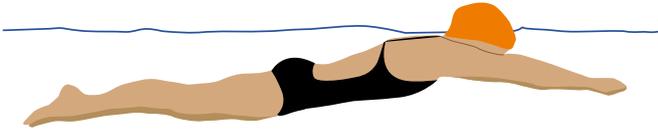


Strokes Expected Standards

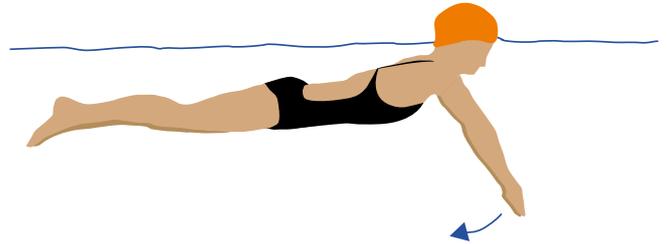
Breaststroke

1



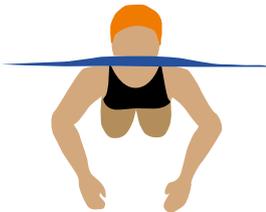
Body is streamlined but at a small angle, eyes look forward and down.

2



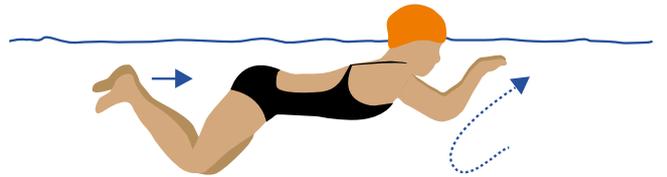
Arms pull to side back and down, hands stay in front of shoulders.

3



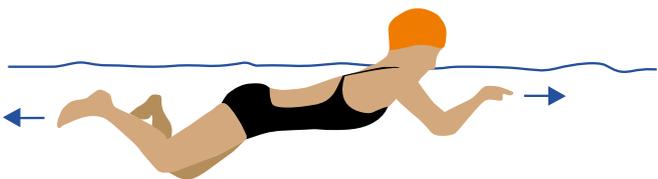
Breathe out and take a breath quickly.

4



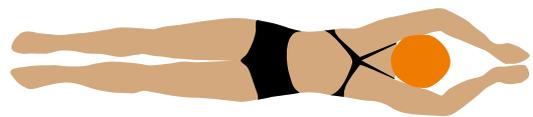
As the arms complete their action, the legs are drawn up.

5



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

6



Hold a short glide before the next stroke.