

This swimmer chooses a staggered stance for his start.

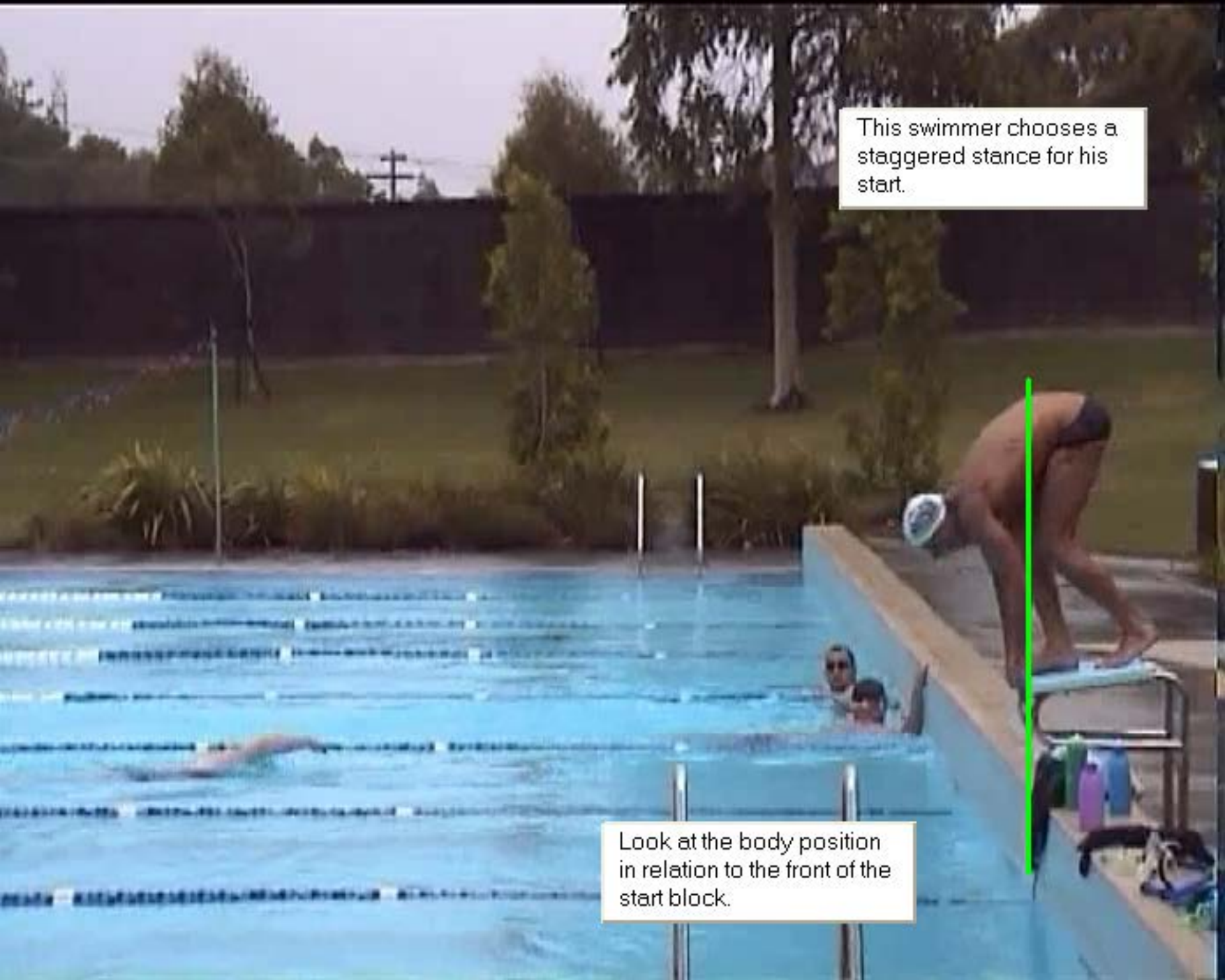


This swimmer chooses to dive with both feet together at the front of the start block. We are looking for a well balanced position that will enable a fast start with a strong push off.






This swimmer chooses a staggered stance for his start.



Look at the body position in relation to the front of the start block.




This swimmer chooses to dive with both feet together at the front of the start block. We are looking for a well balanced position that will enable a fast start with a strong push off.

Note the body position in relation to the front of the start block.



105.6°

The extent of the leg bend and speed with which the leg is straightened after take off are good points to look at in relation to the distance achieved in the dive.



77.4°






The back leg is nearly straight as the swimmer is about to leave the block




As the swimmer approaches entry the head is well tucked in. The legs are apart and do not come into line with the body until part way through the entry.



A male diver in a red swimsuit is captured mid-dive, entering a swimming pool. He is in a streamlined position, with his head tucked, arms extended forward, and legs together. The pool has lane lines and a concrete deck with a metal railing. In the background, there are trees and a utility pole.

This diver is achieving a good stream lined position as he approaches entry. The head is tucked in well and legs are together, brought into line with the body.



A photograph of a swimmer in a pool, captured mid-entry. The swimmer is in a streamlined position, with their head tucked and legs extended. A red line is drawn from the swimmer's head down to the water surface, and another red line is drawn horizontally from the same point on the water surface to the right. A white box with the text '44.0°' is positioned above the horizontal line. In the background, another swimmer is visible in the pool, and a person is sitting on the pool deck. The pool has lane lines and a concrete edge.

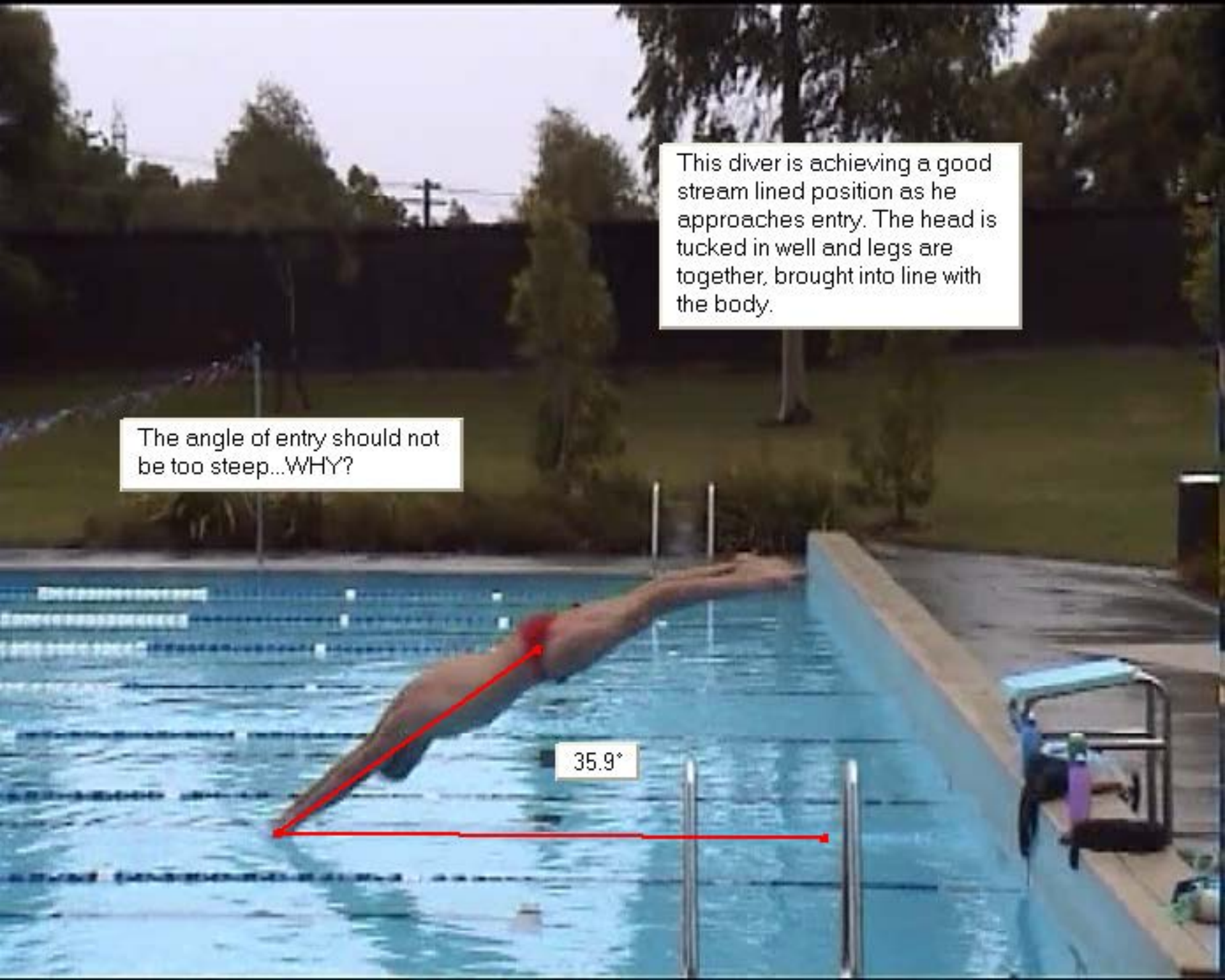
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44.0°

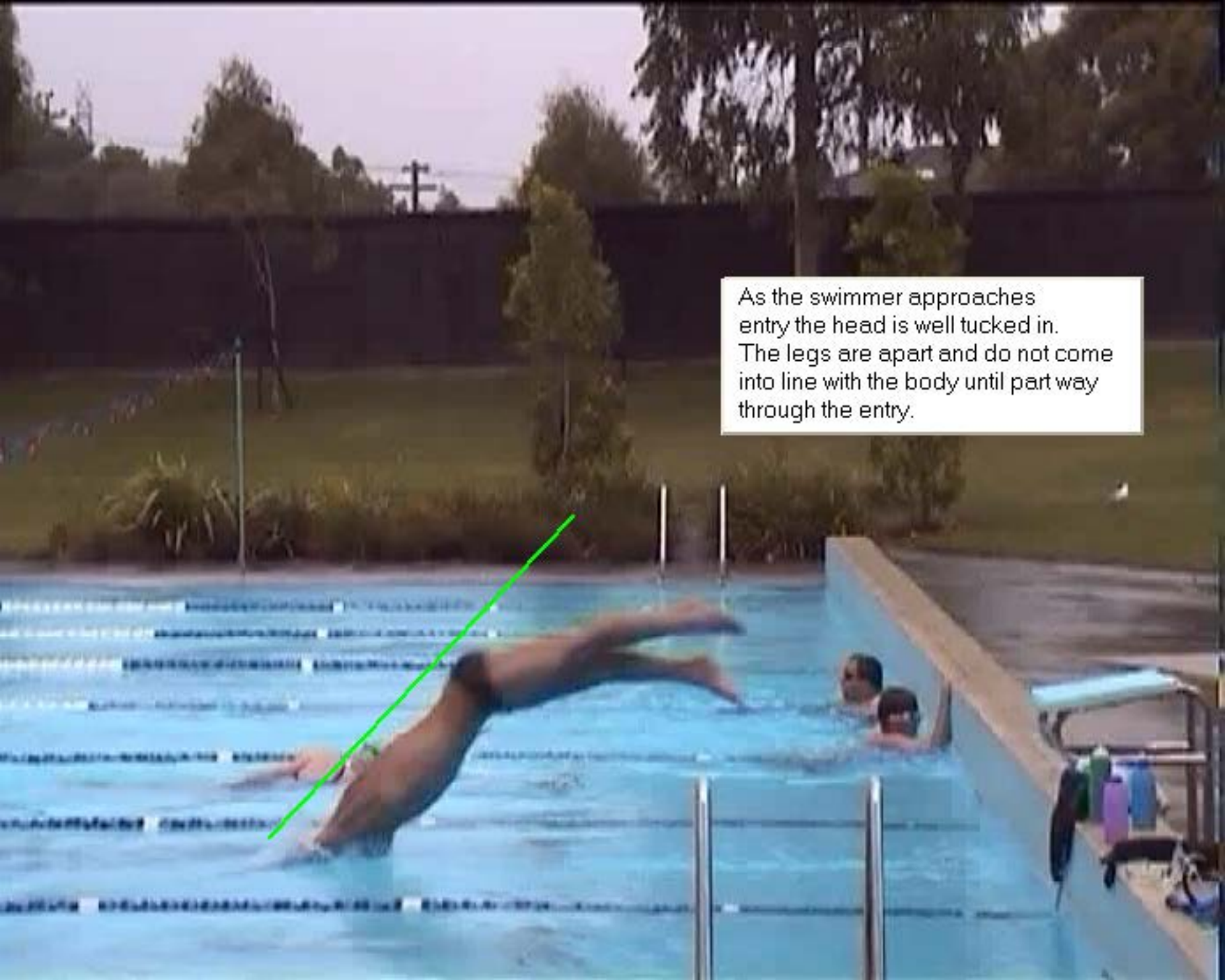
The angle of entry is steeper than for the other swimmer.

This diver is achieving a good stream lined position as he approaches entry. The head is tucked in well and legs are together, brought into line with the body.

The angle of entry should not be too steep...WHY?

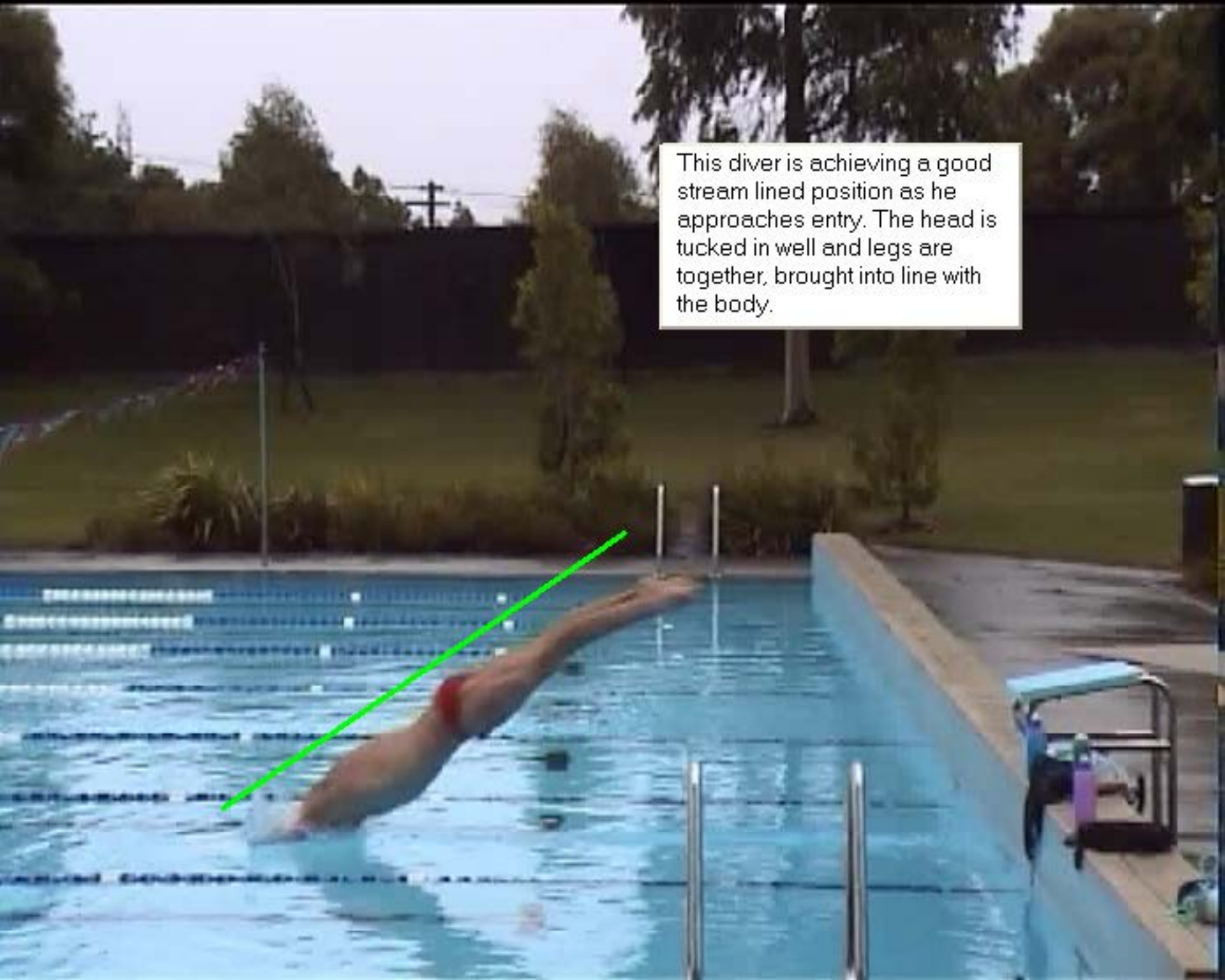


35.9°



As the swimmer approaches entry the head is well tucked in. The legs are apart and do not come into line with the body until part way through the entry.


This diver is achieving a good stream lined position as he approaches entry. The head is tucked in well and legs are together, brought into line with the body.





Look at the splash to indicate how smooth the entry is.



A photograph of a person diving into a swimming pool. The person is in mid-air, with their body arched and arms extended forward. A large splash of water is visible at the point of entry. The pool has lane lines and a concrete deck with a ramp on the right side. In the background, there are trees and a dark fence. A white text box is overlaid on the left side of the image.

The splash provides an indication of how smooth the entry is.