



# BACKSTROKE LEDGE KICKSTART

Proudly custom-made in South Africa. Designed to fit majority dive blocks, giving swimmers the explosive kickstart they need. Designed and tested by swimmers, for swimmers

## Designed for Performance Starts

### Why Schools & Swim Clubs **Invest In Our Ledge**



#### Schools

Encourages correct backstroke technique from a young age



#### Swim Clubs

Builds confidence using race-ready equipment



#### High Performance

Prepares athletes for provincial, national, and international competition

- ✓ Sleek, durable design with high-grip surface
- ✓ Adjustable strapping for secure, confident starts
- ✓ World Aquatics (FINA) compliant (FR 2.10)
- ✓ Fits the majority of standard dive blocks
- ✓ Built for daily training and competition use
- ✓ Height: 8 cm. Width: 2 cm. Length: 65 cm

### PRICING & AVAILABILITY

Limited Stock Available – From R3199

Upgrade your backstroke starts today.

**Built tough. Tested poolside.  
Trusted by coaches.**

Our backstroke ledge is designed to withstand daily use while delivering consistent, reliable performance for swimmers at every level.

