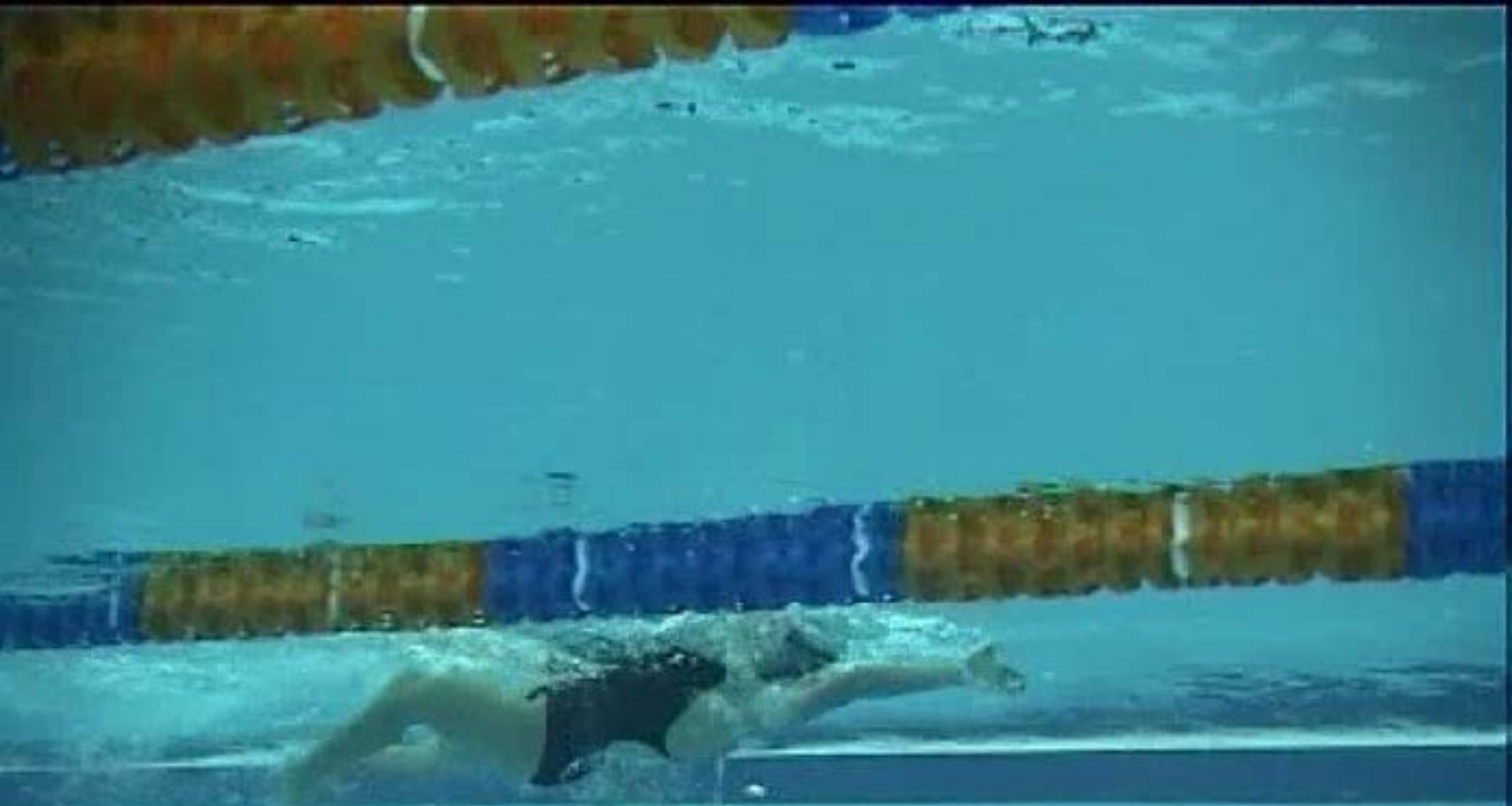
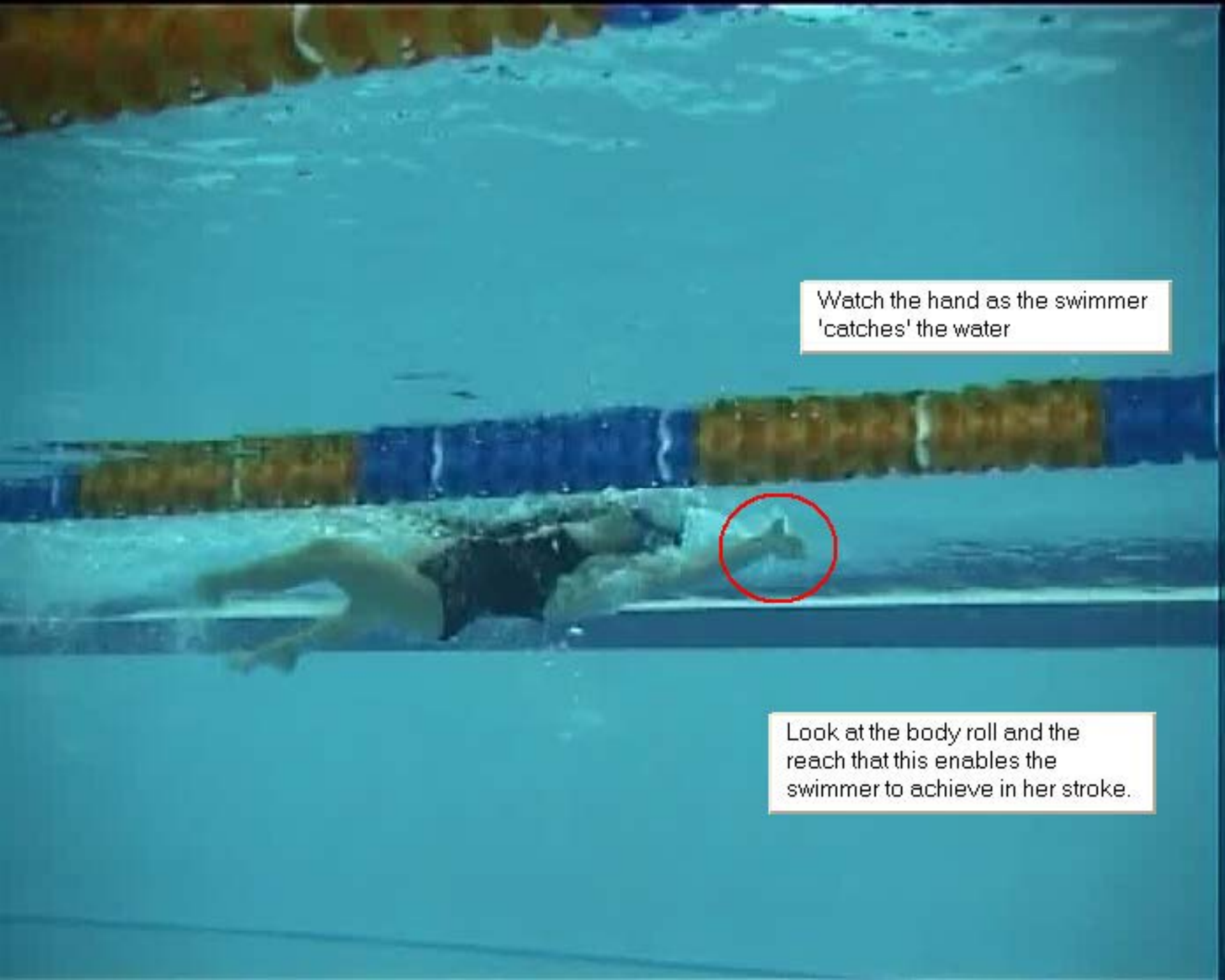


The underwater view provides the opportunity to look closely at different phases of a stroke.





Look at the body roll and the reach that this enables the swimmer to achieve in her stroke.

An underwater photograph of a swimmer in a pool. The swimmer is positioned horizontally, with their head to the left and feet to the right. Their right arm is extended forward, and their hand is just below the water's surface, appearing to 'catch' the water. A red circle highlights the hand. The water is clear and blue. In the background, there is a lane divider with alternating blue and brown segments. The pool's edge and lane lines are visible at the bottom of the frame.

Watch the hand as the swimmer
'catches' the water

Look at the body roll and the
reach that this enables the
swimmer to achieve in her stroke.

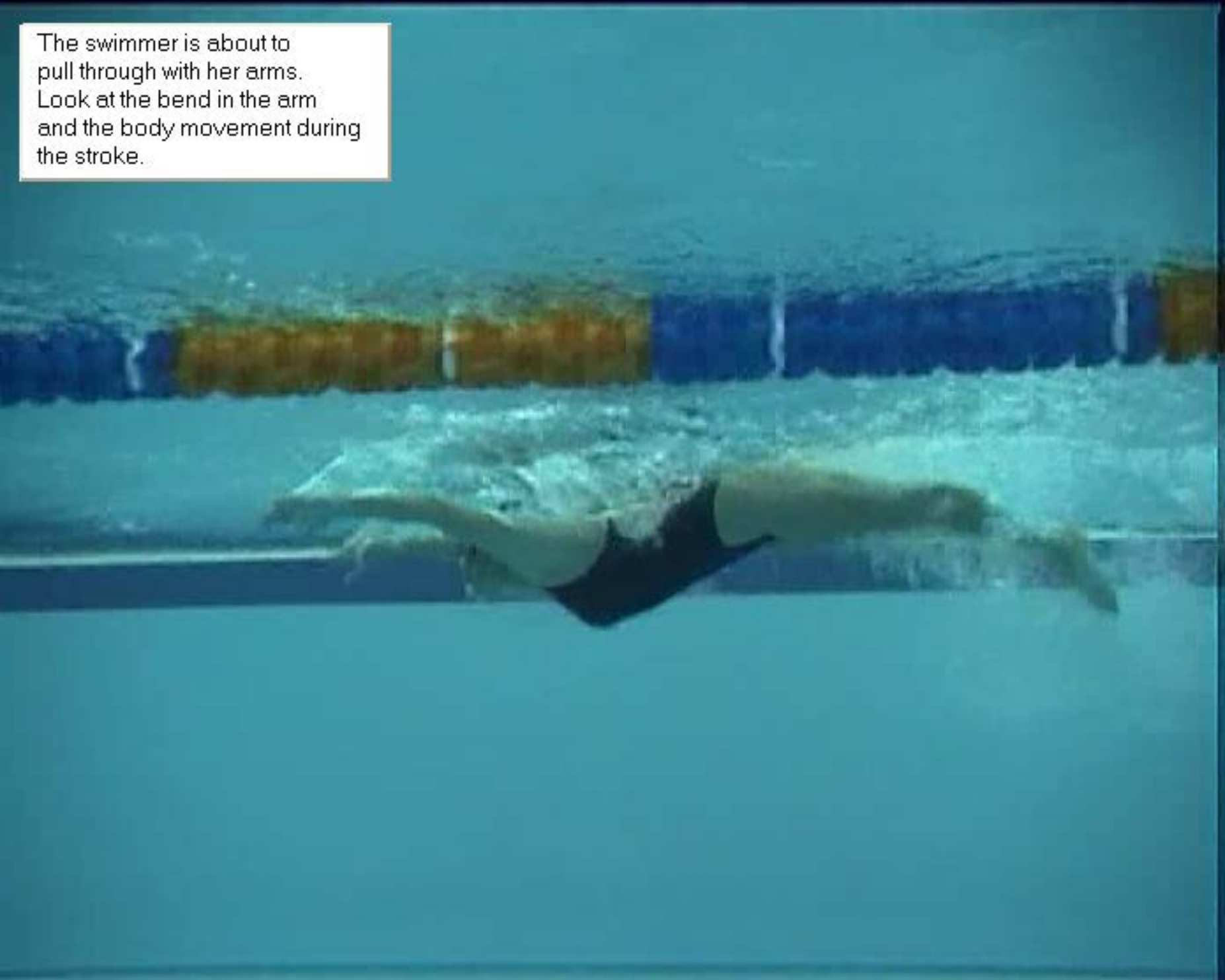


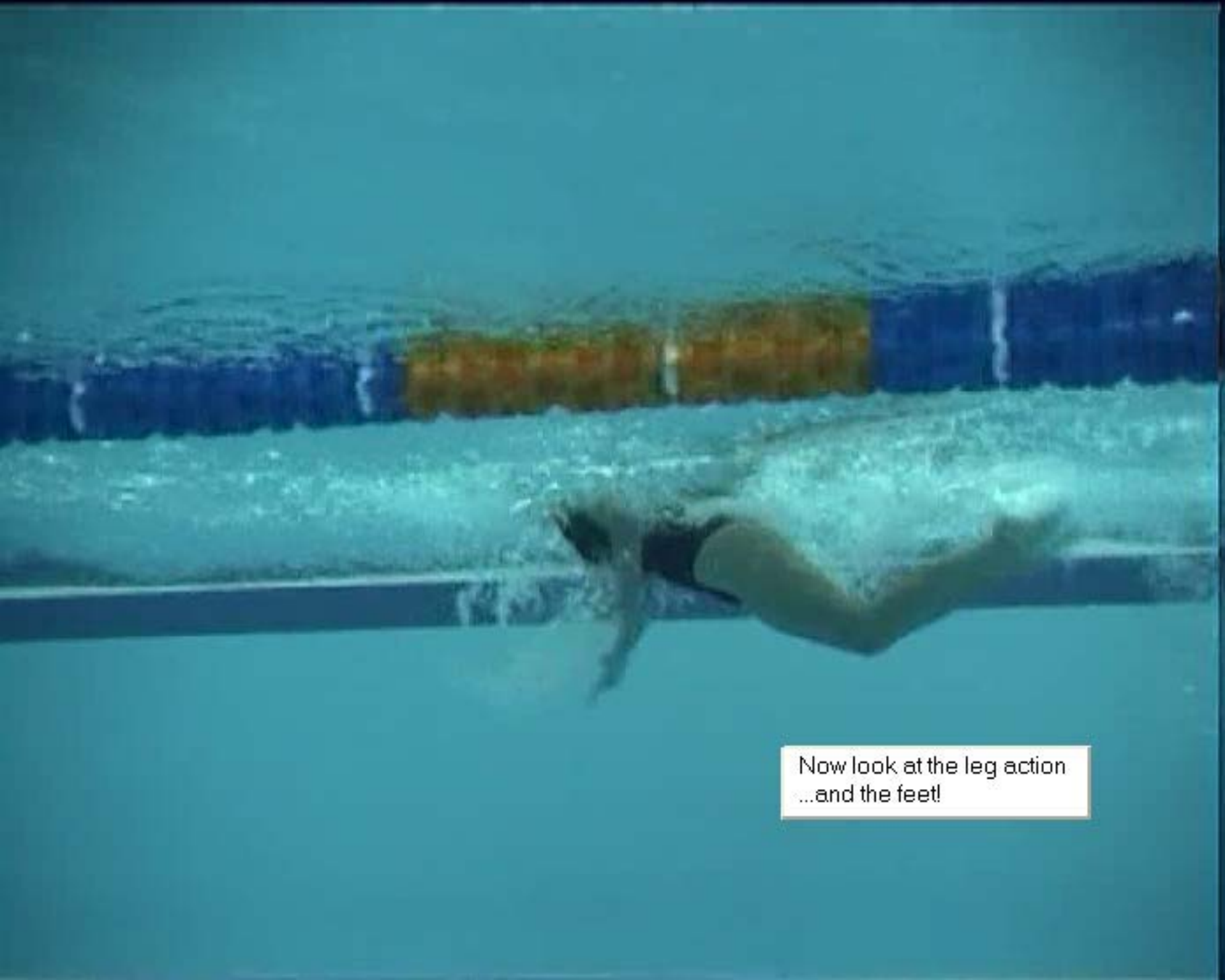
Next look at the bend in the arm during the pull phase



The swimmer now pushes through.
Note where her hand is immediately
before coming out of the water.

The swimmer is about to pull through with her arms. Look at the bend in the arm and the body movement during the stroke.





Now look at the leg action
...and the feet!

The front view clearly shows the bend in the arms.



Look at the hand position on entry.



Look at the changes
in the arm position

