STARTS – BACKSTROKE

1. Preparation
2. Reaction
3. Acceleration
4. Flight
5. Entry
STARTS – TRACK

Preparation

Reaction

Acceleration

Flight

Entry
TURNS – BUTTERFLY

Approach

Turn

Push Off

Glide

Transition
TURNS – BACKSTROKE

Approach

Push Off

Turn

Glide

Transition
Key Performance Factors – Starts, Turns & Strokes Reference Guide

TURNS – BREASTSTROKE

Approach

Push Off

Turn

Glide

Transition
### Key Performance Factors – Starts, Turns & Strokes Reference Guide

#### TURNS – FREESTYLE

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<th>Turn</th>
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STROKES – BUTTERFLY

Body Position

Legs

Arms

Breathing

Timing
STROKES – BACKSTROKE

Body Position

Legs

Arms

Breathing

Timing
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STROKES – BREASTSTROKE

Body Position

Legs

Arms

Breathing

Timing