

## Training Meet

October 17<sup>th</sup>, 2009

Tier 1

### FRONT LAYOUT

Best Parts: good lining up

Needs Work: feet need to be up and stationary

### SPLIT POSITION

Best Parts:

Needs Work: extension and needs to be more than 90 degrees

### SINGLE LEG SAILBOAT

Best Parts: control was ok, positions were ok

Needs Work: 90 degree sailboat = 5.0

### BACK LAYOUT TO TUB TO BACK LAYOUT POS.

Best Parts: good positions

Needs Work: shins dry, hips up and too quick

Tier 2

### FIRST HALF OF BALLET LEG SINGLE

Best Parts: some ext was good

Needs Work: some ext was poor, some were too quick or barely recognizable

### FRONT PIKE PULL DOWN TO SUB DOUBLES

Best Parts:

Needs Work: over piked, rushed through it

### FIRST HALF OF KIPNUS

Best Parts: some had the right idea of design

Needs Work: nose to knees, too fast

### 2<sup>ND</sup> HALF OF NEPTUNUS

Best Parts: some had good aspects

Needs Work: needs to be crane (flexibility), speedy

Tier 3

### FIRST HALF OF SINGLE LEG BALLET LEG

Best Parts: few had good positions, some had good clarity

Needs Work: extension and positions

### 1<sup>ST</sup> HALF OF FRONT WALKOVER

Best Parts: few had good splits – credit given to correct lift

Needs Work: cheat in lifts, extension, some were too fast

### 2<sup>ND</sup> HALF OF NETUNUS

Best Parts:

Needs Work: watch the sink, some missed major components

### FIRST HALF OF SOMERSUB

Best Parts:

Needs Work: pulldowns, line up, design

Tier 4/5

BALLET LEG SINGLE

Best Parts:

Needs Work: over face in SB and BL and height

1<sup>ST</sup> HALF OF PORPOISE

Best Parts: some minor cheats on lift

Needs Work: knees out will = 6.0

1<sup>ST</sup> HALF OF ARIANA

Best Parts: some had overall good package

Needs Work: feet up

2<sup>ND</sup> HALF OF FLAMINGO BT KNEE

Best Parts:

Needs Work: height and alignment