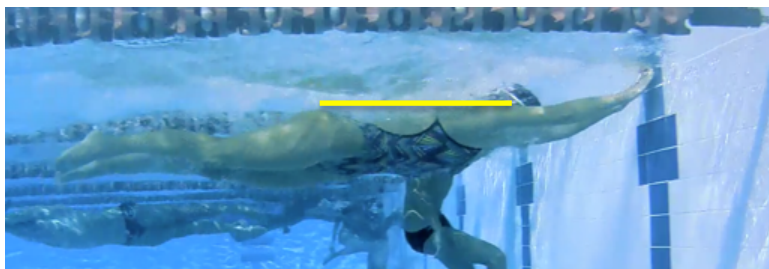
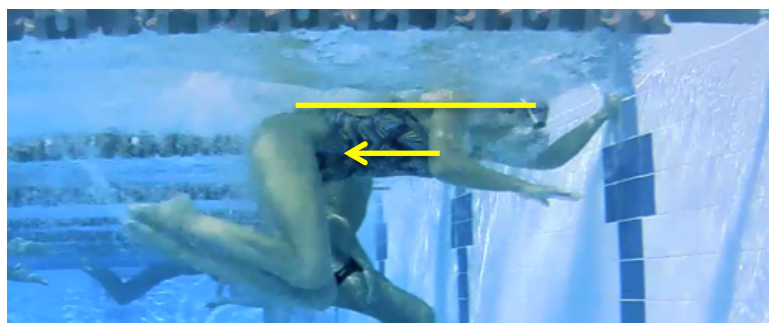


# Touch Turns



Picture 1: Approach

- Keep streamline into wall
- Keep head in neutral (Head to high in this picture)
- High hips at contact



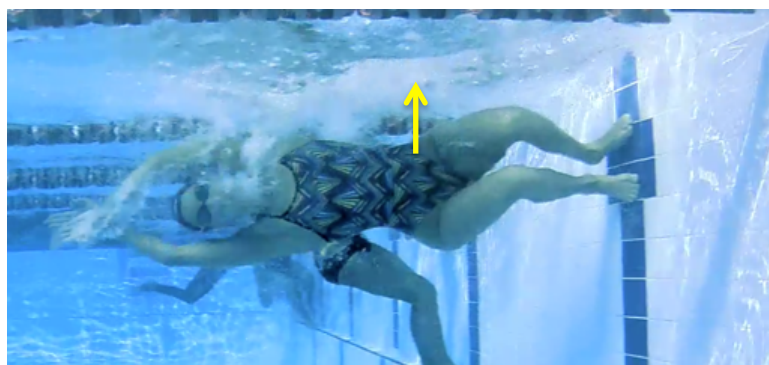
Picture 2: Touch

- Flat back/head down
- Initiate tight tuck early
- Hold a straight arm on wall
- Bottom arm drive backwards close to body



Picture 3: Rotation

- Tight tuck, knees close to chest
- Bottom hand moves close to body, not deep.
- Top arm drives over the top of body.
- Eyes looking up at sky



Picture 4: Push off

- Knee angle at 90° degrees on wall.
- Where feet land, feet push off (No twist)
- Hands together in streamline
- High hips, top hip aim for surface of water.



Picture 5: Streamline

- In streamline before feet leave wall.
- Strong extension through body