ASA National Curriculum Training Program

Synchronised

Swimming – Stroke Combinations

A stroke combination is changing from synchro stroke to another. The movement needs to be as smooth as possible so the strokes glide into each other.

At the end of the pull a side stroke can be achieved and a roll on to the back can be executed. The arm is extended by the hip can start the back crawl.

Leave the arm that enters the water extended above the head, roll over on the extended arm, pull in the arm as you roll over, extend both arms out into the breast stroke.

Leave the arm that enters the water extended above the head and roll over on the extended arm on to the front. Start the front crawl with the extended arm down by the hips.

Leave the arm that enters the water extended above the head and roll over on the extended arm on to the back. Start the back crawl with the extended arm down by the hips.