

Straight back, knees bent, head looking up-and-out where you are going (not down at the water).

Why is the head up? Because it lowers the center of gravity, flexes the leg muscles in preparation for moving, and most importantly, your body will go where your eyes are looking.

The weight should be on the balls of the feet, not back on the heels or flat. If the swimmer's weight is back on the heels the swimmer is wasting time in positioning movements. There is no advantage from any added momentum of rocking forward.

Try looking up at the backstroke flags as the goal to reach up and grab. If you can't see the backstroke flags while you are in the set position you may need to lower your hips and straighten your back



The arms come up as quickly as possible, and the legs follow the momentum created by the arms. The head and eyes are looking up, pointing the way up towards the backstroke flags with the arms out front leading the way as though they were getting ready to grab the flags.

Use the legs to jump up right away. If the knees are horizontal with the ankles before jumping from the starting platform there can be no height from the thrust of the legs.



The head should not be too high at this point. A high head will cause too flat a dive at entry, causing a belly flop or too much resistance from the entry of the legs

The head should not be too low at this point either. A low head will cause too deep of a dive entry. If the head is too low, sometimes the legs will try to over-compensate by kicking the heels up against the buttocks in an attempt to shorten the center of gravity.

There is a better way, and that is by stretching out further in the streamline position while in the air.

The hands create a single hole for the rest of the body to follow through. Reaching out in front with the arms instead of down also causes the back to arch.



The arched back is what we want when we enter the water to steer us up. The angle of entry is very steep from the height that we just obtained and we must be sure to straighten out so that we **don't go deep**

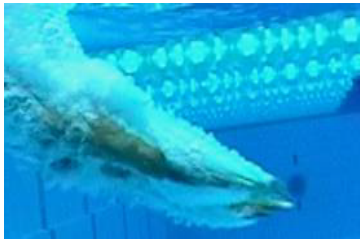
The angle of entry and the change of angle after entry at this position is probably the most important factor for a powerful start and maintaining the momentum of the dive.

The splash from too big a hole will slow the momentum. (Too shallow an entry). If the angle of entry is too deep the swimmer will lose forward momentum defined by the angle of entry as down instead of forward

Point your toes on entry and glide only long enough to take full advantage of the dive momentum.

Usually when we see the feet flip over during entry it is because the angle of entry was too deep.

It's preferable to arch the back in a downward motion so that the body steers-up. Arching the back aids in steering towards the surface.



The swimmer attempts to minimize frontal resistance by placing their arms together in front of their body making the body as long as possible. The back should be arched to steer the body back up to the surface. Point your toes on entry and glide only long enough to take full advantage of the dive momentum

The underwater velocity at this point is as much as or even more than 4 meters per second. The secret now is to maintain this velocity for as long as possible. The deeper you go the quicker you will slow down. This is why we call this position "Fools treasure hunt." There is no treasure at the bottom of the pool and there is no joy in smacking into the pool bottom

Because of buoyancy and the hydroplane effect, there is a tendency for the body to automatically rise toward the surface. Take advantage of this.

With underwater swimming during the start, the swimmer is not limited by the upward kick by the surface of the water. With the body in the streamline position, underwater propulsion should come from the lower body.