

**Judges Comments**  
**Training Meet #1**  
**October 14-16, 2011 / Vancouver, BC**

**Level 1** (DD 1.0)

**Split Position**

Best Parts:

- Relatively even splits
- Extension in knees and toes

Needs Work:

- Line up in panel
- travel

**Sailboat**

Best Parts:

- Design
- On the spot

Needs Work:

- Extension
- Position of thigh in sailboat

**Front Pike pull down**

Best Parts:

- Pike Position 90 degree angle although not always oriented in the water

Needs Work:

- Layout most important

**Layout to tub to layout**

Best Parts:

- Transition from layout to tub
- Shins on surface and timing was ok

Needs Work:

- Head Position → ears-shoulders-hip and ankle alignment
- Extension

**Level 2** (DD 1.0)

**Ballet Leg Single**

Best Parts:

- 1<sup>st</sup> layout and sailboat position

Needs Work:

- The endings-completely extend the leg before finishing
- Ballet leg position

**Walkover Front to split**

Best Parts:

- Splits

Needs Work:

- Better front layout no kicking
- Line up
- Front pike pull down

**Somersub to sub dubs**

Best Parts:

- No travel

Needs Work:

- Front pike pull down
- 90 degree position

**Bent knee vertical**

Best Parts:

- Most were vertical 😊

Needs Work:

- Height
- Extension
- Stability

### **Level 3** (DD 1.0)

#### **Back walkover to split position**

Best Parts:

- Evenness of split
- Flexibility of some

Needs Work:

- body alignment in split position
- better surface arch

#### **Layout to b.leg to flamingo**

Best Parts:

- B.leg position
- Layouts (watch head position though)

Needs Work:

- Extension
- Stability (proper sculling issue)
- Draw of shin along surface to flamingo

#### **Front pike pull down to bent knee vertical**

Best Parts:

- Bent knee vertical alignment
- Hips replacing head for most

Needs work

- Lining up with flags
- Lift from front pike to bent knee to fast

#### **Barracuda to back pike position**

Needs Work:

- FINA does not say this transition to pike is rapid...therefore it should not be!
- We need to see extension
- Toes just below the surface
- Legs perpendicular to surface (most were on face)
- Acute angle of 45 or less...most looked like sub doubles

### **Level 4** (DD 1.0)

#### **Back walkover to Split**

Best Parts:

- Split position
- Extension

Needs Work:

- Dolphin start
- Traveling backwards when lifting leg

#### **1<sup>st</sup> half of heron to sub dbles**

Best Parts:

- General design
- Figure recognizable

Needs Work:

- Pull down for pike
- 90 in pike
- Height in sub dubs

#### **1<sup>st</sup> half of Flamingo to bent knee**

Best Parts:

- Design and tempo
- Vertical position

Needs Work:

- Basics – lift to bent knee, extension, sailboat to ballet leg

#### **1<sup>st</sup> half of catalane reverse to crane**

Best Parts:

- pull downs
- crane

Needs Work:

- stability in front layout

## **Level 5** (DD 1.0)

### **Kip Split to split**

Best Parts:

- inverted tuck
- design of unroll
- split position
- uniform motion

Needs Work:

- height
- less / no travel
- stability

### **Ibis to crane**

Best Parts:

- b.leg position although horizontal leg not always extended
- an accurate crane by most

Needs Work:

- Tip Back
- Back leg lagging even to splits
- Soft back (arched or piked)

### **Porpoise**

Best Parts:

- Front pike position and pull down
- Vertical position

Needs Work:

- Lift to vertical
- height

### **Knight to bent knee**

Best Parts:

- bent knee vertical

Needs Work:

- Horizontal leg extension in knight and b.leg
- Loss of design with arch to knight
- Lift to b.leg-thigh movement

## **Age Group 13-15** (DD 1.0)

### **Back walkover to split position**

Best Parts:

- Know the design

Needs Work:

- Extension (in core and splits)
- In splits head under hips (verticality)

### **First half of flamingo bent knee**

Best Parts:

- Flamingo and bent knee position

Needs Work:

- Extension –core, knees and point
- Need to show lift into unroll

### **1<sup>st</sup> half of heron to sub dbles**

Best Parts:

- Front pike Position
- Pull downs

Needs Work:

- Sub Dbles needs 90 and full rotation to position
- height

### **1<sup>st</sup> half of Catalina reverse to Crane Position**

Best Parts:

- pull down to front pike

Needs Work:

- CRANE not fishtail
- Extension and stability esp. in crane

## **Age Group 16-18 / Junior** (DD 1.0)

### **Kip Split closing 180**

Best Parts:

- Good extension
- Good design
- Good descents

Needs Work:

- Height and control
- Closing of 180
- Not simultaneous

### **Ibis**

Best Parts:

- vertical descents and extension in vertical

Needs Work:

- tip back timing , some almost got to splits instead of crane
- remember basics: sailboats and ballet legs

### **Gaviata open 180**

Best Parts:

- Vertical position

Needs Work:

- Travel, line up properly with end flag
- Low splits, timing
- Walkout ending
- Too low in sub dbles

### **Cyclone**

Best Parts:

- Good design
- Good extension
- Surface arches

Needs Work:

- Timing of initiation of bent knee
- Don't wait too long in surface arch
- **\*\*Height\*\***
- Travelling in twists