

**Aquatic Posture, Line and Balance**

Head Position: Long neck, head neutral on spine, eyes down when not breathing

Arms: At extension, arm parallel to surface at shoulder depth (hand and arm not angled up)

Core: Solid column with minimal arch in small of back

Hips: One cheek always at the surface

Legs: Kicking in the shadow of the core

Feet: Relaxed on ankles with toes pointed back

**Breathing**

Seamless (should not disrupt balance, rotation or stroke timing)

Face rotates to the air, with most of head remaining in the water

Both sides

**Sighting**

Seamless (should recover good balance quickly)

**Body Rotation**

Hips snap from side to side, to 45 degrees or more (minimize time on the belly, avoid slow rolling)

Shoulders extend forward and back, rotating less than the hips

**Kicking**

Minimal knee bend

Feet relaxed on ankles with toes pointed back

Every third kick initiates hip snap

**Arm Mechanics**

High-elbow recovery directs weight of recovering arm forward as it enters water

Recovering hand drives straight forward to shoulder depth, and does not cross the centerline

No downward pressure in front quadrant – especially when breathing

Glide for just a moment after extension to release bubbles

Elbow pops upward while hand and forearm go vertical (before the pull begins)

Pull begins as recovering hand passes the head

Pull is straight back towards the feet

Hand relaxed but wrist straight during catch and pull