

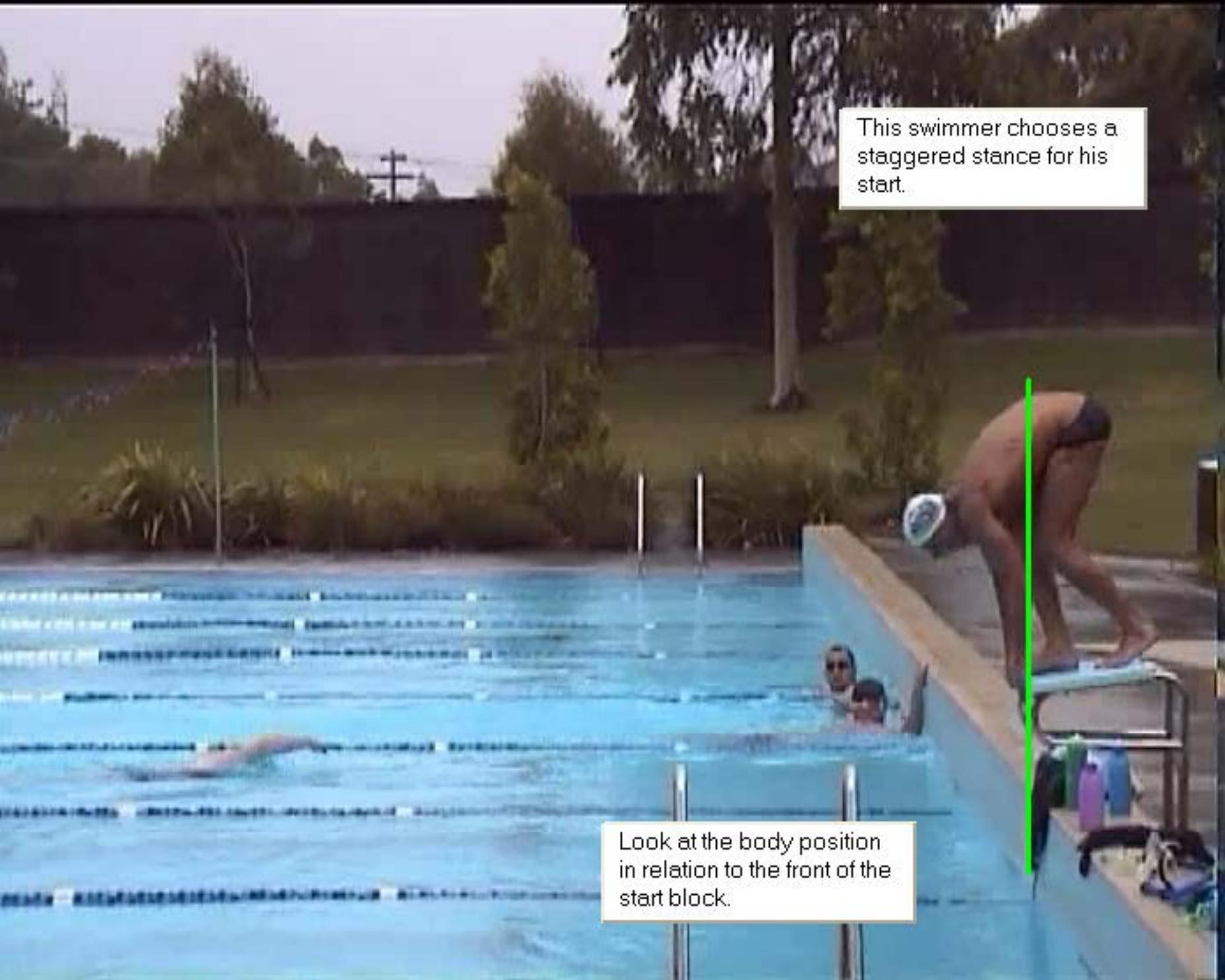
A photograph of a swimming pool during a race. A male swimmer is in the water, performing a butterfly stroke. On the starting block, another swimmer is in a crouched position, ready to start. The pool has multiple lanes marked by lane lines. In the background, there is a grassy area with trees and utility poles.

This swimmer chooses a staggered stance for his start.



This swimmer chooses to dive with both feet together at the front of the start block. We are looking for a well balanced position that will enable a fast start with a strong push off.



A photograph of a swimming pool during a race. In the foreground, a male swimmer is performing a butterfly start from a starting block. He is in mid-air, having just pushed off, with his arms extended forward and mouth above water. A green vertical line highlights the position of his body relative to the starting block. In the background, another swimmer is visible in the water, and the edge of the pool with lane lines is seen.

This swimmer chooses a staggered stance for his start.

Look at the body position in relation to the front of the start block.



This swimmer chooses to dive with both feet together at the front of the start block. We are looking for a well balanced position that will enable a fast start with a strong push off.

Note the body position in relation to the front of the start block.



105.6°

A photograph of a swimmer performing a dive into a swimming pool. The swimmer is in mid-air, having just left the diving board. The pool has several lanes marked by white lines. In the background, there is a grassy area with trees and some utility poles.

The extent of the leg bend and speed with which the leg is straightened after take off are good points to look at in relation to the distance achieved in the dive.

77.4°





The back leg is nearly straight as the swimmer is about to leave the block

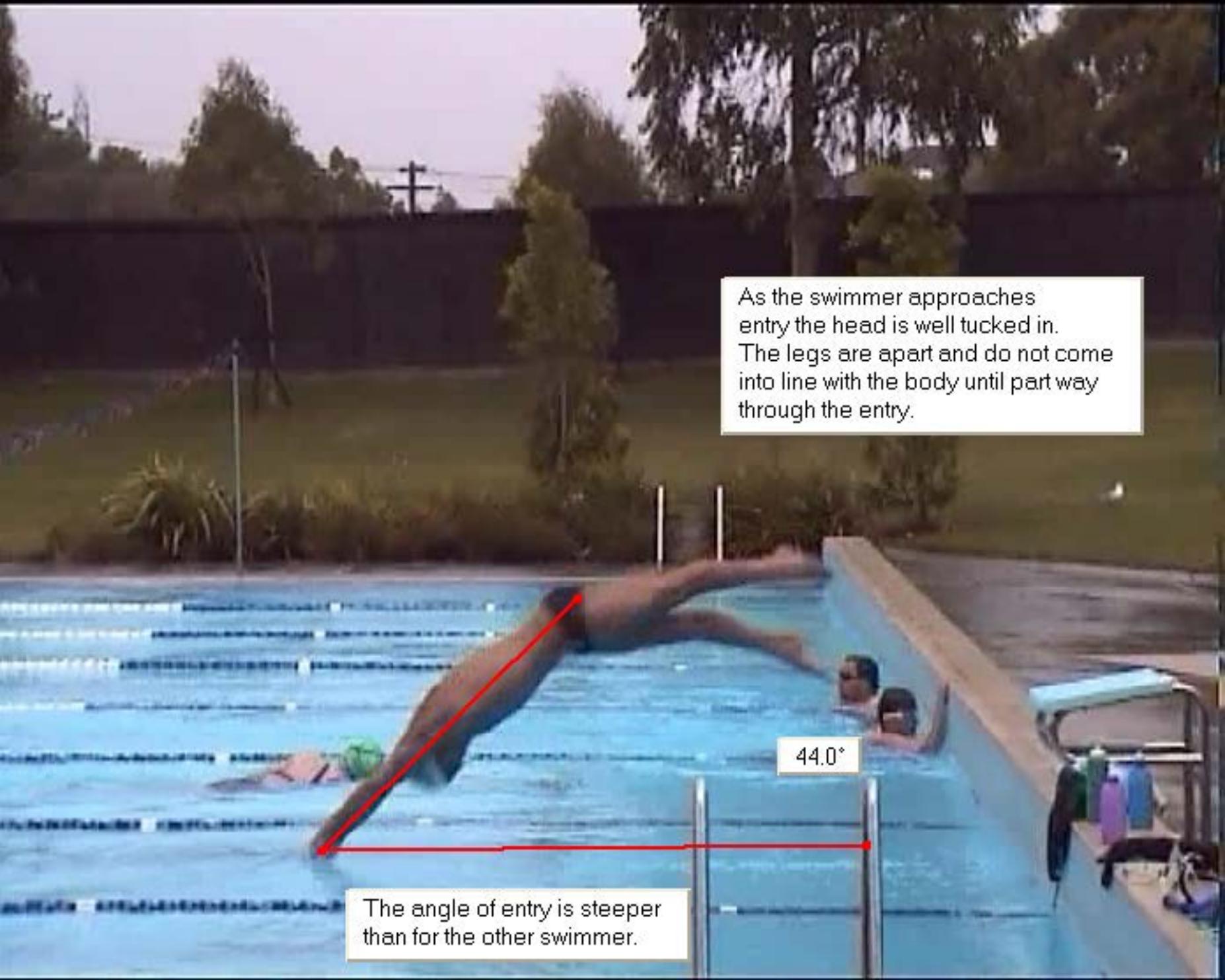


As the swimmer approaches entry the head is well tucked in. The legs are apart and do not come into line with the body until part way through the entry.



This diver is achieving a good stream lined position as he approaches entry. The head is tucked in well and legs are together, brought into line with the body.

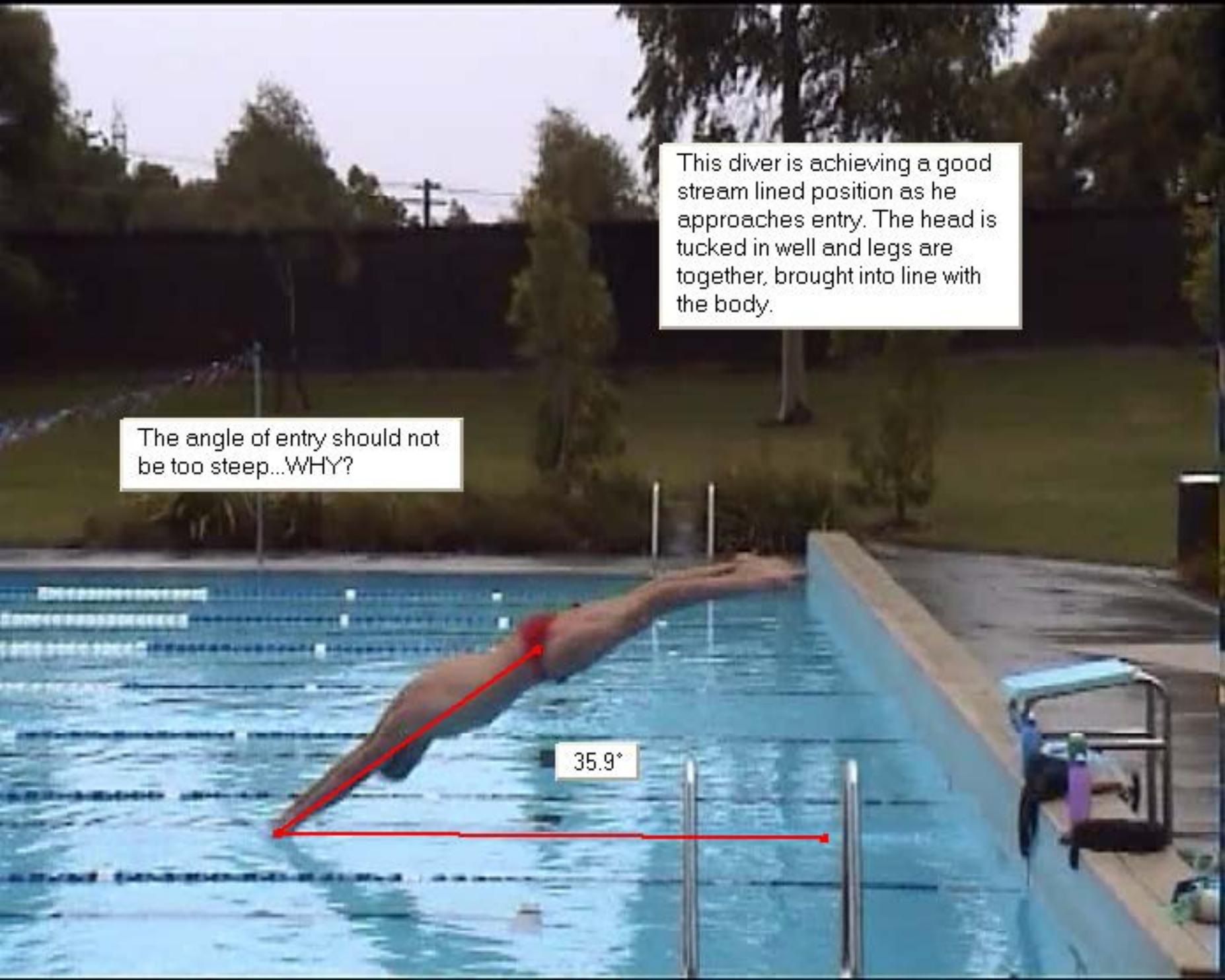




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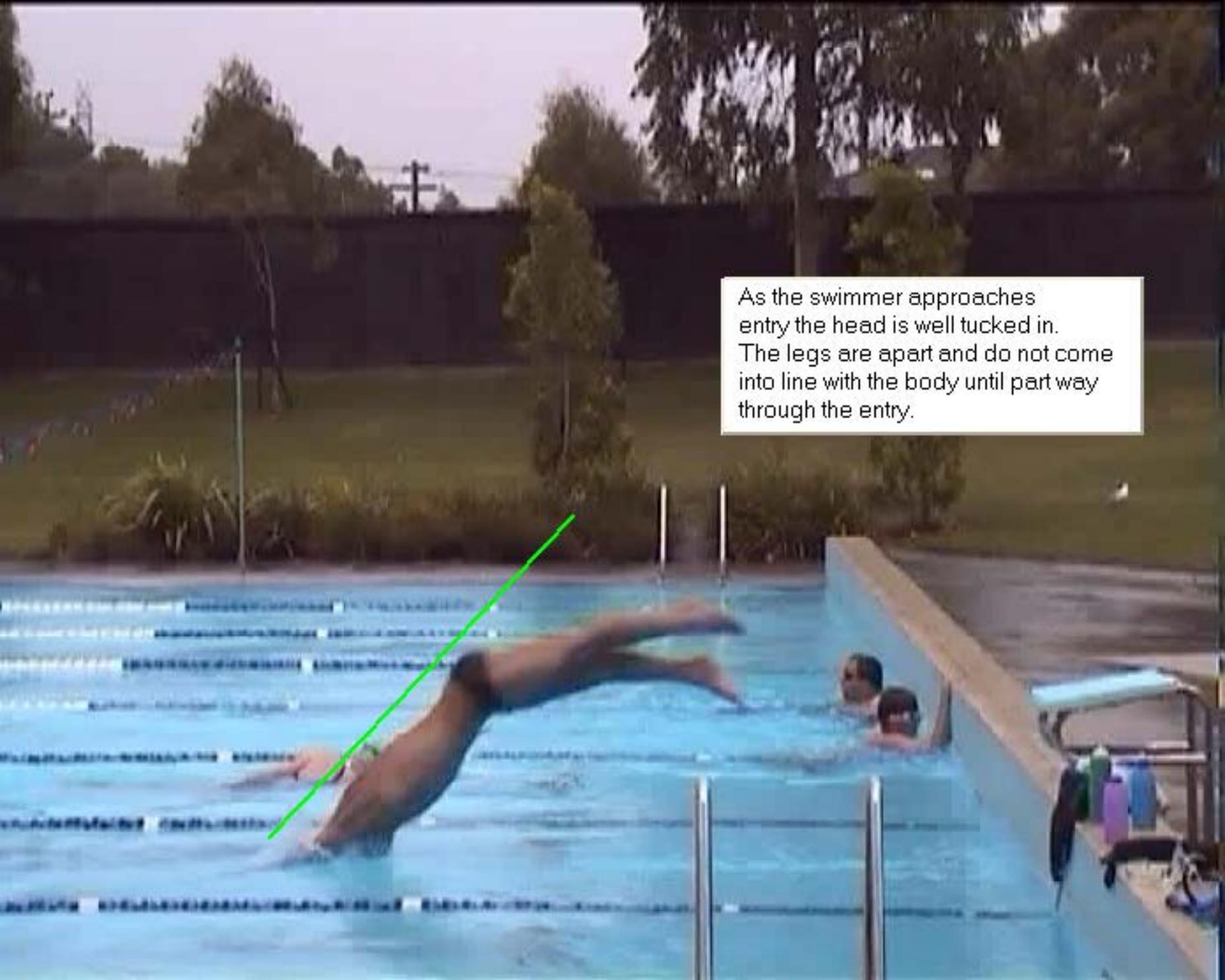
44.0°

The angle of entry is steeper than for the other swimmer.

A photograph of a diver performing a tuck entry into a swimming pool. The diver is in a tucked position, with their head tucked down and legs pulled up towards their chest. A red line is drawn from the point where the diver's body meets the water to the point where it would enter if it were a straight line, forming a right-angled triangle. The angle at the water's surface is labeled "35.9°".

This diver is achieving a good stream lined position as he approaches entry. The head is tucked in well and legs are together, brought into line with the body.

The angle of entry should not be too steep...WHY?



As the swimmer approaches entry the head is well tucked in. The legs are apart and do not come into line with the body until part way through the entry.



This diver is achieving a good stream lined position as he approaches entry. The head is tucked in well and legs are together, brought into line with the body.

A photograph of an outdoor swimming pool during the day. Two swimmers are visible in the water. The swimmer on the left is performing a butterfly stroke, creating a large splash at the surface. A bright green arrow points directly to this splash. The swimmer on the right is further back in the pool. In the background, there is a grassy area with several tall trees and a utility pole with wires.

Look at the splash to indicate how smooth the entry is.

A swimmer is performing the butterfly stroke in a swimming pool. The swimmer is in mid-stroke, with arms extended forward and legs kicked powerfully. A large splash of water is visible at the entry point. The pool has blue lane lines and a diving board is visible on the right side. The background shows a grassy area with trees and utility poles.

The splash provides an indication
of how smooth the entry is.