

RACING FUNDAMENTALS: BUTTERFLY

- Streamline off your START
- Minimum of 3 fly kicks before you breakout on top of the water
- You must take a minimum of 1 stroke with your head down before you breathe
- As you swim bring your hands around with your thumbs down and reach
- As you swim alternate your breathing minimally doing 1 up and the 1 down
- 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 than call your mother”)
- Streamline of your turn
- Minimum of 3 fly kicks before you breakout on top of the water
- You must take a minimum of 1 stroke with your head down before you breathe
- No breath from the flags into the Wall on your Finish
- 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

