

RACING FUNDAMENTALS: BREASTROKE

- Streamline off your start
- 1 pull then 1 kick before you breakout on top of the water
- As you swim snap your kick until you finish it and reach
- Know your stroke count into your Turn, DO NOT JAM the WALL
- Touch the wall with 2 hands
- At the turn drive your feet to the wall, drop your elbow, and bring your other hand behind your ear (“Elbow your brother then call your mother”)
- Streamline off your Turn
- 1 pull then 1 kick before you breakout on top of the water
- Know your stroke count into your finish, DO NOT JAM the WALL
- On your last stroke lunge for the Wall and Touch with 2 HANDS

