

Training Meet Figure Comments

Dec.6/09

Tier4/5

1st half Ariana

Best Parts: even splits

Needs Work: establish a surface arch with a dolphin start (show)

2nd half of Flamingo

Best Parts: design and vertical alignment

Needs Work: height in both bt knee and vertical, and travelling during join and descent

Ballet leg single

Best Parts: design – attempt for accuracy of pos., tempo – good – some rushing at the end

Needs Work: upper body extension, hinge for the lift

Porpoise to Vertical Pos.

Best Parts: vertical alignment and pulldowns

Needs Work: establish pike and lift, do not cont movement in pike prior to lift – keep bum close to surface

TIER 3

2nd half of Neptunus

Best Parts: clear attempt to have crane pos. (some successful)

Needs Work: join to vertical descent

Front Pike to Sub. Doubles

Best Parts: moving forward motion of pulldown, establishing sub. doubles

Needs Work: transition from front pike to sub. doubles

Ballet Leg Single

Best Parts: ballet leg position (when right), extension

Needs Work: some ballet legs where over their face

1st half of Front Walkover

Best Parts: excellent height in 180 arc

Needs Work: uniform motion, pike 90, alignment of hips

TIER 2

½ Ballet Leg Single

Best Parts: attempting correct design, back layouts

Needs Work: core strength and improve height and tempo

Front Pike Pull Down over to Sub. Doubles

Best Parts: attempting correct pull down

Needs Work: establish front pike pos with bum at surface

1st Half of Kipnus to Inverted Tuck

Best Parts: on the spot during roll back

Needs Work: read fig. #310 "tuck becomes more compact", inverted tuck – head in, see BP#9 (fina manual) back layout

2nd Half Neptunus

Best Parts: just keep working on it!

Needs Work: crane position (not fishtail), show bt knee prior to descent

TIER 1

Front Layout to Extended Front Layout

Best Parts: completion, end of front layout

Needs Work: feet & legs together

Split Position

Best Parts: even splits

Needs Work: body alignment, extension, hips too open

Back Layout to tub Position, end in Back Layout

Best Parts: back layout

Needs Work: brings legs to body – not accordion

Single Leg Sailboat

Best Parts: back layout beginning and end – maintain longer sculling

Needs Work: bums sinking, need more height

TIER 6

Barracuda Spin 180

Best Parts: some good water height back pike surface and some risky height

Needs work: spins timing, rapid drop to back pike\

Flamingo Bent Knee

Best Parts: bent knee vertical position

Needs Work: lift not drop to bent knee vertical

Back Walkover

Best Parts: excellent split flexibility, even tempo throughout

Needs Work: too much twisting to start 180 arc, height of first leg

Porpoise

Best Parts: vertical alignment, on the spot 360 spin

Needs Work: over piked during lift

TIER 7

Flying Fish

Best Parts: -

Needs Work: back pike to toes and thrust, vertical leg needs to be stable throughout

Catalina Twirl

Best Parts: crane height, ballet leg is high

Needs Work: twirl is fast, catalina rotation

Kip Split Closing 180

Needs Work: speed, roll to inverted tuck, head followed

Needs Work: control, travelling, tempo in second ½ needs work

Ibis Continuous Spin

Best Parts: to ballet leg – rest

Needs Work: head in line, ballet leg to crane position (not fishtail)