

FREESTYLE - Balanced Breath

Keep head low, with one goggle in the water.

Keep lead arm extended during the breath.

Rotate, rather than lift, to air.



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FREESTYLE - Breathe Low

Leave one goggle in the water when you turn to breathe.



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FREESTYLE - Stay Balanced

Head stays in a neutral position to allow for good rotation.

Hips ride close to the surface to reduce resistance under water.



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FREESTYLE - Clean Catch

Bubbles release up and back (don't drag them down).

Hand is relaxed.

Reach full extension.

Palm finds clean water for the catch.



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Keep the recovery relaxed.

Opened fingers can create a "webbed" effect at the catch.

Rotate the core as you reach full extension.

FREESTYLE – Webbed Catch

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Keep your hands relaxed.

Reach for full extension on every stroke.

Close the gap between your head and shoulder.

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FORWARD START

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Turn your body into a needle at both ends as you pierce the water.

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ALL STROKES - Forward Start

Coil your energy into an oval.

Form a rounded, compact unit with your rear, torso, and head.

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