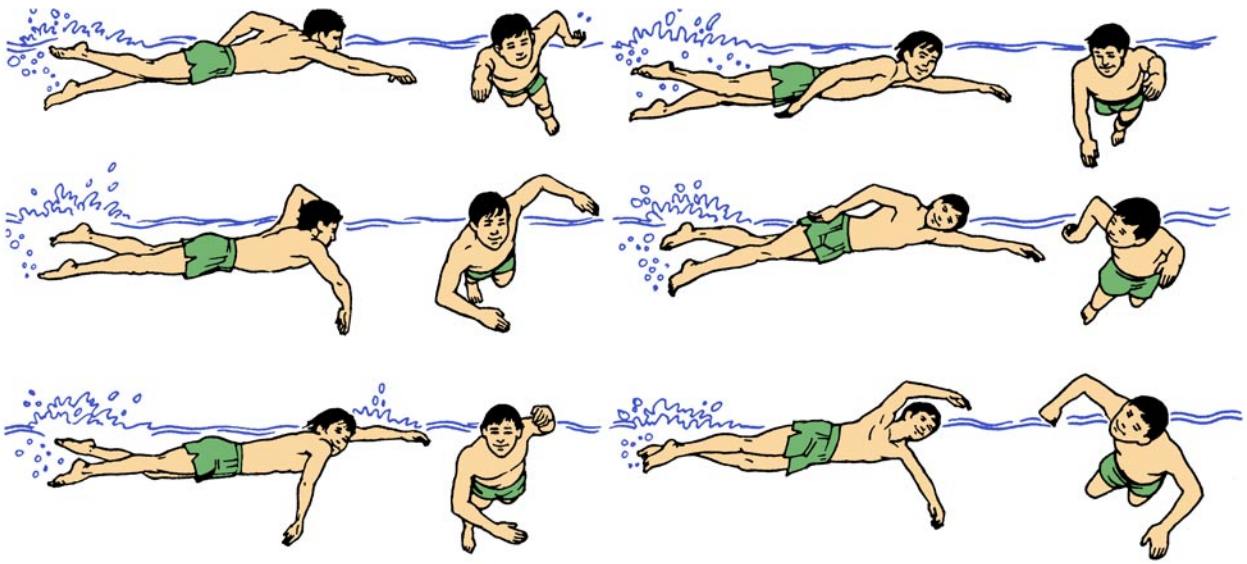
FRONT CRAWL



_____ Body horizontal.
_____ Head aligned with body.
_____ Shoulders and hips near surface.
_____ Finger tips of hand enter water in front of shoulder.
_____ Arm angled forward and downward.
_____ Flex wrist slightly with palm facing back.
_____ Hand presses backward as elbow bends.
_____ Arm swung upward out of water.
_____ Elbow recovers higher than hand.

_____ Second arm ready for entry as first arm is brought out of water.
_____ Kick originates from the hips.
_____ Knees and ankles remain relaxed.
_____ Down pressure on instep with legs straight.
_____ Up pressure on sole kicking water up and back with leg bent.
_____ Downward beat of one leg simultaneous with entry of opposite arm.
_____ Three downward beats to the pull of each arm.
_____ Right hand angles forward and downward as head rotates to the left.
_____ Inhale and exhale through mouth.

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