

# RACING FUNDAMENTALS: BACKSTROKE

- Streamline off your start
- Minimum of 3 fly kicks before you breakout on top of the water
- As you swim keep your head back with your hips and shoulders rotating around the head
- As you swim make sure to breathe in and out while racing
- Know your stroke count into your turn
- Streamline off your turn
- Minimum of 3 fly kicks before you breakout on top of the water
- Know your stroke count into your finish, DO NOT SLOW DOWN
- Reach back with your whole body for the finish

