

swimmer	Quality control of BREAST-FREE TURN technique
	<b>1. SWIMMING BEFORE TURN</b>
x	· Timing of moment for touching the wall
	<b>2. APPROACHING PHASE</b>
x	· Forward speed before touch( as high or better compared to swimming)
	<b>3. ROTATION PHASE</b>
x	· Action of arms during rotation (quick recovery,entry when feet touch )
x	· Action of legs during rotation (quick grouping)
x	· Placing the feet to the wall (correctly and simultaneously )
x	· Speed and movement of hips during rotation (not stoping)
x	· Duration of rotation (short)
	<b>4. PUSHING PHASE</b>
x	· Position of arms for push (hide head between the streched arms)
x	· Body position (side or back)
x	· Mean pushing speed (high)
x	· Push duration (very short)
	<b>5. GLIDING PHASE</b>
x	· Head , body and legs position (on side, streamlined )
x	· Glide speed after push before leg kicks
	<b>6. UNDERWATER KICKING PHASE</b>
x	· Timing of the beginning the first leg kick
x	· Head and arms position during leg kicks
x	· Rhythm and action of legs during kicking
x	· Duration and number of kicks to keep high forward speed
x	· Speed during leg kicks
	<b>7.PULLOUT PHASE</b>
x	· Timing of the beginning of first pullout stroke
x	· Forward speed during first pullout stroke
x	· Timing of the beginning second pullout stroke
x	· Forward speed during second pullout stroke
x	· The action of arm strokes and recovery during pullout
x	· The action of body during pullout
x	· Timing of arms and legs at the end of pullout strokes
	<b>7. SWIMMING AFTER TURN</b>
x	· Swimming speed after turn ( better compared to speed of pullout)
100%	

swimmer	Quality control of <b>BACK-BREAST TURN</b> technique
	<b>1. SWIMMING BEFORE TURN</b>
x	· Timing of approaching to the wall
	<b>2. APPROACHING PHASE</b>
x	· Forward speed before touch (same as swimming before)
	<b>3. ROTATION PHASE</b>
x	· Action of arms during rotation (quick recovery, entry when feet touch )
x	· Action of legs during rotation (quick grouping)
x	· Placing the feet to the wall (correctly and simultaneously )
x	· Speed and movement of hips during rotation (not stopping)
x	· Duration of rotation (short)
	<b>4. PUSHING PHASE</b>
x	· Timing of the beginning of push (immediately, when feet touch)
x	· Body position during push ( fixed during push, no twisting)
x	· Mean pushing speed (high)
x	· Push duration (very short)
	<b>5. GLIDING PHASE</b>
x	· Forward speed during first glide
x	· Body , head and arm position for the glide
x	· Duration of first glide and timing of pull (relatively short)
	<b>6. LONG PULL PHASE</b>
x	· Forward speed of pulling.(same as gliding speed)
x	· The action of the arms (good acceleration)
x	· Leg action of legs ( keep legs straight)
x	· Body and head position during long pull (flat, streamlined)
	<b>7. SECOND GLIDING PHASE</b>
x	· Body position (streamlined)
x	· Forward speed of gliding (same as pulling speed)
	<b>8. ARM RECOVERY &amp; LEG BENDING PHASE</b>
x	· Arms action ( close to body, with small resistance)
x	· Legs action ( first bending knees, then from hips, knees wide, feet close)
x	· Timing of the leg bending with arms recovery (when arms near shoulder )
x	· Forward speed of arms and legs recovery (not too low)
	<b>9. FIRST KICK &amp; PULLOUT PHASE</b>
x	· Position the body for underwater pullout cycle
x	· Timing of kick and pull (short gliding between)
x	· Body position on the surface at the end of the pullout (flat,high)
x	· Forward speed of pullout cycle (high)
	<b>10. SWIMMING AFTER TURN</b>
x	· Swimming speed after turn ( equal compared to speed of pullout)
100%	

swimmer	Quality control of <b>FLY-BACK TURN</b> technique
	<b>1. SWIMMING BEFORE TURN</b>
x	· Timing of moment for touching the wall
	<b>2. APPROACHING PHASE</b>
x	· Forward speed before touch( as high or better compared to swimming)
	<b>3. ROTATION PHASE</b>
x	· Action of arms during rotation (quick recovery,entry when feet touch )
x	· Action of legs during rotation (quick grouping)
x	· Placing the feet to the wall (correctly and simultaneously )
x	· Speed and movement of hips during rotation (not stoping)
x	· Duration of rotation (short)
x	· Body position at the end of rotation (back, arms streched)
	<b>4. PUSHING PHASE</b>
x	· Position of body and arms for push (hide head between the streched arms)
x	· Back position (rigid and fixed during push)
x	· Mean pushing speed (high)
x	· Push duration (very short)
	<b>5. GLIDING PHASE</b>
x	· Head , body and legs position (must be very streamlined )
x	· Glide speed after push before leg kicks
	<b>6. UNDERWATER KICKING PHASE</b>
x	· Timing of the beginning the first leg kick
x	· Head and arms position during leg kicks
x	· Rhythm and action of legs during kicking
x	· Duration and number of kicks to keep high forward speed
x	· Speed during leg kicks
	<b>7.PULLOUT PHASE</b>
x	· Timing of the beginning of first pullout stroke
x	· Forward speed during first pullout stroke
x	· Timing of the beginning second pullout stroke
	· Forward speed during second pullout stroke
x	· The action of arm strokes and recovery during pullout
x	· The action of body during pullout
x	· Timing of arms and legs at the end of pullout strokes
	<b>7. SWIMMING AFTER TURN</b>
x	· Swimming speed after turn ( same as during pullout)
100%	

swimmer	Quality control of <b>FREESTYLE TURN</b> technique
	<b>1. SWIMMING BEFORE TURN</b>
x	· Swimming speed before turn
	<b>2. TURN-IN STROKE PHASE</b>
x	· Forward speed during last stroke (higher then swimming speed)
	<b>3. ROTATION PHASE</b>
x	· Timing of the beginning rotation (head down at the end of last stroke)
x	· Action of arms during rotation (avoid unnecessary movements )
x	· Action of legs during rotation (dolphin leg kick and quick recovery)
x	· Placing the feet to the wall (correctly and simultaneously )
x	· Movement of hips during rotation (elliptical)
x	· Duration of rotation (short)
	<b>4. PUSHING PHASE</b>
x	· Position of body and arms for push (hide head between the stretched arms)
x	· Body position (side or back)
x	· Mean pushing speed (high)
x	· Push duration (very short)
	<b>5. GLIDING PHASE</b>
x	· Head , body and legs position (on side, streamlined )
x	· Glide speed after push before leg kicks
	<b>6. UNDERWATER KICKING PHASE</b>
x	· Timing of the beginning the first leg kick
x	· Head and arms position during leg kicks
x	· Rhythm and action of legs during kicking
x	· Duration and number of kicks to keep high forward speed
x	· Speed during leg kicks
	<b>7.PULLOUT PHASE</b>
x	· Timing of the beginning of first pullout stroke
x	· Forward speed during first pullout stroke
x	· Timing of the beginning second pullout stroke
x	· Forward speed during second pullout stroke
x	· The action of arm strokes and recovery during pullout
x	· The action of body during pullout
x	· Timing of arms and legs at the end of pullout strokes
	<b>7. SWIMMING AFTER TURN</b>
x	· Swimming speed after turn (better compared to speed before turn)
100%	

swimmer	Quality control of <b>FREESTYLE START</b> technique
	<b>1. REACTION &amp; PREFLEXION phase</b>
x	· Body position.
x	· Movement of hip
x	· Reaction time from start signal to beginning push-off
x	· Preflexion of knees
	<b>2. PUSHING phase</b>
x	· Transfer impulsive pushing forces
x	· Timing of arms action
x	· Head speed forward
x	· Body position at the end of push
x	· The duration of pushing action
	<b>3. FLIGHT phase</b>
x	· Hip position during flight
x	· Legs action ( rise up before entry)
x	· Arms action ( stright forward)
x	· Flight speed
x	· The length of head entry
	<b>4. ENTRY &amp; GLIDE phase</b>
x	· Head position during entry (between arms)
x	· Body and legs position during entry (without splashing , entry kick)
x	· Forward speed of hands during entry (max)
x	· Forward speed immediately after entry
	<b>5. UNDERWATER KICKING phase</b>
x	· Timing of the beginning the first leg kick
x	· Head and arms position during leg kicks
x	· Rhythm and action of legs during kicking
x	· Duration and number of kicks to keep high forward speed
x	· Speed during leg kicks
x	· Trajectory of gradual rise to surface
	<b>6. PULLOUT phase</b>
x	· Timing of the beginning of first pullout stroke
x	· Forward speed during first pullout stroke
x	· Timing of the beginning second pullout stroke
x	· Forward speed during second pullout stroke
x	· The action of arm strokes and recovery during pullout
x	· The action of body during pullout
x	· Timing of arms and legs at the end of pullout strokes
	<b>7. SWIMMING AFTER START</b>
x	· Swimming speed after pullout strokes
100%	

swimmer	Quality control of <b>FREESTYLE SWIMMING</b> technique
	<b><u>1.Left ARM PULL &amp;Right RECOVERY phase</u></b>
x	· The position of left shoulder (must be relatively high)
x	· The timing of left catch, right exit, right kick (must be simultaneous)
x	· The left arm pull action ( good catch , fixed elbow position)
x	· The position of left arm at the middle of stroke (vertical, max flexed)
x	· Left hand slip during pull (positive, let your body move on the pull)
x	· Forward speed (compare to speed during right pushing phase).
	<b><u>2. Left ARM PUSH &amp; Right RECOVERY phase</u></b>
x	· Timing of the left arm pushing action from shoulder , elbow and forearm
x	· The timing of recovering arm entry (middle of the push)
x	· Action of recovering arm (elbow before hand)
x	· The timing of left arm pushing with leg kick (must be simultaneous)
x	· Left hand slip during push (less negative, sticking to water)
x	· Forward speed (higher, compare to speed during left pulling phase)
	<b><u>1. Right ARM PULL &amp; Left RECOVERY phase</u></b>
x	· The position of right shoulder (must be relatively high)
x	· The timing of right catch, left exit, left kick (must be simultaneous)
x	· The right arm pull action ( good catch , fixed elbow position)
x	· The position of right arm at the middle of stroke (vertical, max flexed)
x	· Right hand slip during pull (positive, let your body move on the pull)
x	· Forward speed (compare to speed during left pushing phase).
	<b><u>2. Right ARM PUSH &amp; Left RECOVERY phase</u></b>
x	· Timing of the right arm pushing action from shoulder , elbow and forearm
x	· The timing of recovering arm entry (middle of the push)
x	· Action of recovering arm (elbow before hand)
x	· The timing of right arm pushing with leg kick (must be simultaneous)
x	· Right hand slip during push (less negative, sticking to water)
x	· Forward speed (higher, compare to speed during right pulling phase)
	<b><u>FULL STROKE CYCLE</u></b>
x	· Body and wave position (individual optimum)
x	· Shoulders rolling, "kayaking" positions (opposite)
x	· Left hand relative speed backwards (the slower the better sticking to water)
x	· Right hand relative speed backwards (the slower the better sticking to water)
x	· Movement during left stroke & right recovery = half stroke length
x	· Movement during right stroke & left recovery = half stroke length
x	· Breathing actions
x	· Stroke length (the longer the better)
x	· Frequency (keep individual optimum)
100%	

swimmer	Quality control of BUTTERFLY START technique
	<b>1. Reaction &amp; preflexion phase</b>
x	· Body position.
x	· Movement of hip
x	· Reaction time from start signal to beginning push-off
x	· Preflexion of knees
	<b>2. PUSHING PHASE</b>
x	· Transfer impulsive pushing forces
x	· Timing of arms action
x	· Head speed forward
x	· Body position at the end of push
x	· The duration of pushing action
	<b>3. FLIGHT PHASE</b>
x	· Hip position during flight
x	· Legs action ( rise up before entry)
x	· Arms action ( stright forward)
x	· Flight speed
x	· The length of head entry
	<b>4. ENTRY &amp; GLIDE PHASE</b>
x	· Head position during entry (between arms)
x	· Body and legs position during entry (without splashing , entry kick)
x	· Forward speed of hands during entry (max)
x	· Forward speed immediately after entry
	<b>5. UNDERWATER KICKING PHASE</b>
x	· Timing of the beginning the first leg kick
x	· Head and arms position during leg kicks
x	· Rhythm and action of legs during kicking
x	· Duration and number of kicks to keep high forward speed
x	· Speed during leg kicks
x	· Trajectory of gradual rise to surface
	<b>6. PULLOUT PHASE</b>
x	· Timing of the beginning of first pullout stroke
x	· Forward speed during first pullout stroke
x	· Arms action during pullout stroke
x	· Forward speed during first recovery
x	· Body position during first recovery
x	· The action of body during pullout
x	· Timing of arms and legs at the end of pullout strokes
x	· Timing the entry of hands at the end of recovery with leg kick
	<b>7. SWIMMING AFTER START</b>
x	· Swimming speed after pullout strokes
100%	

swimmer	Quality of BUTTERFLY TURN technique
	<b>1. SWIMMING BEFORE TURN</b>
x	· Timing of moment for touching the wall
	<b>2. APPROACHING PHASE</b>
x	· Forward speed before touch( as high or better compared to swimming)
	<b>3. ROTATION PHASE</b>
x	· Action of arms during rotation (quick recovery,entry when feet touch )
x	· Action of legs during rotation (quick grouping)
x	· Placing the feet to the wall (correctly and simultaneously )
x	· Speed and movement of hips during rotation (not stoping)
x	· Duration of rotation (short)
x	· Body position at the end of rotation (side)
	<b>4. PUSHING PHASE</b>
x	· Timing of the beginning of push (immediately, when feet touch)
x	· Body position during push ( fixed during push, no twisting)
x	· Mean pushing speed (high)
x	· Push duration (very short)
	<b>5. GLIDING PHASE</b>
x	· Head , body and legs position (must be very streamlined )
x	· Glide speed after push before leg kicks
	<b>6. UNDERWATER KICKING PHASE</b>
x	· Timing of the beginning the first leg kick
x	· Head and arms position during leg kicks
x	· Rhythm and action of legs during kicking
x	· Duration and number of kicks to keep high forward speed
x	· Speed during leg kicks
x	· Trajectory of gradual rise to surface
	<b>7. PULLOUT PHASE</b>
x	· Timing of the beginning of first pullout stroke
x	· Forward speed during first pullout stroke
x	· Arms action during pullout stroke
x	· Forward speed during first recovery
x	· Body position during first recovery
x	· The action of body during pullout
x	· Timing of arms and legs at the end of pullout strokes
x	· Timing the entry of hands at the end of recovery with leg kick
	<b>8. SWIMMING AFTER TURN</b>
x	· Swimming speed after turn (better compared to speed before turn)
100%	

swimmer	Quality control of BUTTERFLY SWIMMING technique
	<b>1. Arms pulling phase</b>
x	· The arms action during pull (good catch, high elbow position)
x	· The leg action during the pull (with overextension of knees)
x	· The head action during the pull (good stretching chin forward)
x	· Hands slip during pull (must be positive, body moving on the pull)
x	· Forward speed during pull (higher, compared to previous phase)
	<b>2. Arms pushing with leg kick phase</b>
x	· Position of arms at the middle of stroke (almost vertical)
x	· Timing of push and kick (simultaneous end)
x	· Hands pushing slip (less negative, sticking to water).
x	· Forward speed (max high speed)
	<b>3. Arms recovery phase</b>
x	· Body position during arm recovery,( flat)
x	· The timing of head entry at the end of inhalation( hands passing shoulder line).
x	· Forward speed during recovery.(high)
	<b>4. Arms entry with leg kick phase</b>
x	· The timing of hands entry with leg kick down(simultaneously).
x	· Legs action during kick with arms entry ( good transfer of force, fixing knees )
x	· Forward speed during kick with arms entry(high)
	<b>5.FULL STROKE CYCLE</b>
x	· Body and wave position (flat)
x	· Relative speed of hands backwards (the slower the better sticking to water)
x	· Hands speed forward during recovery.(not too quick)
x	· Movement during arms stroke = half stroke length(the longer the better stroker)
x	· Movement during arms recovery = half stroke length (the longer the better flyer)
x	· Breathing actions
x	· Stroke length (the longer the better)
x	· Frequency (keep individual optimum)
100%	

swimmer	Quality control of BREASTSTROKE START technique
	<b>1. REACTION &amp; PREFLEXION PHASE</b>
x	· Body position.
x	· Movement of hip
x	· Reaction time from start signal to beginning push-off
x	· Preflexion of knees
	<b>2. PUSHING PHASE</b>
x	· Transfer impulsive pushing forces
x	· Timing of arms action
x	· Head speed forward
x	· Body position at the end of push
x	· The duration of pushing action
	<b>3. FLIGHT PHASE</b>
x	· Hip position during flight
x	· Legs action ( rise up before entry)
x	· Arms action ( stright forward)
x	· Flight speed
x	·The length of head entry
	<b>4. ENTRY &amp; GLIDE PHASE</b>
x	· Head position during entry (between arms)
x	· Body and legs position during entry (without splashing )
x	· Forward speed of hands during entry (max)
x	· Forward speed during first glide
x	· Body , head and arm position for the glide
x	· Duration of first glide and timing of pull (relatively short)
	<b>5. LONG PULL PHASE</b>
x	· Forward speed of pulling.(same as gliding speed)
x	· The action of the arms (good acceleration)
x	· Leg action of legs ( keep legs straight)
x	· Body and head position during long pull (flat, streamlined)
	<b>6. SECOND GLIDING PHASE</b>
x	· Body position (streamlined)
x	· Forward speed of gliding (same as pulling speed)
	<b>7. ARM RECOVERY &amp; LEG BENDING PHASE</b>
x	· Arms action ( close to body, with small resistance)
x	· Legs action ( first bending knees, then from hips, knees wide, feet close)
x	·Timing of the leg bending with arms recovery (when arms are shoulder line)
x	· Forward speed of arms and legs recovery (not too low)
	<b>8. FIRST KICK &amp; PULLOUT PHASE</b>
x	· Position the body for underwater pullout cycle
x	· Timing of kick and pull (short gliding between)
x	· Body position on the surface at the end of the pullout (flat,high)
x	· Forward speed of pullout cycle (high)
	<b>9. SWIMMING AFTER START</b>
x	· Forward speed af swimming after pullout(high as pullout)
100%	

swimmer	Quality control of <b>BREASTSTROKE TURN</b> technique
	<b>1. SWIMMING BEFORE TURN</b>
x	· Timing of moment for touching the wall
	<b>2. APPROACHING PHASE</b>
x	· Forward speed before touch( as high or better compared to swimming)
	<b>3. ROTATION PHASE</b>
x	· Action of arms during rotation (quick recovery,entry when feet touch )
x	· Action of legs during rotation (quick grouping)
x	· Placing the feet to the wall (correctly and simultaneously )
x	· Speed and movement of hips during rotation (not stoping)
x	· Duration of rotation (short)
	<b>4. PUSHING PHASE</b>
x	· Timing of the beginning of push (immediately, when feet touch)
x	· Body position during push ( fixed during push, no twisting)
x	· Mean pushing speed (high)
x	· Push duration (very short)
	<b>5. GLIDING PHASE</b>
x	· Forward speed during first glide
x	· Body , head and arm position for the glide
x	· Duration of first glide and timing of pull (relatively short)
	<b>6. LONG PULL PHASE</b>
x	· Forward speed of pulling.(same as gliding speed)
x	· The action of the arms (good acceleration)
x	· Leg action of legs ( keep legs straight)
x	· Body and head position during long pull (flat, streamlined)
	<b>7. SECOND GLIDING PHASE</b>
x	· Body position (streamlined)
x	· Forward speed of gliding (same as pulling speed)
	<b>8. ARM RECOVERY &amp; LEG BENDING PHASE</b>
x	· Arms action ( close to body, with small resistance)
x	· Legs action ( first bending knees, then from hips, knees wide, feet close)
x	· Timing of the leg bending with arms recovery (when arms near shoulder)
x	· Forward speed of arms and legs recovery (not too low)
	<b>9. FIRST KICK &amp; PULLOUT PHASE</b>
x	· Position the body for underwater pullout cycle
x	· Timing of kick and pull (short gliding between)
x	· Body position on the surface at the end of the pullout (flat,high)
x	· Forward speed of pullout cycle (high)
	<b>10. SWIMMING AFTER TURN</b>
x	· Swimming speed after turn ( better compared to speed before turn )
100%	

swimmer	Quality control of <b>BREASTSTROKE SWIMMING</b> technique
	<b><u>1. LEG KICK PHASE</u></b>
x	· Timing of arms at the beginning of leg kick ( arms must be stretched )
x	· Position of legs at the beginning of the kick ( shins vertical, knees separated)
x	· Body and head position during kick ( horizontal, between arms)
x	· The backward slip of feet during kick (no slip)
x	· Forward speed during kick (high)
	<b><u>2. GLIDING phase</u></b>
x	· Glide speed after kick ( compared to kick speed)
x	· Glide duration after kick ( longer if higher speed)
x	· Body position during glide (avoid deep sinking )
	<b><u>3. ARM PULL PHASE</u></b>
x	· Arms action during pull (wide, high elbow)
x	· Hands slip during arm pull (positive slip moving on the pull)
x	· The length of the arms pull (hands reach the shoulder line)
x	· Forward speed during armspull (high)
	<b><u>4. ELBOWS BRINGING TOGETHER PHASE</u></b>
x	· Position and action of elbows (close to the body)
x	· Forward speed ( rising max high)
	<b><u>5. ARMS RECOVERY &amp; LEGS FLEXION PHASE</u></b>
x	· The timing of stretching arms and flexing legs (without dropping body)
x	· Action of arms during recovery (quick forward elbows under water)
x	· Action of legs preparing the next kick (first from knees then from hips)
x	· Duration of recovery actions (short)
x	· Forward speed of recovery actions (high)
	<b><u>6. FULL STROKE CYCLE</u></b>
x	· Breathing actions
x	· Stroke length (long)
x	· Stroke frequency (keep individual optimum)
100%	

swimmer	Quality control of BACKSTROKE START technique
	<b>1. REACTION &amp; HANDS RELEASE PHASE</b>
x	· Start position
x	· Reaction time from signal to hand release
x	· Hip position (out from water)
	<b>2. PUSHING PHASE</b>
x	· Transfer impulsive pushing forces
x	· Timing of arms action
x	· Head speed forward
x	· Body position at the end of push
x	· The duration of pushing action
	<b>3. FLIGHT PHASE</b>
x	· Hip position during flight
x	· Legs action ( feet out of water before entry)
x	· Arms action ( near and from side of the body)
x	· Flight speed
	<b>4. ENTRY &amp; GLIDE PHASE</b>
x	· Head position during entry (between arms)
x	· Body and legs streamlined entry (without splashing , through " one hole")
x	· The length of head entry
x	· Forward speed of hands during entry
x	· Speed immediately after entry before first kick
	<b>5. UNDERWATER KICKING PHASE</b>
x	· Timing of the beginning the first leg kick
x	· Head and arms position during leg kicks
x	· Rhythm and action of legs during kicking
x	· Duration and number of kicks to keep high forward speed
x	· Speed during leg kicks
x	· Trajectory of gradual rise to surface
	<b>6. PULLOUT PHASE</b>
x	· Timing of the beginning of first pullout stroke
x	· Forward speed during first pullout stroke
x	· Timing of the beginning second pullout stroke
x	· Forward speed during second pullout stroke
x	· The action of arm strokes and recovery during pullout
x	· The action of body during pullout
x	· Timing of arms and legs at the end of pullout strokes
	<b>7. SWIMMING AFTER START</b>
x	· Swimming speed after pullout strokes
100%	

swimmer	Quality control of <b>BACKSTROKE TURN</b> technique
	<b>1. SWIMMING BEFORE TURN</b>
x	· Swimming speed before turn
	<b>2. ROLL-OVER STROKE PHASE</b>
x	· Forward speed during roll over stroke (higher then swimming speed)
	<b>3. ROTATION PHASE</b>
x	· Timing of the beginning rotation (head down at the end of last stroke)
x	· Action of arms during rotation (avoid unnecessary movements )
x	· Action of legs during rotation (dolphin leg kick and quick recovery)
x	· Placing the feet to the wall (correctly and simultaneously )
x	· Movement of hips during rotation (elliptical)
x	· Duration of rotation (short)
	<b>4. PUSHING PHASE</b>
x	· Position of arms for push (hide head between the stretched arms)
x	· Back position (rigid and fixed during push)
x	· Mean pushing speed (high)
x	· Push duration (very short)
	<b>5. GLIDING PHASE</b>
x	· Head , body and legs position (must be very streamlined )
x	· Glide speed after push before leg kicks
	<b>6. UNDERWATER KICKING PHASE</b>
x	· Timing of the beginning the first leg kick
x	· Head and arms position during leg kicks
x	· Rhythm and action of legs during kicking
x	· Duration and number of kicks to keep high forward speed
x	· Speed during leg kicks
	<b>7. PULLOUT PHASE</b>
x	· Timing of the beginning of first pullout stroke
x	· Forward speed during first pullout stroke
x	· Timing of the beginning second pullout stroke
x	· Forward speed during second pullout stroke
x	· The action of arm strokes and recovery during pullout
x	· The action of body during pullout
x	· Timing of arms and legs at the end of pullout strokes
	<b>7. SWIMMING AFTER TURN</b>
x	· Swimming speed after turn ( better compared to speed before turn and pullout)
100%	

swimmer	<b>Quality control of BACKSTROKE SWIMMING technique</b>
	<b><u>1. Left ARM PULL &amp; Right RECOVERY PHASE</u></b>
x	· The position of left shoulder (must be relatively high)
x	· The timing of left catch, right exit, left kick (must be simultaneous)
x	· The left arm pull action (good catch down, aside, fixed elbow position)
x	· The position of left arm at the middle of stroke (vertical, max flexed)
x	· Left hand slip during pull (positive, let your body move on the pull)
x	· Forward speed (compare to speed during right pushing phase).
	<b><u>2. Left ARM PUSH &amp; Right RECOVERY PHASE</u></b>
x	· The left arm push action (elbow and hand close to body, with wrist locked e.c.t.)
x	· The timing of recovering arm entry (must be before the end of the push)
x	· The timing of left arm pushing with left leg kick (must be simultaneous)
x	· Left hand slip during push (less negative, sticking to water)
x	· Forward speed (higher, compare to speed during left pulling phase)
	<b><u>3. Right ARM PULL &amp; Left RECOVERY PHASE</u></b>
x	· The position of right shoulder (must be relatively high)
x	· The timing of right catch, left exit, right kick (must be simultaneous)
x	· The right arm pull action (good catch down, aside, fixed elbow position)
x	· The position of right arm at the middle of stroke (vertical, max flexed)
x	· Right hand slip during pull (positive, let your body move on the pull)
x	· Forward speed (compare to speed during left pushing phase).
	<b><u>4. Right ARM PUSH &amp; Left RECOVERY PHASE</u></b>
x	· The right arm push action (elbow and hand close to body, with wrist locked e.c.t.)
x	· The timing of recovering arm entry (must be before the end of the push)
x	· The timing of right arm pushing with right leg kick (must be simultaneous)
x	· Right hand slip during push (less negative, sticking to water)
x	· Forward speed (higher, compare to speed during right pulling phase)
	<b><u>5. FULL STROKE CYCLE</u></b>
x	· Body and wave position, shoulders roll (individual optimum)
x	· Left hand relative speed backwards (the slower the better sticking to water)
x	· Right hand relative speed backwards (the slower the better sticking to water)
x	· Movement during left stroke & right recovery = half stroke length
x	· Movement during right stroke & left recovery = half stroke length
x	· Stroke length (the longer the better)
x	· Frequency (keep individual optimum)
100%	