

### BREASTSTROKE CHECKLIST

**SCORE: 1 = Needs a lot of work; 2 = Fair, but can be better; 3 = Good, one of your strengths;  
 4 = National caliber technique!**

<b>1. BODY BALANCE</b>					
1.1.	Head stays aligned with body during catch	1	2	3	4
1.2.	Presses "T" as arms extend out	1	2	3	4
1.3.	Good undulation	1	2	3	4
<b>2. LEGS</b>					
2.1.	Heels together at beginning of recovery	1	2	3	4
2.2.	Knees not directly below hips at catch	1	2	3	4
2.3.	High heels at catch	1	2	3	4
2.4.	Ankles outside knees at catch	1	2	3	4
2.5.	Dorsiflexion of foot during kick	1	2	3	4
2.6.	Soles together at end of kick	1	2	3	4
<b>3. ARMS</b>					
3.1.	Wide catch with hands outside elbows	1	2	3	4
3.2.	High elbow from catch to insweep	1	2	3	4
3.3.	Insweep in front of shoulders	1	2	3	4
3.4.	Palm down recovery	1	2	3	4
3.5.	Arms straight at end of recovery	1	2	3	4
<b>4. BREATHING</b>					
4.1.	Head aligned with spine during catch (looking down)	1	2	3	4
4.2.	Head lifts during the insweep	1	2	3	4
4.3.	Head re-enters water as arms extend forward	1	2	3	4

Sunday Distance Per Stroke Count/ 25 yds.: \_\_\_\_\_ Friday Distance Per Stroke Count / 25 yds.: \_\_\_\_\_

### BUTTERFLY CHECKLIST

**SCORE: 1 = Needs a lot of work; 2 = Fair, but can be better; 3 = Good, one of your strengths;  
 4 = National caliber technique!**

<b>1. BODY BALANCE</b>					
1.1.	Good undulation	1	2	3	4
1.2.	Presses "T" as arms catch	1	2	3	4
1.3.	Maintains good horizontal position from head to toes	1	2	3	4
1.4.	Head aligned with spine during the catch (looking down)	1	2	3	4
<b>2. LEGS</b>					
2.1.	Two kicks per arm cycle	1	2	3	4
2.2.	One kick at hands entry and one at hands exit	1	2	3	4
2.3.	"Exit" kick is the "big" kick	1	2	3	4
<b>3. ARMS</b>					
3.1.	Hands enter in front of shoulders	1	2	3	4
3.2.	High elbow catch	1	2	3	4
3.3.	Elbows remain above hands throughout pull	1	2	3	4
3.4.	"Keyhole" pull pattern	1	2	3	4
3.5.	Hands exit at hips	1	2	3	4
3.6.	Symmetrical recovery	1	2	3	4
3.7.	Hands accelerate throughout pull	1	2	3	4
<b>4. BREATHING</b>					
4.1.	Head lifts to breathe before arms exit water	1	2	3	4
4.2.	Chin stays near the water surface during breath	1	2	3	4
4.3.	Head re-enters water before the hands enter	1	2	3	4
4.4.	Head looks down during the catch/early pull phase	1	2	3	4

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### FREESTYLE EVALUATION

SCORE: 1 = Needs a lot of work; 2 = Fair, but can be better; 3 = Good, one of your strengths; 4 = National caliber techni

1. BODY BALANCE				
1.1. Horizontal body position	1	2	3	4
1.2. Head aligned with spine	1	2	3	4
1.3. Hips rotate with shoulders	1	2	3	4
1.4. Body roll equal to both sides	1	2	3	4
1.5. Head rotates when breathing – stays aligned	1	2	3	4
2. LEGS				
2.1. Continuous strong, steady kick	1	2	3	4
2.2. Correct hip/knee bend	1	2	3	4
2.3. Toes pointed	1	2	3	4
3. ARMS				
3.1. Relaxed bent arm recovery	1	2	3	4
3.2. Hands enter in front of shoulders	1	2	3	4
3.3. Both arms in front quadrant at entry	1	2	3	4
3.4. Early high elbow catch	1	2	3	4
3.5. Elbow remains above hand throughout pull	1	2	3	4
3.6. Curved pull pattern	1	2	3	4
3.7. Hands exit at thighs	1	2	3	4
3.8. Hands accelerate throughout pull	1	2	3	4

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### BACKSTROKE CHECKLIST

SCORE: 1 = Needs a lot of work; 2 = Fair, but can be better; 3 = Good, one of your strengths;  
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1. BODY BALANCE				
1.1. Horizontal body position	1	2	3	4
1.2. Head aligned with spine	1	2	3	4
1.3. Hips rotate with shoulders	1	2	3	4
1.4. Body roll equal to both sides	1	2	3	4
1.5. Head steady and still	1	2	3	4
2. LEGS				
2.1. Continuous strong, steady kick	1	2	3	4
2.2. Correct hip/knee bend	1	2	3	4
2.3. Toes pointed	1	2	3	4
2.4. Feet stay underwater, but "boil" the surface	1	2	3	4
3. ARMS				
3.1. Straight arm recovery over shoulders	1	2	3	4
3.2. Pinkie first entry	1	2	3	4
3.3. Hands enter in front of shoulders	1	2	3	4
3.4. Deep, early high elbow catch	1	2	3	4
3.5. Curved pull pattern ("W")	1	2	3	4
3.6. Hands exit at thighs	1	2	3	4
3.7. Hands accelerate throughout pull	1	2	3	4

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Remember: this is a technique evaluation. You should not compare your results with others; everyone is different. It is possible for a slower swimmer to have better technique than a faster swimmer. Efficiency can be measured by counting strokes. The fewer strokes one takes, the more efficient they are. The goal in improving technique is to reduce your stroke count per length.