Race Guide: Breaststroke

Before the Race

- you will be told when to get ready for your race and which lane you will be swimming in
- make sure your hat and goggles are on and adjusted properly
- the official will give 3 or 4 short blasts on their whistle
 this tells everyone to be quiet because a race is about to start
- the announcer will usually then say which race is about to start
- the official will then give 1 longer blast on their whistle

 this means get ready to
 start the race - so when you
 hear the long whistle either
 get in the water or step
 onto the block depending
 on how you are going to
 start the race.

Either: Start in Water

- hold onto the wall with both hands
- look forward down the centre of the lane; do not look at the starter
- stay completely still and listen for the starting signal
- when you hear the starting signal, push off underwater in a streamlined position

Dive from Blocks or Pool Side

Or:

- make sure your toes are over the edge of the wall or block
- stay completely still and listen for the starting signal
- when you hear the starting signal, perform a shallow racing dive, entering the water in a streamlined position

Transition

- do NOT do any butterfly or frontcrawl kick
- hold your streamlined glide for 3 seconds
- do a powerful keyhole shaped pull to bring your arms down to your sides
- hold this position for 2 seconds
- do one breaststroke kick as you bring your arms back to a streamlined positon
- glide to the surface in your streamlined position

Breakout

- as you reach the surface start breaststroke arms and leg kick
- after your transition, make sure you do not start your next stroke until your head has broken the surface (if you've gone too deep just glide up after your transition)
- <u>Swim</u>
- symmetrical arm and leg action (you must do the same motion with both sides of your body, at the same time, and on the same horizontal plane)
- do a powerful small arm pull, never coming further back than your shoulders
- breathe in as soon as you start to pull
- do a powerful narrow breaststroke kick as your arms extend forward
- hold your glide as you exhale before starting the next stroke

<u>Finish</u>

- swim hard towards the wall (don't just glide in)
- do NOT stop before you get to the wall
- touch with TWO hands together
- once you have finished, stay in the water until the officials ask you to clear the pool
- make sure you go under the lane ropes and climb out at the side of the pool (don't climb out at the end of the pool)

Touch Turn

You must NOT dive from the blocks, or at the shallow end of the pool, until you have passed your competitive start award. If you are unsure, speak to your teacher or coach before the race about how you should start.

push off underwater in a streamlined position

Common Reasons for Disgualification

• starting or moving before the starting signal: once you are under starters orders (in the water or on the blocks) you must stay still - if you wobble or twitch you can be disqualified, even if you don't actually start the race too early

• touch the wall with TWO hands together before turning around

- one handed (or uneven) touches on turns or at the finish
- starting the next stroke after transition before your head breaks the surface
- uneven arm or leg motion (either different timing, or not on the same horizontal plane one leg higher than the other for example)
- standing up or pushing off the bottom: you must swim the full race distance and touch the wall before stopping and standing up