

Sopris Champions' Turn Checklists (revised 10/7/15)

Free/Back

Accelerate approach
Finish on a full stroke
Scoop-spear
Tight tuck
Straight over the top
Explode
Off deep on back with tight spear
Fast, snappy kickout (FSKO)
DABO (deep-arm breakout) and NBBO (no-breather breakout)

Breast/Fly/Fly to Back/Breast to Free

Accelerate approach
Finish on a full stroke (flyers kick in if half stroke away)
Hot plate and back water with first hand
Pull-push with gutter hand
Tuck feet and drive knees
Watch ceiling while falling through on side
Off deep on side-belly (fly, breast, and breast to free) or side-back (fly to back); tight spear
Fl and crô FSKO, DABO (cr only), and NBBO
Br--width, depth, and length on pullout; race pace timing; legal breakout
Fl to baô FSKO and DABO
Br to crô FSKO, DABO, and NBBO

Back to Breast

Accelerate approach
Finish on a full stroke on side-back
Pull/push with gutter hand; back water with non-contact hand
Tuck feet and drive knees
Watch ceiling while falling through on side
Off deep on side-belly
Pullout as described above