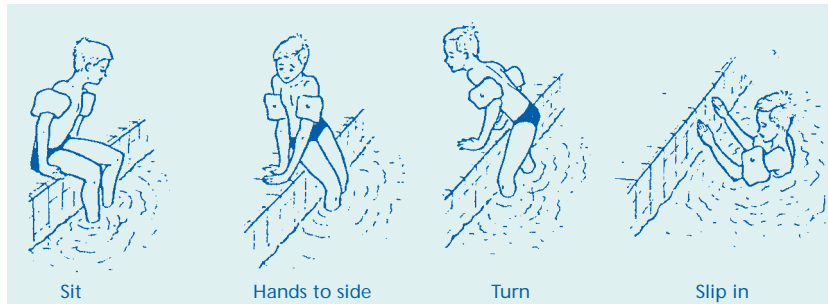
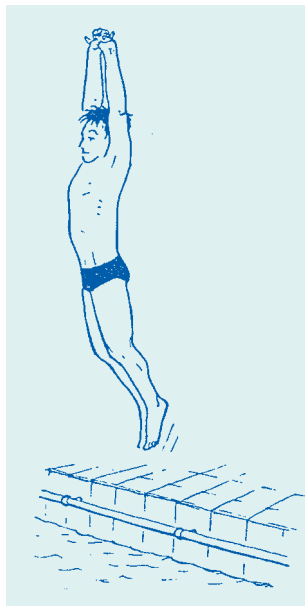


**1. ENTRY INTO THE WATER FROM SITTING POSITION**



**3. FLIGHT - STRETCHED SHAPE**



(i) Long and thin, hands stretched above the head in the flight with the hands clasped

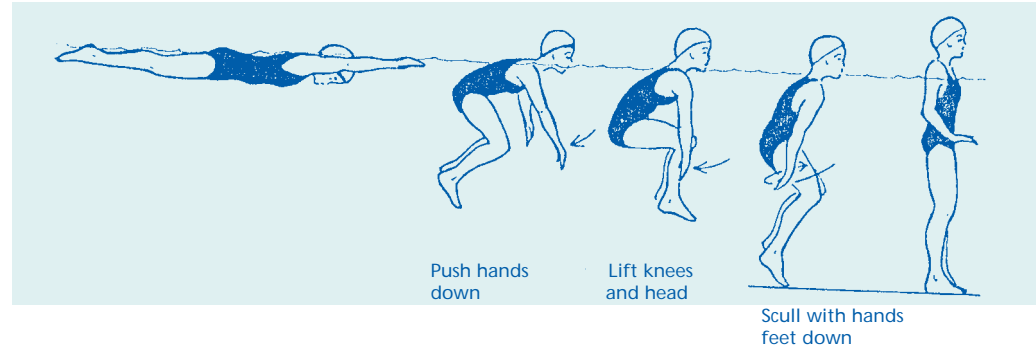
Head held in alignment with the spine, eyes looking slightly upwards. On take-off the arms lift forwards and upwards reaching high. After the peak of the jump the arms sweep sideways and downwards to the thighs for the streamlined entry.

**Water depth 1.8 metres minimum**

**KICKING PRONE - PRACTICES**

- (i) With float, face in/out of water
- (ii) Kick on side across pool
- (iii) In glide position, kick for 5 seconds followed by one arm action into glide position (repeat)

**2. REGAINING THE FEET FROM THE PRONE POSITION**



**FLIGHT - TUCKED SHAPE**



(ii) Tucked position on the flight

Body extended on take-off as opposite. Then knees brought up to the chest with the hands gripping the lower legs. The head must be kept up with the eyes looking forwards. Shoot the feet downwards for a vertical entry as in a stretched jump opposite.

**(Water depth 1.8 metres minimum)**

**Safety**

These jumps should always be taken from a standing take-off into water of adequate depth related to the height and weight of the swimmer. There must be clear signals given for entry and return to the side.

**4. REGAINING FEET FROM SUPINE**

- Bring arms forward
- Chin to chest
- Knees to chest
- Stand