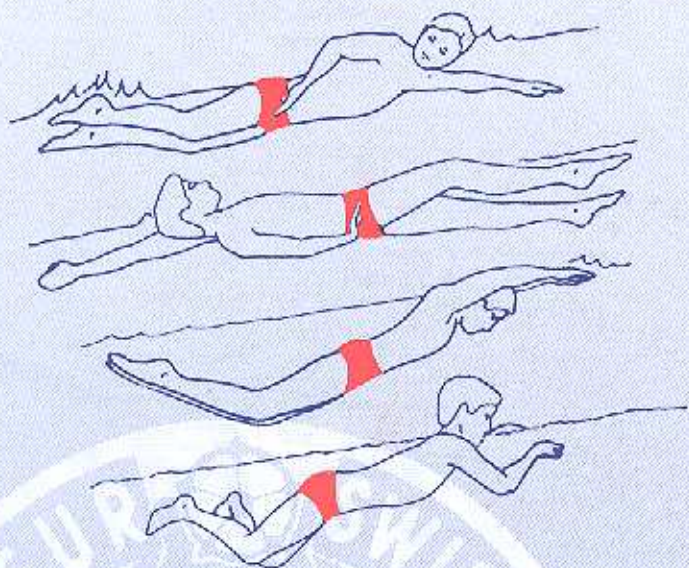


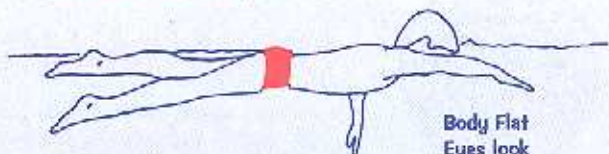


SWIMMING STROKES



**SWIMMING
STROKES**

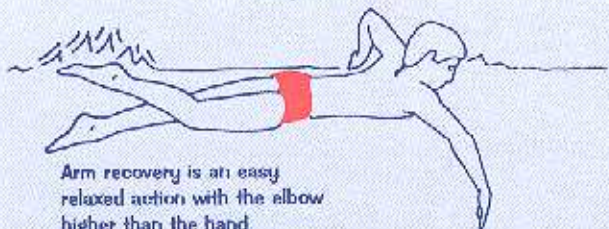
FRONTCRAWL



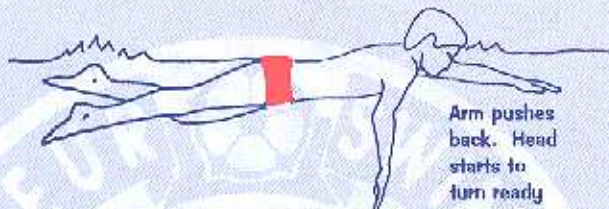
Body Flat
Eyes look
forward and
down



Hand enters water
just inside shoulder line
Arm pulls down and back
with elbow bent
Body rolls



Arm recovery is an easy
relaxed action with the elbow
higher than the hand



Arm pushes
back. Head
starts to
turn ready
for breathing



Head turns
to side
Breathe out
and in
quickly



The face turns back into the water
as soon as the breath is taken

BACKSTROKE

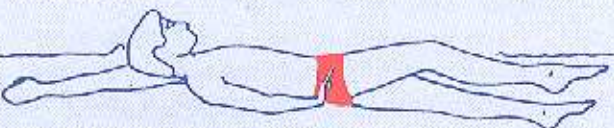


Little finger enters water first. The arm is straight



When the arm is at shoulder level the elbow bends.

Arm pulls sideways
Body rolls



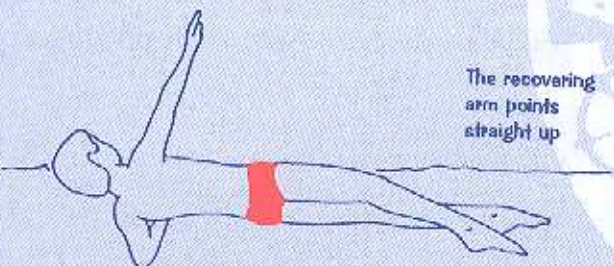
Aim for a flat body position, with head back and eyes looking upwards



The arm and leg actions are continuous



Breathe out as one arm recovers and in as the other recovers

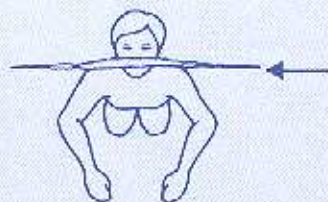
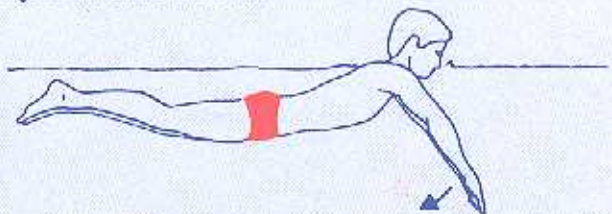


The recovering arm points straight up

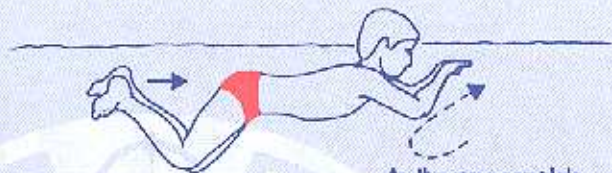
BREASTSTROKE



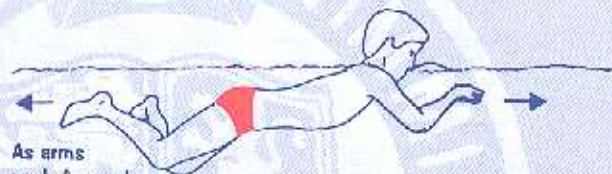
Body is streamlined but at a small angle.
Eyes look forward and down.



Arms pull to side,
back and down. Hands
stay in front of shoulders.
Breath out and take in a
breath quickly.



As the arms complete
their action, the legs
are drawn up.



As arms
push forward,
legs drive
back with feet
turned out.

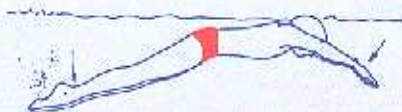


Some swimmers
find it restful
to hold a short
glide before the
next stroke

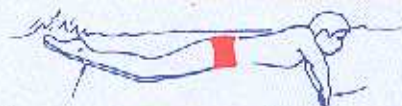
BUTTERFLY



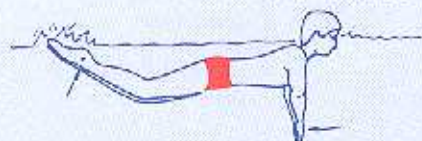
hands pull down
Lower leg pushes down Toes pointed



Arms pull wide Head looking forward



Legs push up, hips push down
hands move in under shoulders



legs continue upward movement Hips push down
hands move in under body head comes up out of water



Legs begin downward movement
Hands push back at side of hips Head clears water



Arms begin recovery over the water
Head thrust forward to breathe



Arms come over straight and wide
Face down in water



Hands enter in front of shoulder to repeat action



To swim well you need a good stroke style. This leaflet is designed to help you understand the techniques of each stroke. Try to memorise the positions before you swim, but don't worry if you can't follow them exactly - you may need to adapt them slightly to suit you.

Whoever stroke you swim, you need to consider the same five things:

1) your body position - this affects the whole stroke, so get it right first of all. Aim to stay as streamlined as you possibly can

2) your leg action - this helps to hold your body in a good position. You need to kick strongly to stay as horizontal as possible.

3) your arm action - in all strokes except breaststroke most of the power comes from your arms. But they can only work properly if your body position is right.

4) your breathing - many stroke problems come from breathing at the wrong time. Try not to let your breathing interrupt the leg and arm action.

5) the timing of the stroke - this is the way all the stages fit together to form the complete stroke.

Using a float to practise part of a stroke can help. Don't try to swim fast too soon. Get your stroke right first, then try to improve the distance that you can swim - this will build up your stamina. If you ask at your local swimming pool they will give you details of when your nearest ASA Swimming Club meets. They will help with your strokes and show you how to swim FAST.

The ASA Awards help with all these stages and more.

For information contact

Customer Services, ASA Harold Fern House,
Derby Square, Loughborough LE11 5AL
Tel 01509 618700 Fax 01509 618701
or visit

www.britishswimming.org