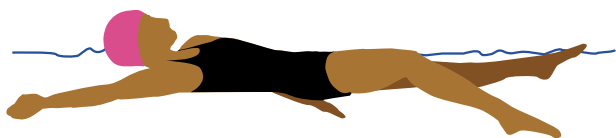


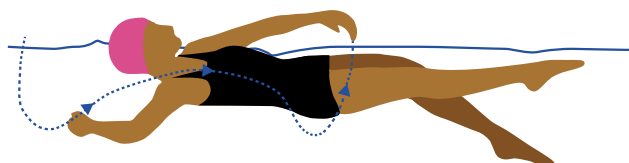
Strokes Expected Standards Backstroke

1



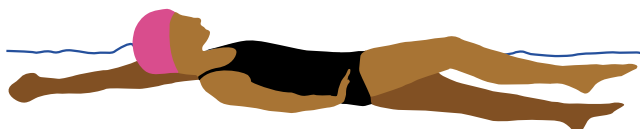
Little finger enters water first. The arm is straight.

2



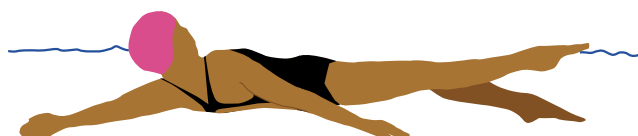
When the arm is at shoulder level, the elbow bends, arm pulls sideways and body rolls.

3



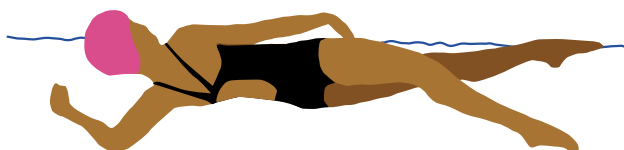
Aim for a flat body position, with head back and eyes looking upwards.

4



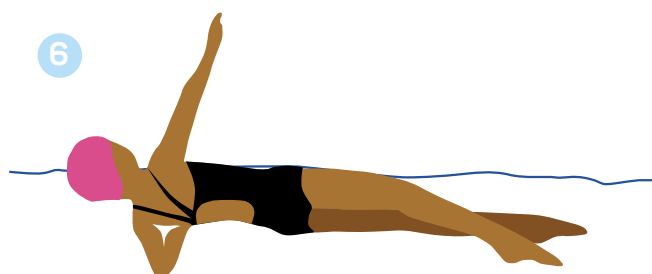
The arm and leg actions are continuous.

5



Breathe out as one arm recovers and breathe in as the other recovers.

6



The recovering arm points straight up.