

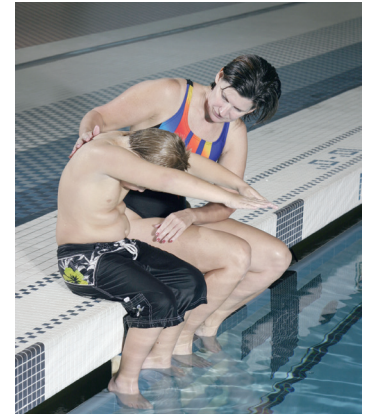


# HEAD-FIRST ENTRY PROGRESSION

Follow these steps for head-first entry into the water. Remember, swimmers must be able to enter the water with control at each step before moving onto the next.

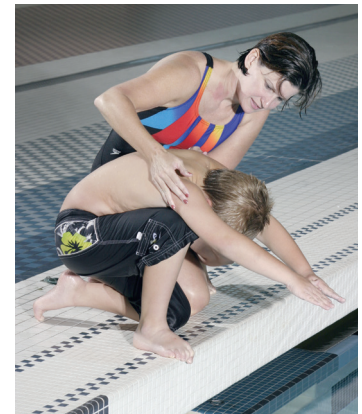
## Step 1: Sitting Position

1. Sit on the pool edge with the feet on the edge of the gutter or against the side of the pool.
2. Extend the arms over the head.
3. Focus on a target on the surface that will allow for roughly a 45-degree angle entry into the water.
4. Lean forward, try to touch the water and push with the legs.
5. Straighten the body and extend both legs upon entering the water.
6. Angle the hands toward the surface of the water to steer the body up.



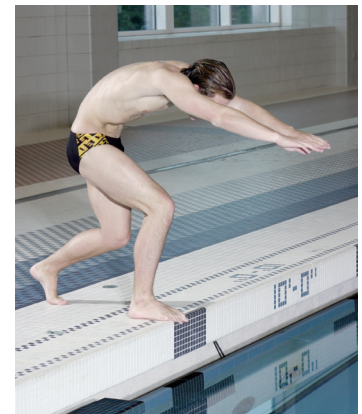
## Step 2: Kneeling Position

1. Kneel on the pool deck with one leg while gripping the pool edge with the toes of the other foot. The foot of the kneeling leg should be in a position to help push from the deck.
2. Extend the arms above the head.
3. Focus on a target that will allow for roughly a 45-degree entry into the water.
4. Lean forward, try to touch the water and push with the legs.
5. Straighten the body and extend both legs upon entering the water.
6. Angle the hands toward the surface of the water to steer the body up.



## Step 3: Compact Position

1. Starting from a kneeling position, put one foot forward and one back, with the toes of the leading foot gripping the edge of the pool.
2. Lift up so that both knees are flexed and off the deck in order to remain close to the water.
3. Extend the arms above the head.
4. Focus on a target that will allow for roughly a 45-degree entry into the water.
5. Bend forward and try to touch the surface of the water with the hands.
6. Push off toward the water. Bring the legs together upon entering the water.
7. Angle the hands toward the surface of the water to steer the body up.

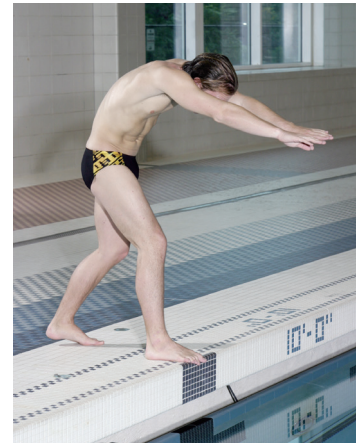




## HEAD-FIRST ENTRY PROGRESSION CONTINUED

### Step 4: Stride Position

1. Stand upright with one leg forward and one leg back, with the toes of the leading foot gripping the edge of the pool.
2. Extend the arms above the head.
3. Focus on a target that will allow for roughly a 45-degree entry into the water. Bend the legs only slightly while also bending at the waist toward the water.
4. Try to touch the surface of the water and lift the back leg until it is in line with the torso. The forward leg should stay as straight as possible. Upon entering the water, bring the legs together.
5. Angle the hands toward the surface of the water to steer the body up.



### Step 5: Shallow-Angle Dive

1. Start on the edge of the pool with the feet about shoulder-width apart and the toes gripping the edge of the pool.
2. With the hips and knees slightly flexed, bend forward at the waist until the upper back is nearly parallel to the pool deck.
3. Focus on a target. To gain momentum for the dive, swing the arms backward and upward, letting the heels rise and the body start to move forward.
4. When the arms reach the farthest point backward, immediately swing them forward. Extend the hips, knees, ankles and toes one after another forcibly to drive forward in a line of flight over and nearly parallel to the surface of the water.
5. Keep the body stretched and the hands interlocked and out in front.
6. During the flight, drop the head slightly between the outstretched arms, which should be angled downward slightly.
7. Make the entry at an angle no greater than 45-degrees to the surface of the water. Once under water, steer upward toward the surface with the hands and head.
8. Keep the body fully extended and streamlined while gliding under water. Before losing too much speed, start the leg kick to rise to the surface and start swimming.

