

RACING STARTS

Key Points from USA Swimming

Teaching

Step 1



Step 2



Step 3



Teaching



Step 4



Grab Start



Simplest start

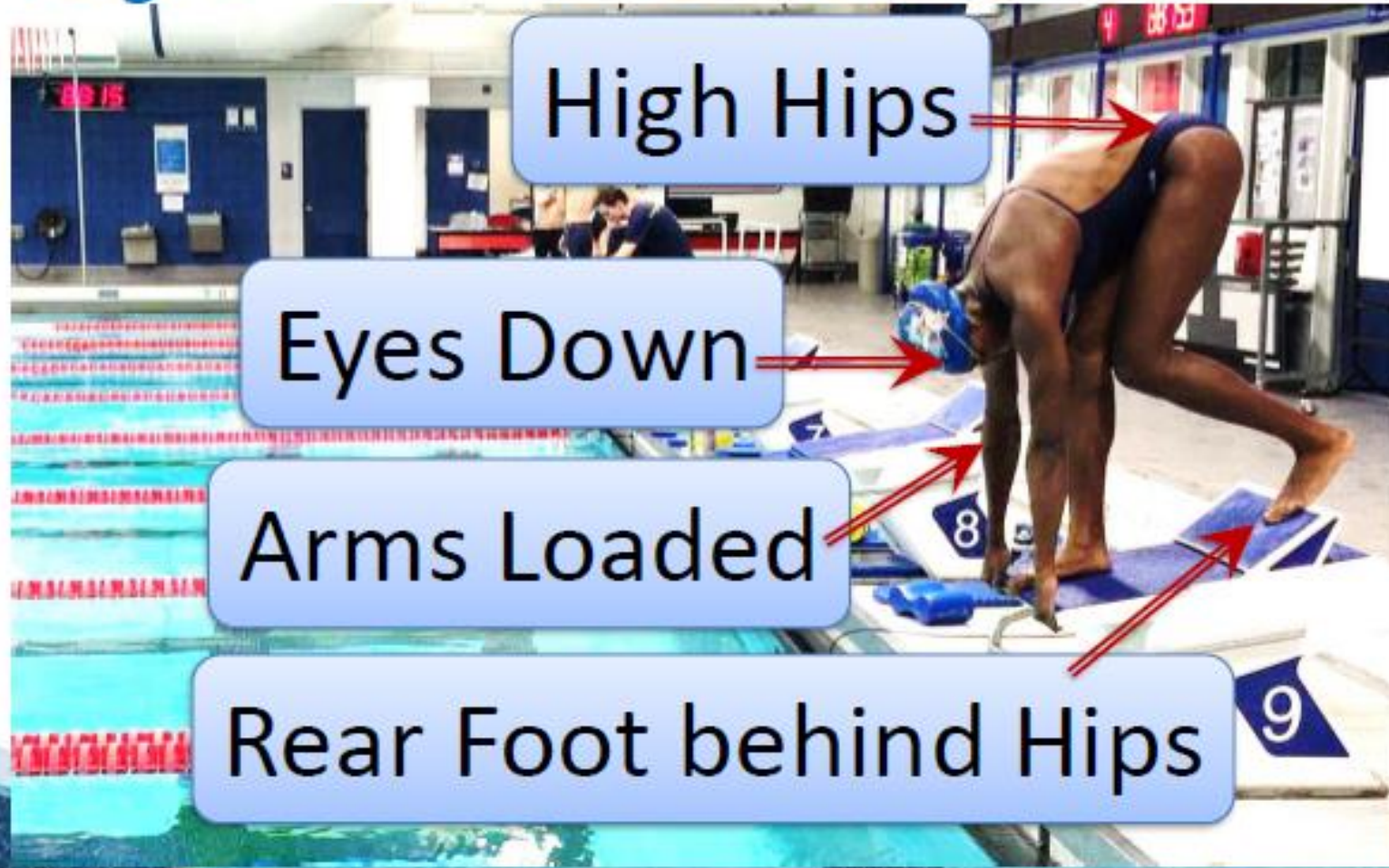
Easier to
control

Slower to
take-off
position

Grab Start



4 Keys To The Track Set-up



Track Start

Feet hip width apart pointing forward

Arms Must Be Used

Pull elbows towards ribs → arms follow

Gets upper body & hips moving forward

Keeps body low



Eliminate Wasted Motion

**Elbows should point backward
not outward**



Leverage

Thumbs should be around block



Jump Forward, Not Up!

Keep back flat & low

Push chin & chest forward

Look at entry point



Flat, Low Back Optimizes Leg Push



Take-off Angle



Natalie Coughlin



Ian Crocker



Cullen Jones



Whitney Myers



Brendan Hansen



Jason Lezak

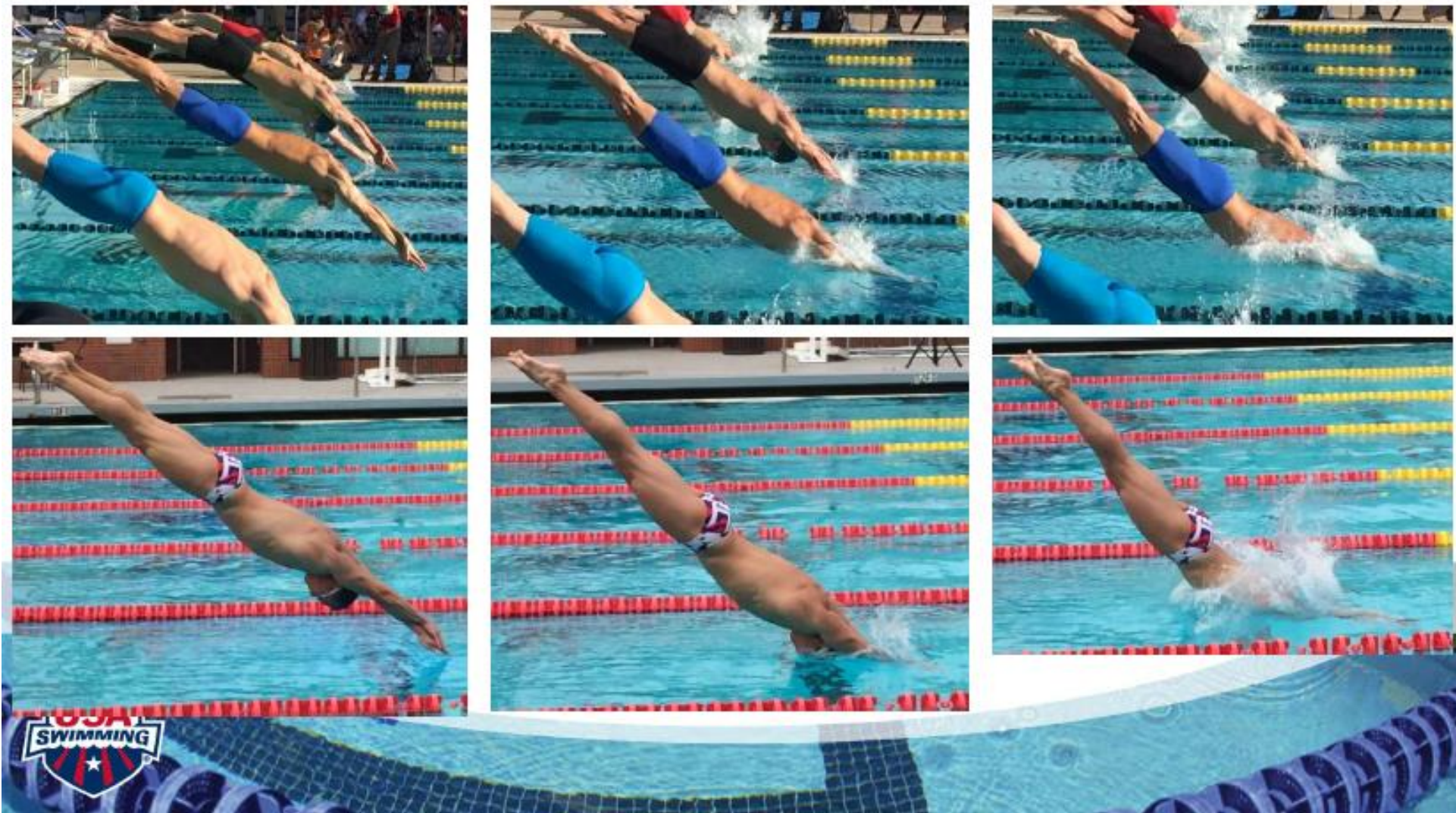


Megan Jendrick



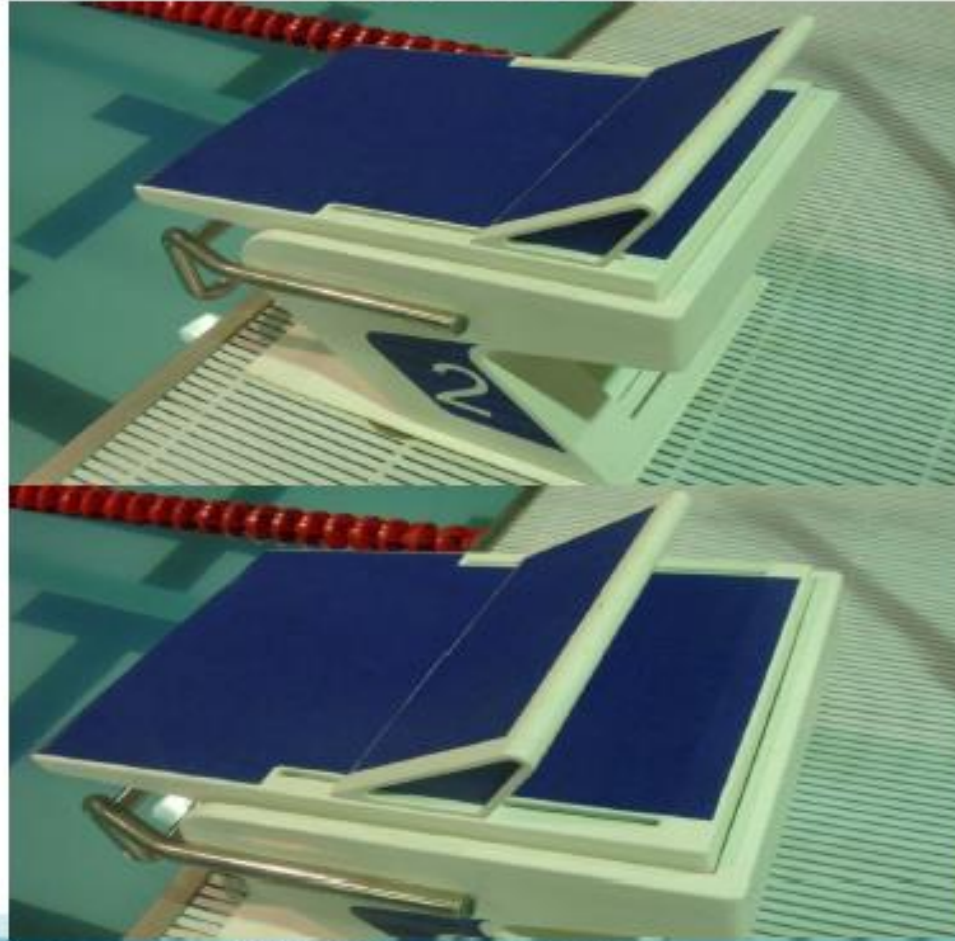
Amanda Weir

Holding body line through the core is crucial to create the perfect streamline



Wedge Placement?

Set the wedge as far forward as possible without compromising the four set-up keys



Great set-up: High hips, eyes down, arms loaded, rear foot behind hips



Keys To A Great Start

Get comfortable on block & in the air: height, balance, head below hips, speed

Great set-up: High hips, eyes down, arms loaded, rear foot behind hips

Explode: Elbows to ribs, stay low, push chin & chest forward, JUMP

Backstroke

Start

Load Hips

Throw hands

Push from
the core

Key Points

Triple
Extension

- Hips
- Knees
- Ankles

