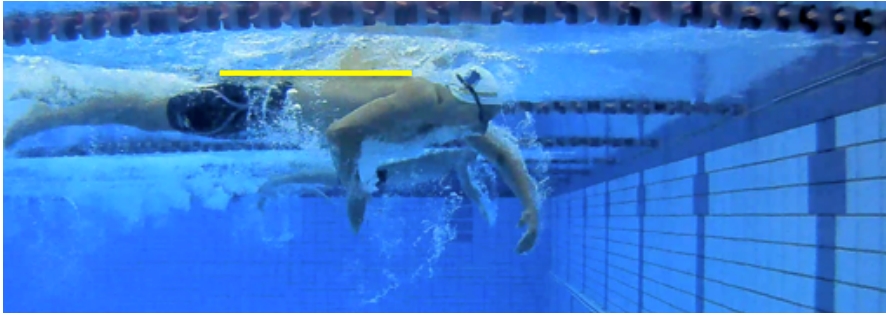


Tumble Turns



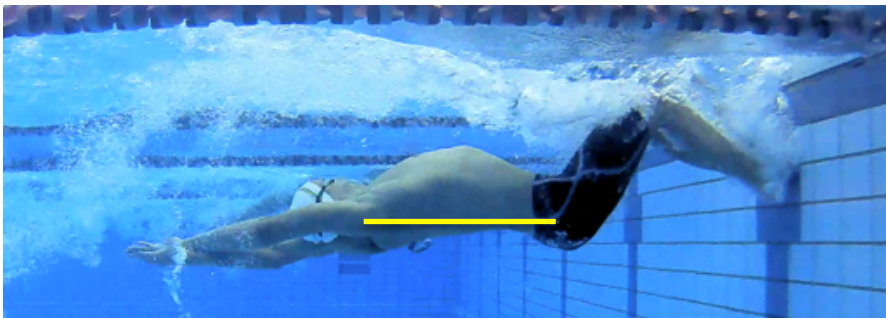
Picture 1: Approach

- Keep streamline into wall
- Don't lift head to see wall
- Head should roughly follow last stroke



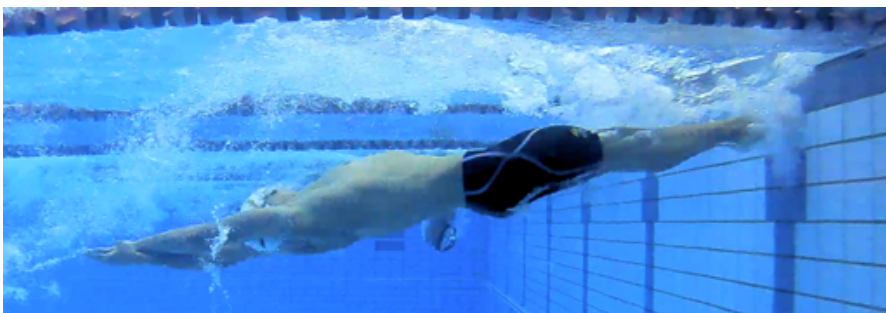
Picture 2: Tuck/Rotation

- Quick feet to bottom
- Tight tuck



Picture 3: Touch and push off

- Flat back
- Knee angle at 90°
- Where feet land, feet push off
- Upper body streamline when feet hit wall
- Ankles should be above hips



Picture 4: Streamline

- Squat jump off wall.
- Strong streamline off wall