

As the backstroke swimmer approaches the wall, he first rotates sideways, rolling the body over.



Note the swimmer tucking the head and staying straight going into the turn






The swimmer has brought his legs over and from this bent leg position can push off well from the wall.

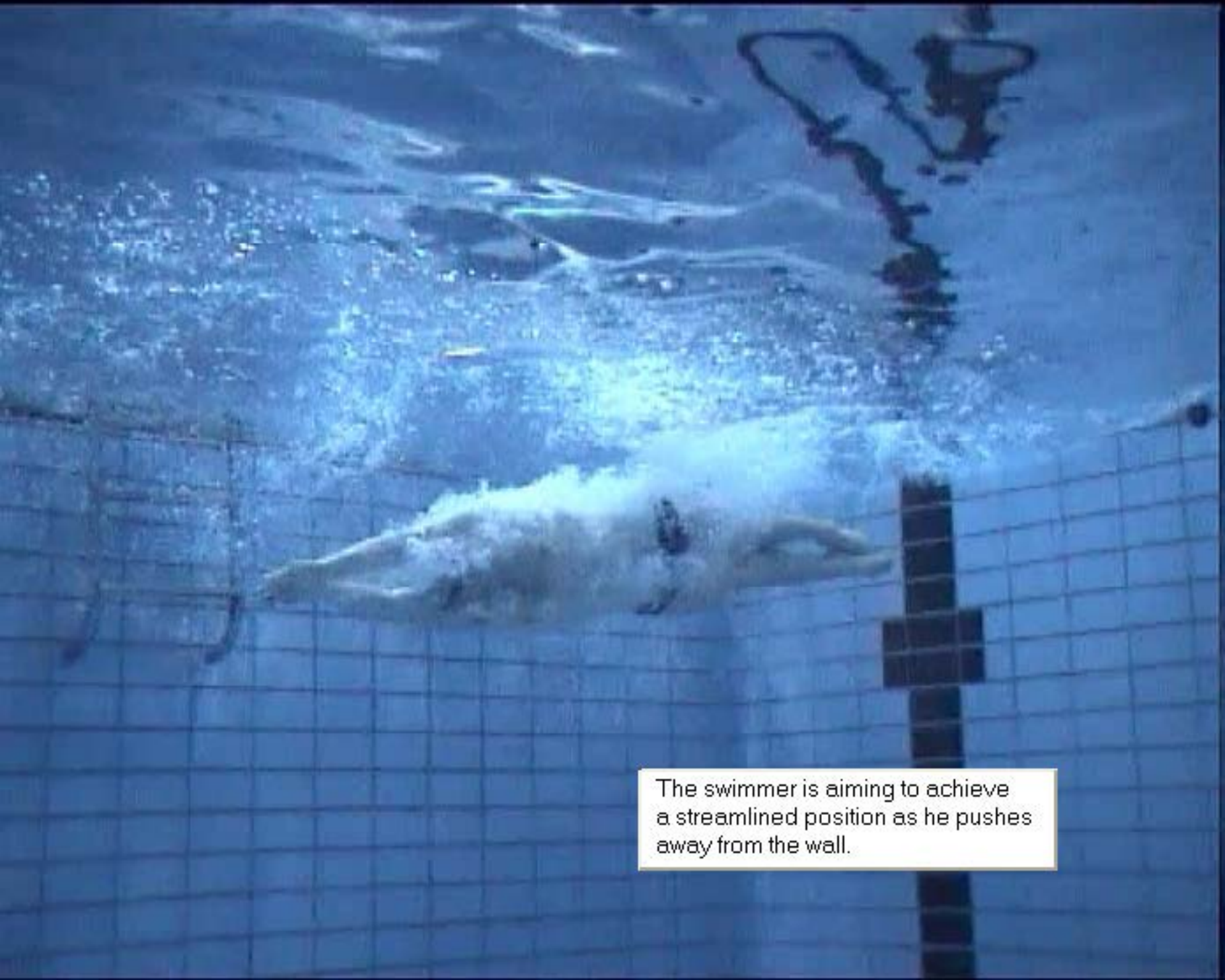


Look at the way the swimmer uses his whole body as he leaves the wall.

An underwater photograph of a swimmer in a pool, captured at the moment of pushing off a tiled wall. The swimmer is wearing a dark swimsuit and a swim cap. Her legs are bent at the knees, and her arms are extended forward. The water is clear, and the tiled wall is visible in the background. The overall scene is illuminated with a blue light, typical of an underwater pool environment.

The legs are bent for a strong push off.
Look at the side-on position at this point
in the turn. Watch the rotation that follows.

Look at the speed of the
'touch and turn' and the
strong push off the wall.



The swimmer is aiming to achieve a streamlined position as he pushes away from the wall.