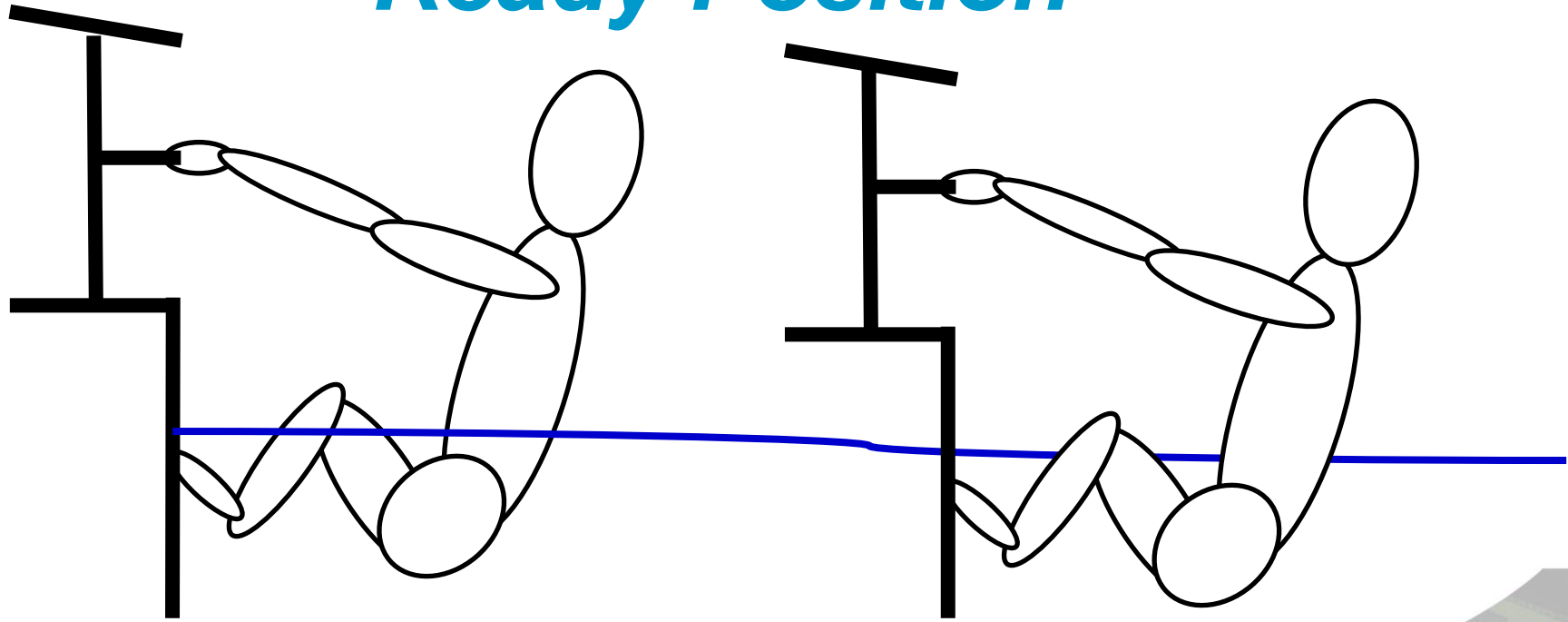


# *Backstroke*

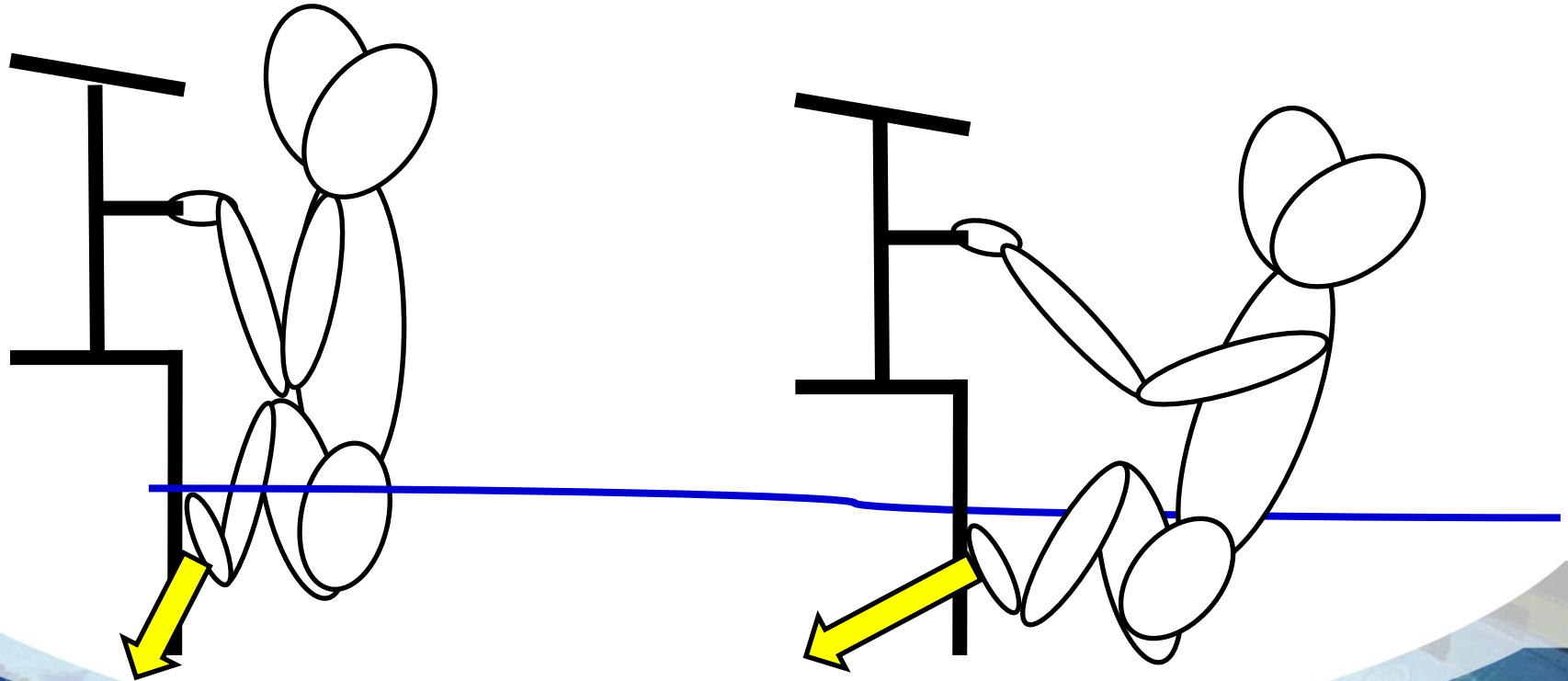
# *Start*



# Ready Position

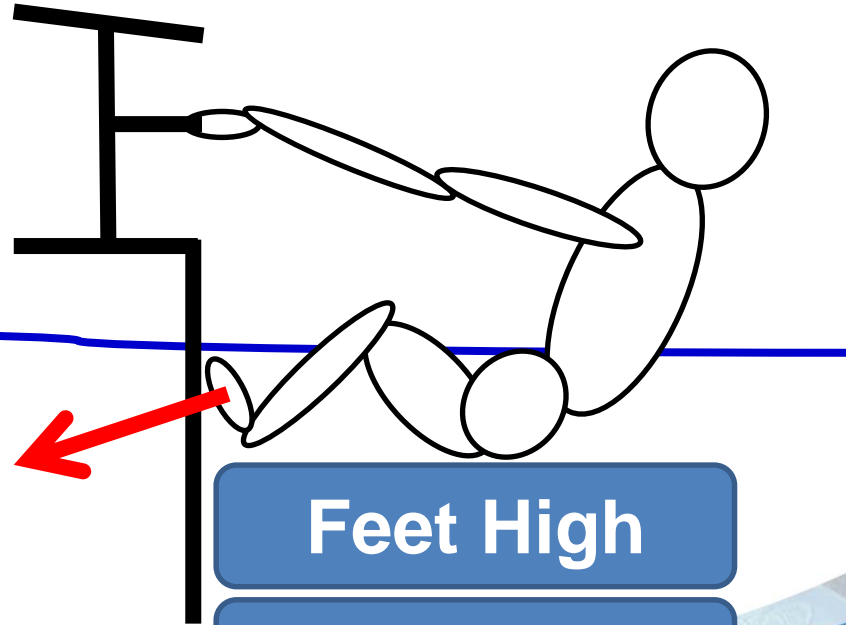
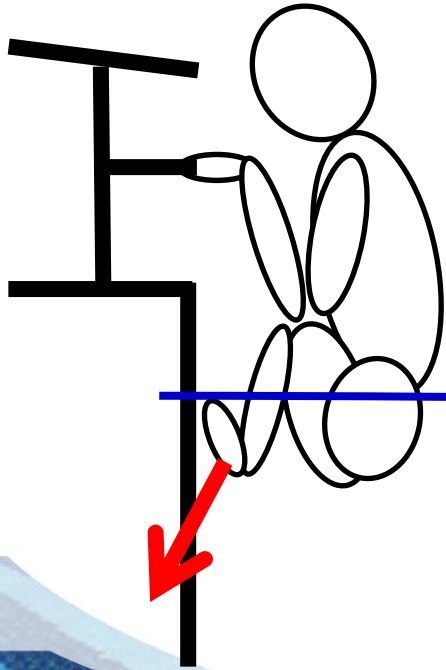


# *“Take Your Mark” Position*





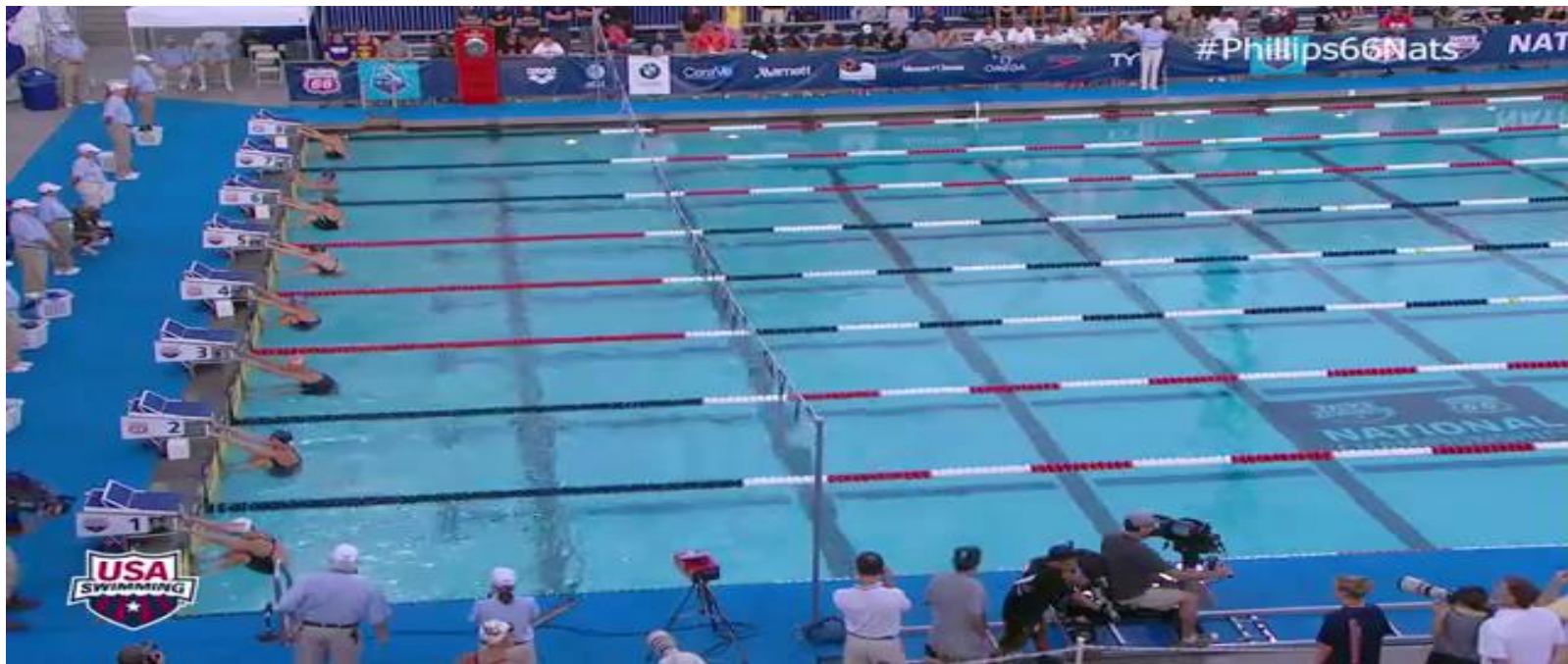
# *“Take Your Mark” Position*

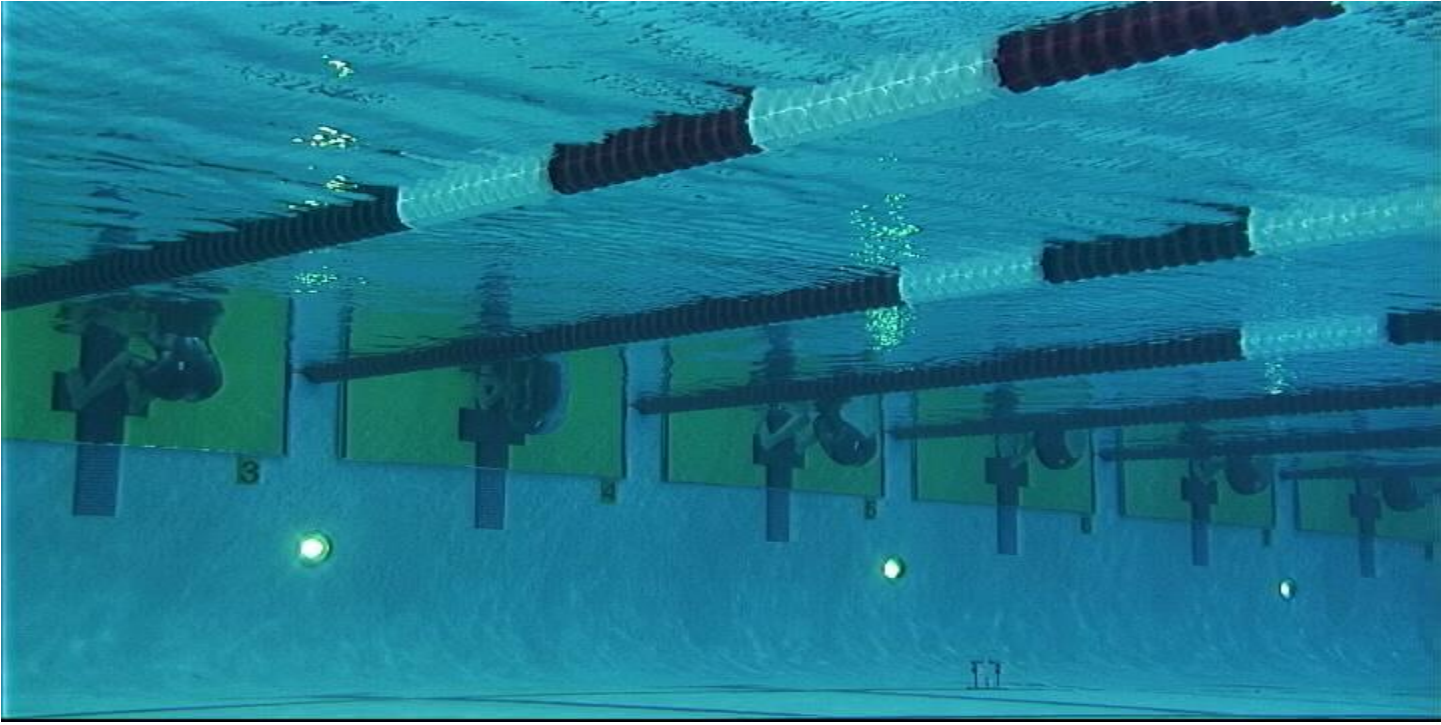


Feet High

Don't pull up



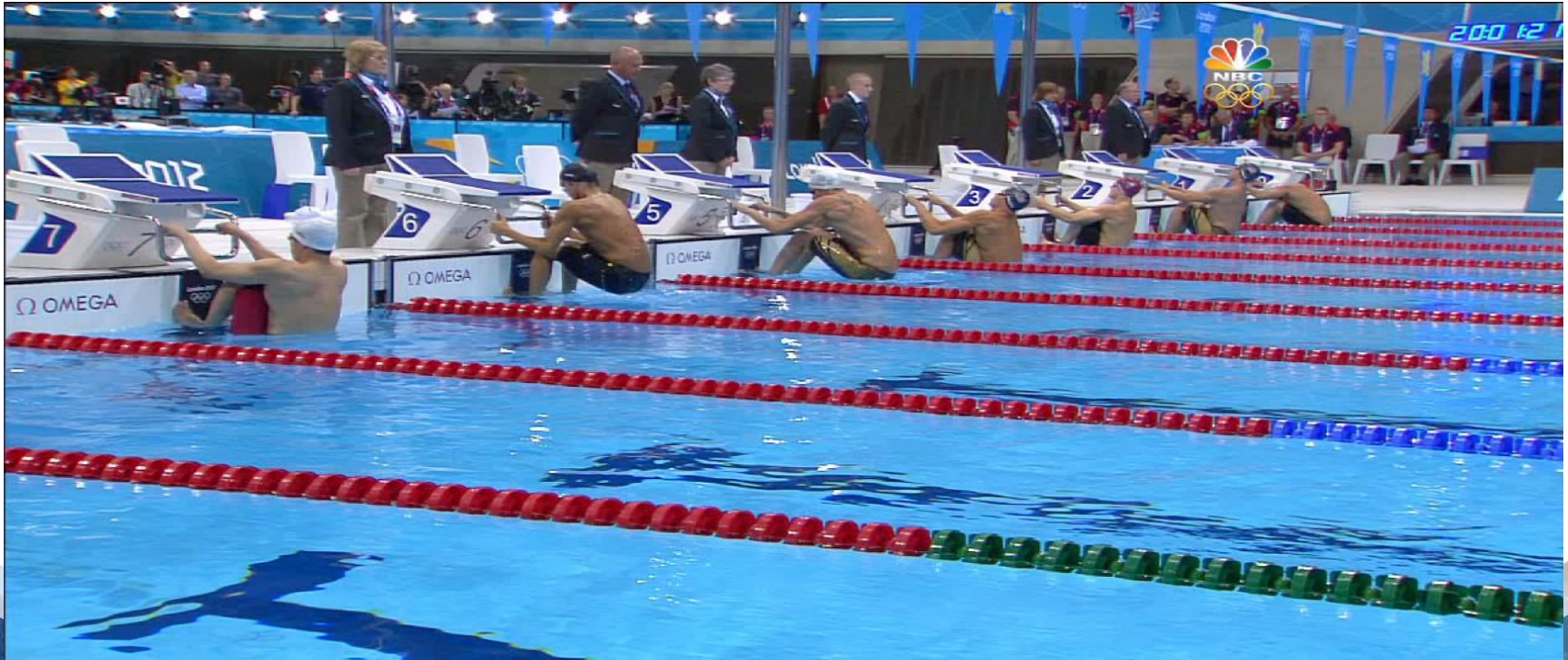




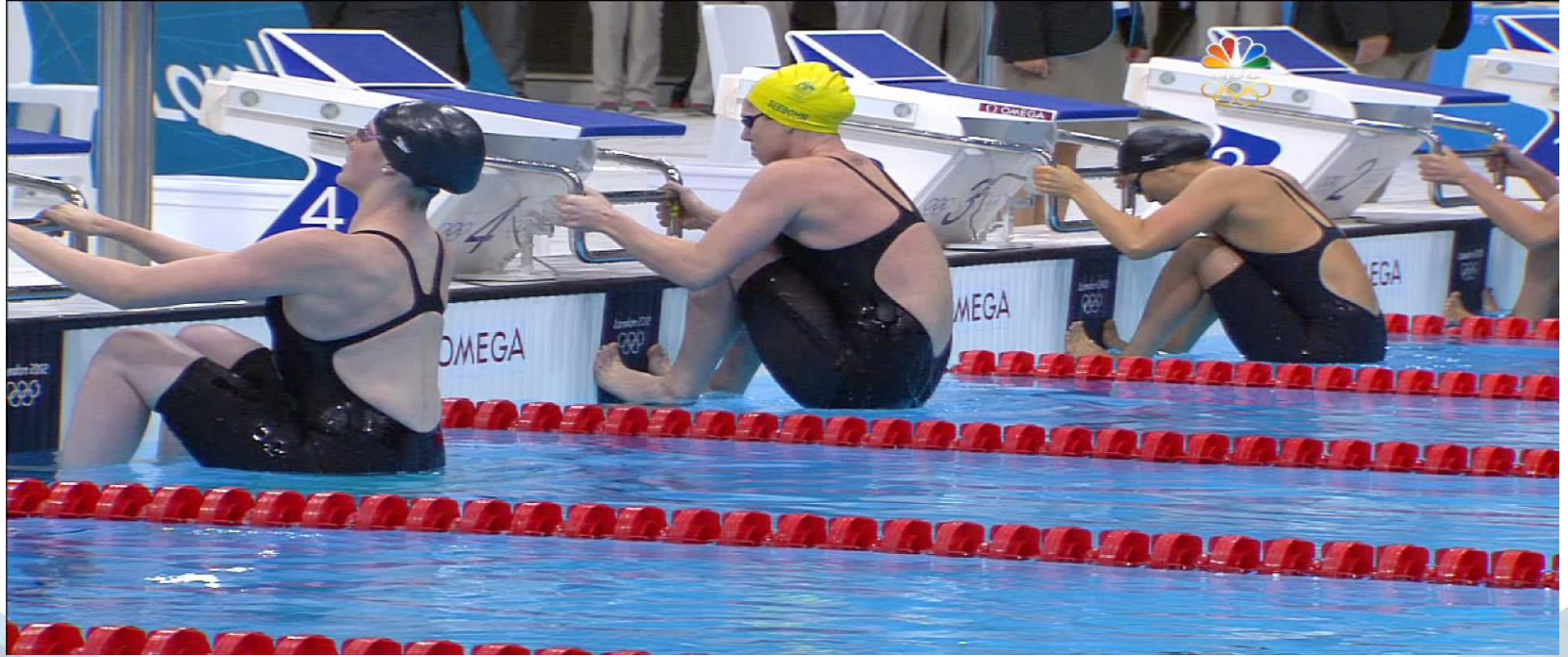
# *Backstroke Start Positions*



# Backstroke Start Positions



# Backstroke Start Positions



# *Backstroke Starts*



# Key Points

Load Hips

Throw hands

Push from the core

Triple Extension

- Hips
- Knees
- Ankles

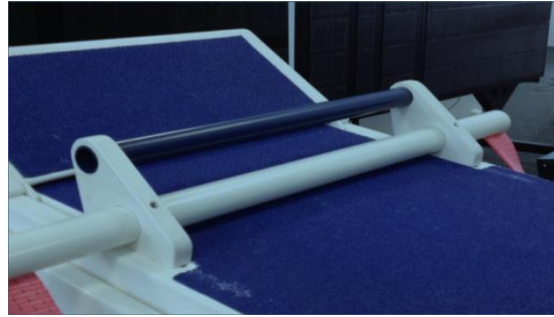
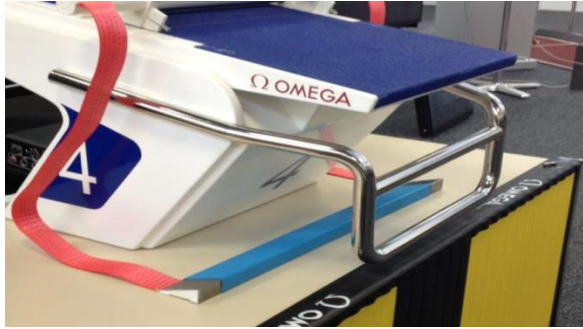




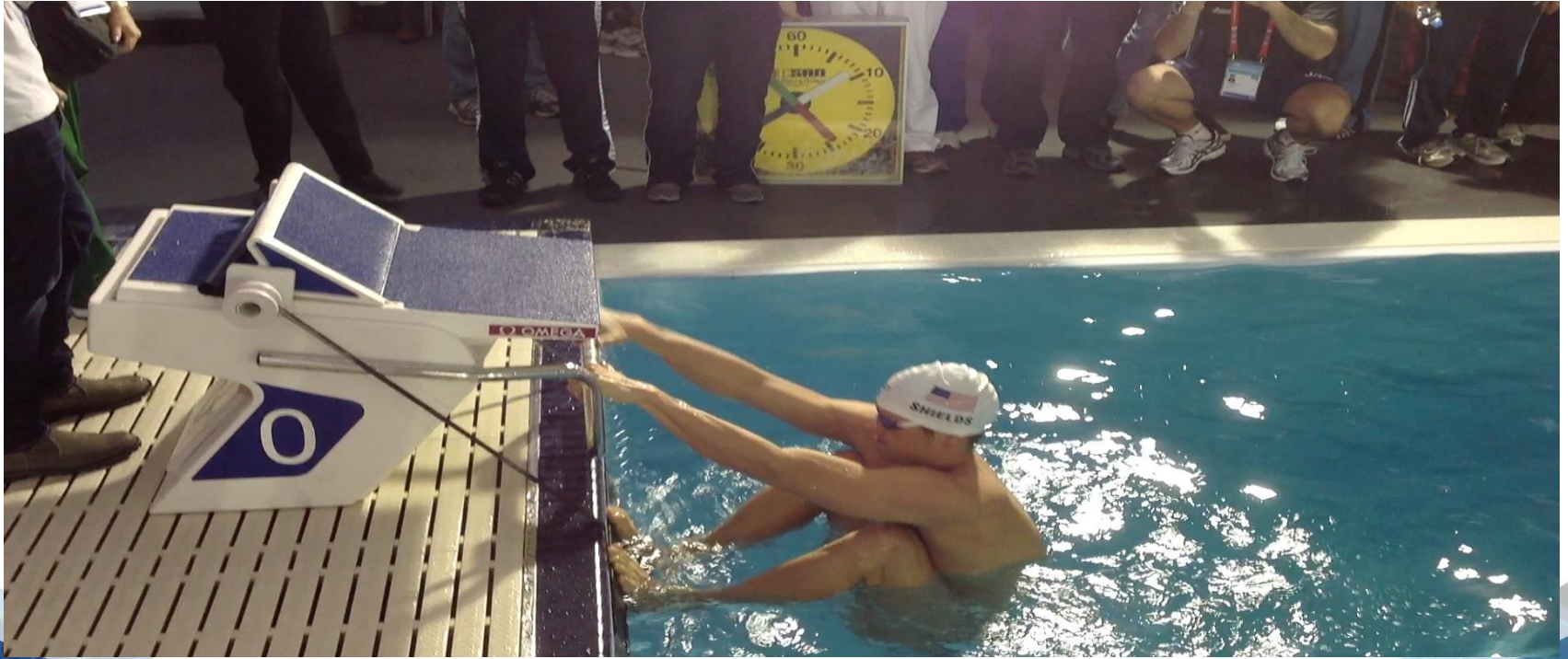
# *Backstroke Starts*



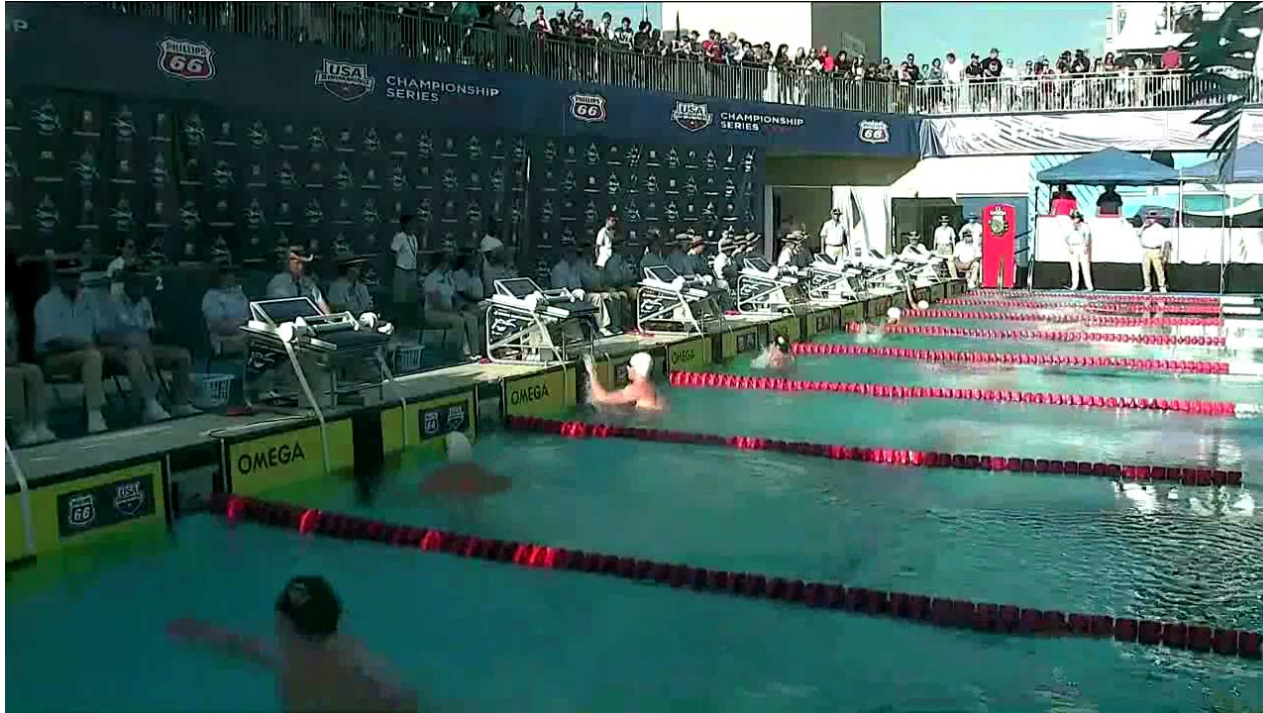
# Backstroke "Wedge"



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# Ledge at Phillips 66 Nationals



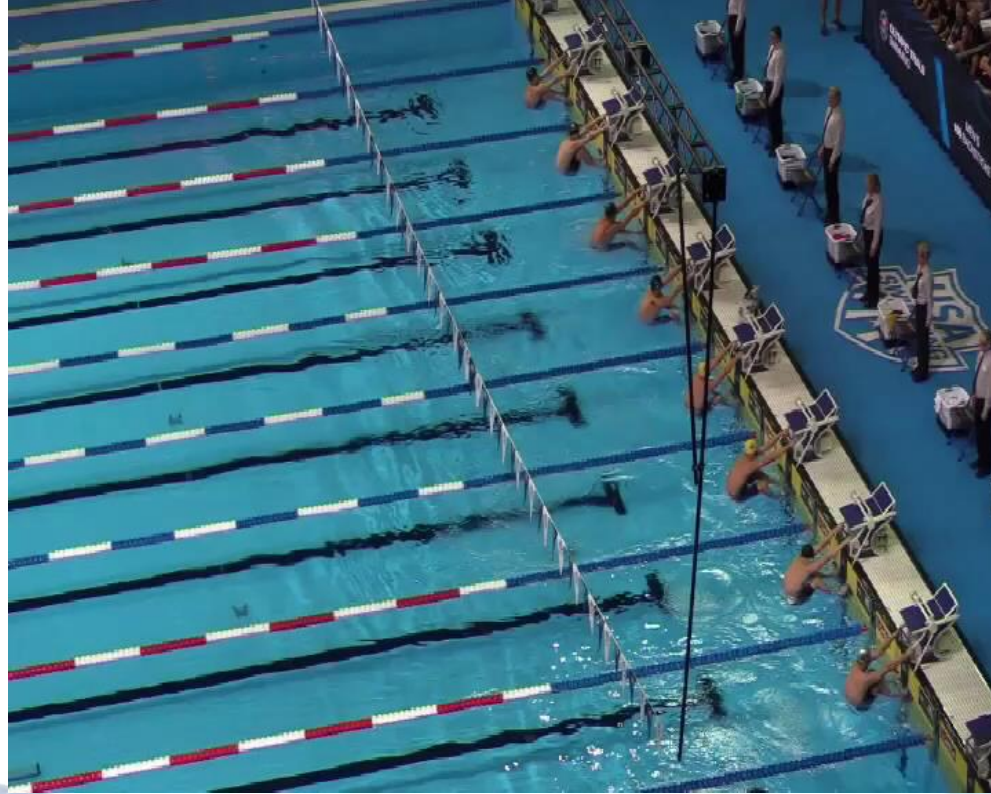
# Ledge at Phillips 66 Nationals



# Ledge at Trials



# *Ledge at Trials*



# *Backstroke Start*





# “Peanut”

Isokinetics Inc.™ Peanut Balls - Anti-Burst - 4 Sizes Available

<http://www.isokineticsinc.com/>



Product Code:  
**abpbgroup**  
Price: **From \$24**  
Quantity in Basket: *None*



# *Start Young!*



# *A Bad Start Can Really Hurt*

