

Freestyle Dive Start Tips

1. Prepare, breathe until you hear “Take Your Marks”.
2. Pull your body downward into a 15-30 degree angle ready to push off .
3. Remain still until you hear start “gun” or “beeper”.
4. Keep head and hands **lower than your feet** as you strike the water. Small hole entry – high hips.
5. Arms at side of head (placed over your ears).
6. Chin on chest, goggle straps under swim cap will minimise goggles coming off.
7. Hand on Hand - Top hand will be first stroke after break out.
8. As you hit the water, make sure your head is tucked in and that you straighten your body out after you enter the water to avoid going too deep. Begin dolphin kick immediately unless swimming breaststroke.
9. Power forward to break out - Kick up momentum. Body roll to opposite side to top hand to commence stroke.
10. Focus on full arm reach, grab and power pull.
11. Body roll from waist, maintain kick, streamline, high elbows above hand, complete full stroke.
12. Reach, Hold, Grab, Aggressive Pull, Body Roll.

