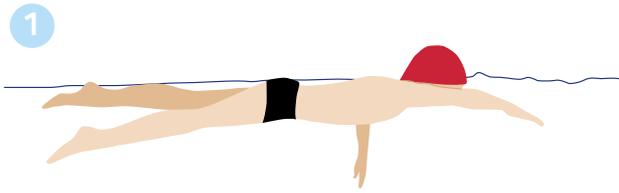
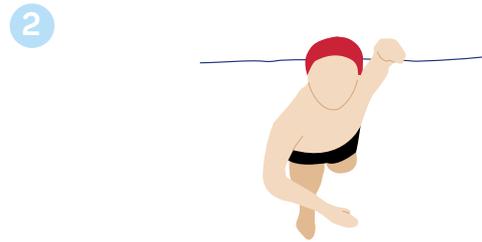


Strokes Expected Standards

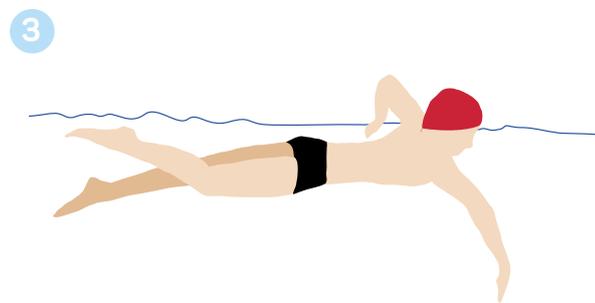
Front crawl



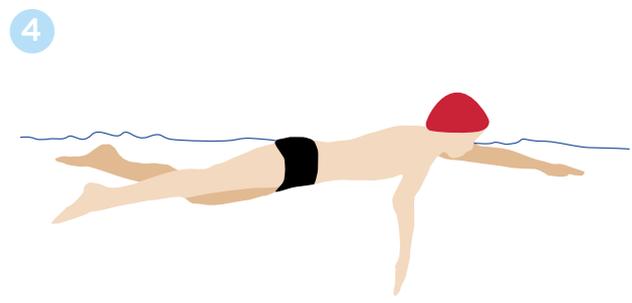
Body flat, eyes look forward and down.



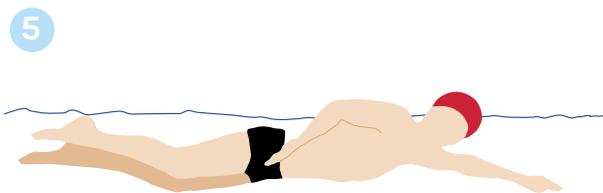
Hand enters the water just inside shoulder line. Arm pulls down and back with elbow bent, body rolls.



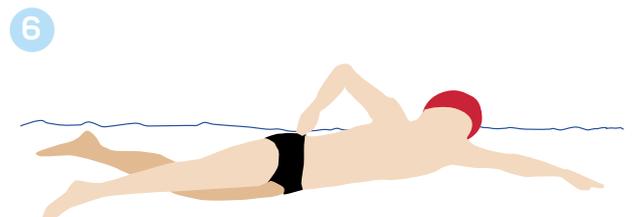
Arm recovery is an easy, relaxed action with the elbow higher than the hand.



Arm pushes back, head starts to turn ready for breathing.



Head turns to side to breathe in.



The face turns back into the water as soon as the breath is taken to breathe out under water.