



CUE CHECKLIST*

BUTTERFLY	Y/N
At the completion of the arm entry, do the arms straighten in front of and below the shoulders?	
When not breathing, is the head motionless with the water level at the top of the head?	
At the beginning of the pull, do the elbows bend so the hands pass directly beneath the shoulders?	
On the kick upbeat, are the feet submerged so only the heels break the surface?	
When breathing, is the chin underwater?	
At the completion of the push phase, do the thumbs touch the front of the thighs?	
As the arms recover, are the thumbs just above the water?	
As the arms recover, are the elbows higher than the hands?	
BACKSTROKE	Y/N
At the completion of the arm entry, does the hand submerge directly behind and below the shoulder?	
On the kick upbeat, do the toes break the surface?	
As the arm pulls past the shoulder, does the elbow bend to 90°?	
During the entire stroke cycle, is the head submerged except for the nose and mouth?	
At the completion of the push phase, does the thumb brush the side of the thigh?	
As the arm recovers, is the arm straight and in line with the side of the body?	
BREASTSTROKE	Y/N
In the streamline position, are the arms straight with one hand on top of the other?	
In the streamline position, do the arms squeeze the head?	
At the widest part of the stroke, are the hands slightly outside the elbows?	
As the pull begins, does the back arch so the legs stay behind the torso?	
As the hands scull inward, do the fingertips touch?	
When breathing, is the chin below the surface?	
As the arms straighten on the recovery, do the hands stay together?	
At the end of the kick recovery, do the feet turn out so the toes point to the side?	
FREESTYLE	Y/N
At the completion of the arm entry, does the arm straighten directly in front of and below the shoulder?	
When not breathing, is the head motionless with the water level at the hairline?	
As the arm pulls back, does the hand pass beneath the head?	
On the kick upbeat, are the feet submerged so only the heels break the surface?	
At the completion of the push phase, does the head rotate for breathing?	
At the completion of the push phase, does the thumb touch the front of the thigh?	
During the arm recovery, does the elbow point up with the hand close to the side of the body?	
When breathing, is the vision directed across the water surface?	