**“Let’s Start Where We Want to Finish”**

Starts – Turns & Finishes Workshop 13 July 2014 – Coach Janine Healy

Assisted by Simon Bole-Brown: Redlands Bayside and Technical Official

Here are some of the tips from the Sunday invitational session. I hope you find them useful ☺

**Race start procedure.**

 Long whistle = Get ready on the blocks (at least one foot must be at the front of the block). For Freestyle, Breaststroke, Butterfly and Medley.

In backstroke the long whistle means to get into the water feet fist in front of the block (i.e. pencil dive) then a second whistle and get ready (quickly) with both hands on the grab rail and feet on the wall.

When all swimmers are ready the starter will say take your marks (once all swimmers are in this position and steady) then the gun. GO!

**Turns**

Freestyle flip turn or touch turn must push off with feet on the wall.

Breaststroke and Butterfly two hand touch simultaneously on the wall (no overlapping hands)

Backstroke count strokes from the wall swimmer may turn using one arm stroke turnover (flip turn) as in freestyle but must come off the wall on their back/side (acute angle) to commence stroke. Exception to this rule is in the Individual Medley where each stroke must be considered as an individual race (i.e. touch the wall at the end of each stroke **no turnover of flip turns for the end of Backstroke leg** and remain on your back into the wall for the touch)

**Finishes**

Breaststroke and Butterfly two hand touch simultaneously on the wall (no overlapping hands).

Freestyle touch the wall (almost any part of the body will do!) More efficient if it’s your hand and not you head!

Backstroke touch the wall (the body must not be fully submerged) **Stay on your back all the way into the wall for the touch!**

At the whistle, swimmers must exit the pool from either side (not over the end of the timing equipment)

Listen to the officials when it comes to over the top starts.

More detailed information can be found at <http://www.mastersswimmingqld.org.au/Technical/Technical-Information>

Or by emailing Janine Healy coaching@mastersswimmingqld.org.au or Stan Pearson technical@mastersswimmingqld.org.au