

**Judges Comments**  
**Training Meet #2**  
**Nov. 26th 2011 / Nanaimo, BC**

**Level 1**

**Blossom**

Best Parts:

- Splits

Needs Work:

- Design of figure
- Understand the figure

**Sailboat Alt**

Best Parts:

- Height was good, but still needs work

Needs Work:

- Show all layouts
- Extension of bottom leg

**Ballet leg single**

Best Parts:

- Great on the spot

Needs Work:

- Bottom leg extension
- Go step by step
- Better layouts
- In line sailboats

**Bent Knee Vertical join as sink**

Best Parts:

- Knowledge of figure
- Join and sink

Needs Work:

- Bent knee position
- Overall weak
- Vertical alignment

**Level 2**

**Ballet Leg Single**

Best Parts:

- On the spot

Needs Work:

- Sailboat
- Lift to ballet leg
- Extension and design

**Neptunous**

Best Parts:

- Front pike pull
- join

Needs Work:

- Crane
- Vertical line

**Front walkover 2<sup>nd</sup> half**

Best Parts:

- Getting into split
- Holding split
- Split position

Needs Work:

- Surface arch
- Travel control
- Closing
- More extension

**Barracuda**

Best Parts:

- Pike better than layout

Needs Work:

- Extension
- Stability
- alignment

## Level 3

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

Best Parts:

- Dolphin start
- Continuous motion
- Splits relatively even

Needs Work:

- Height on arc over
- Stability in split position
- Flexibility

### **Porpoise**

Best Parts:

- 3 out of 4 swimmers had good pull downs (only 4 swimmers)

Needs Work:

- Too fast
- Over piking
- Height
- Stability

### **Kip**

Best Parts:

- Draw
- Inverted tuck

Needs work

- Height
- Verticality
- Core strength

### **Subalina**

Best Parts:

- Pull downs and somersault (3 out of 4)

Needs Work:

- Rotation
- Rushed

## BC Summer Games Trials

### **Ballet leg single**

Best Parts:

- Layout "ok"
- Uniform motion

Needs Work:

- perpendicular thigh

### **Front walkover**

Best Parts:

- Pull downs
- Splits even

Needs Work:

- Flexibility
- Too fast especially second leg

### **Kip**

Best Parts:

- Draw
- Inverted tuck

Needs Work:

- They **MUST** hold vertical position at some height
- Lift to vertical

### **Barracuda**

Best Parts:

- Beginning –toes just under surface
- Verticality

Needs Work:

- Height
- More power

## **Age Group 13-15**

### **Back walkover**

Best Parts:

- Not bad extension
- Last half better than first half

Needs Work:

- On the spot
- Surface arches
- First leg needs to be higher (not up and down in levels)
- Split position: no design

### **Albatross**

Best Parts:

- Lift to bent knee good
- ½ twist

Needs Work:

- Not many dolphin pull downs shown
- Pike position (over piking)
- Extension of leg draw to vertical and loss of line when sinking

### **Porpoise**

Best Parts:

- Front pike Position

Needs Work:

- Over piking when lifting
- Lift
- Vertical sink

### **Heron**

Best Parts:

- Timing of thrust and sink

Needs work:

- Pike to sub dbles: travel
- Arch in thrust
- Off vertical line

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

### **Porpoise full twist**

Best Parts:

- Stability and control in lift
- Uniform motion

Needs Work:

- Height
- Over piking
- Travel in twist and lack of stability
- Front layouts need to be on surface

### **Flying fish**

Best Parts:

- Thrust was rapid
- Most in vertical lines
- Rapid when supposed to be rapid

Needs Work:

- Maintaining height on join after FF
- On their backs when sinking
- Back pikes not tight enough and too low under surface

### **Knight**

Best Parts:

- Good height
- Vertical line in bent knee
- Twist
- Good trans from ballet leg to knight

Needs Work:

- Stability of vert leg when initiating the downward movement to knight
- Too much travel
- Sailboats higher

### **Catalina Twirl**

Best Parts:

- Ballet legs

Needs Work:

- Height on vertical joins...too much loss of height
- Not many "Y" positions
- Twirls not rapid
- More height on sailboats