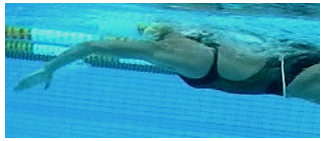
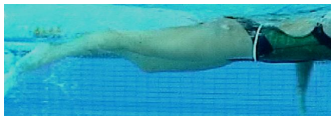
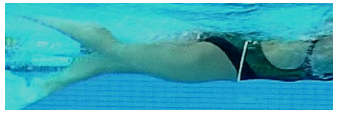
Swimming technique testing system

by prof. Rein Haljand

Quality control of FREESTYLE SWIMMING technique

			swimmer	
				1.Left ARM PULL &Right RECOVERY phase
			x	The position of left shoulder (must be relatively high)
			x	The timing of left catch,right exit,right kick (must be simultaneous)
			x	The left arm pull action (good catch , fixed elbow position)
			x	The position of left arm at the middle of stroke (vertical, max flexed)
			x	Left hand slip during pull (positive, let your body move on the pull)
			x	Forward speed (compare to speed during right pushing phase).
				2. Left ARM PUSH & Right RECOVERY phase
			x	Timing of the left arm pushing action from shoulder , elbow and forearm
			x	The timing of recovering arm entry (middle of the push)
			x	Action of recovering arm (elbow before hand)
			x	The timing of left arm pushing end with left leg kick (must be simultaneous)
			x	Left hand slip during push (less negative, sticking to water)
			x	Forward speed (higher, compare to speed during left pulling phase)
				1. Right ARM PULL & Left RECOVERY phase
			x	The position of right shoulder (must be relatively high)
			x	The timing of right catch, left exit, left kick (must be simultaneous)
			x	The right arm pull action (good catch , fixed elbow position)
			x	The position of right arm at the middle of stroke (vertical, max flexed)
			x	Right hand slip during pull (positive, let your body move on the pull)
			x	Forward speed (compare to speed during left pushing phase).
				2. Right ARM PUSH & Left RECOVERY phase
			x	Timing of the right arm pushing action from shoulder , elbow and forearm
			x	The timing of recovering arm entry (middle of the push)
			x	Action of recovering arm (elbow before hand)
			x	The timing of right arm pushing end with right leg kick (must be simultaneous)
			x	Right hand slip during push (less negative, sticking to water)
			x	Forward speed (higher, compare to speed during right pulling phase)
				FULLSTROKE CYCLE
			x	Body and wave position (individual optimum)
			x	Sholders rolling, "kayaking" positions (opposite)
			x	Left hand relative speed backwards (the slower the better sticking to water)
			x	Right hand relative speed backwards (the slower the better sticking to water)
			x	Movement during left stroke & right recovery = half stroke length
			x	Movement during right stroke & left recovery = half stroke length
			x	Stroke length (the longer the better)
			x	Frequency (individual optimum)
0%	0%	0%	100%