

Super Saturday: Racing Starts

Racing Starts – [Tips from USA Swimming](#) (slides)

Dives:

- [Beginner progression and using chin/back to control depth](#)
- Overview of basic position: [intermediate](#), [advanced](#)
- [Weighting and placing feet](#)

Drills:

- Standing in water, diving over the noodle: [control legs](#) and to [control streamline](#)
- Standing on edge, [tight dive over noodle](#) to control legs and streamline
- Dive with [buoy between legs](#) to keep legs together
- [“Fall” in dive](#) position off blocks into tight streamline
- Dive off block, starting from a streamline and flat back position
- Advanced: pull cord at spot of “normal” entry, then dive just in front of it – [faster, tighter entry](#)
- Reaction time drills: [flexing on “go”](#); [kickboard smack](#) (last minute)

Backstroke Starts:

- Overview of [positioning](#)
- [Pull hips up](#) over the water (advanced)
- Drills: [bottom only](#), [ball drill](#) (advanced)