

Judges Comments
Interior Regional & Recreational Meet
April 16, 2011 / Kamloops, BC

10 & under

Blossom (DD 1.1)

Best Parts:

- Overall design very good

Needs Work:

- Split flex
- Sub dubs height (Ankle)

Sailboat Alternate (DD 1.3)

Best Parts:

- Good design

Needs Work:

- On the spot
- Work for more height

Front Pike Somersault (DD 1.7)

Best Parts:

- On the spot
- Good effort at 90

Needs Work:

- Pull down is rushed
- extension

Bt Knee Join to Vertical (DD 1.4)

Best Parts:

- effort and smiles 😊

Needs Work:

- establish positions
- toe at bent knee at or above knee (FINA)

12 & under

Ballet Leg Single (DD 1.6)

Best Parts:

- tempo
- show and go

Needs Work:

-
- B.leg alignment
- Perpendicular to surface
- Typically over face a little

Walkover Front (DD 2.1)

Best Parts:

- Height 180 arc 1st and 2nd

Needs Work:

- Pull down (keep feet still)
- Surface arch to layout
- Uneven tempo

Neptunus (DD 1.8)

Best Parts:

- Good work trying to show Crane (Good work coaches!)

Needs Work:

- Pull down
- Crane alignment- vertical leg too far behind back

Barracuda (DD 2.0) (Good job girls!!)

Best Parts:

- Thrust and tempo
- Back pike 45 or less (YAY!!)

Needs Work:

- Do not pause at pike- show go fast

13-15 Novice (DD 1.0)

Back Walkover to Split Position

Best Parts:

- Back layout to surface arch

Needs Work:

- Extension of back leg
- Height of first leg with control

Porpoise

Best Parts:

- Showed positions

Needs Work:

- Keep working on it
- Accuracy of positions

Flamingo Bent Knee

Best Parts:

- Back layout to flamingo

Needs Work:

- Roll back
- Try to maintain height at flamingo

Kip

Best Parts:

- Inverted tuck
- Fairly on the spot

Needs Work:

- Vertical alignment
- height

16 & over Novice (DD 1.0)

Kip Split

Best Parts:

- overall design good

Needs Work:

- height and flexibility

Ibis

Best Parts:

- tempo and control

Needs Work:

- all basic body positions
- focus on tip back – foot lifted off surface and head under simultaneously

1st half of Catalina to crane position

Best Parts:

- set up to b.leg
- tempo
- stayed within vertical plane

Needs Work:

- head lowers & rotation begins simultaneously
- establish a crane

Barracuda

Best Parts:

- pike 45 or less
- just below surface
- good effort for height
- maintaining vertical alignment during thrust (no wiggle cheats)

Needs Work:

- speed
- vertical alignment

Star 1&2 (DD 1.0)

Sailboat Alternate

Best Parts:

- perpendicular thigh

Needs Work:

- overall strength to maintain position
- height
- remember other foot

Somersault Back Tuck

Best Parts:

- understanding overall design
- maintain water levels

Needs Work:

- tuck more with head in

5 Meters Head First Scull

Best Parts:

- body positions and extension

Needs Work:

- proper head first scull – even in and out pressure with no scooping

Front Layout

Best Parts:

- on the spot (upper body good)
- Head in alignment

Needs Work:

- Feet need to be at surface
- Less bouncy

Star 3&4 (DD 1.0)

Kick Pull Kick

Best Parts:

- Efficiency of kick

Needs Work:

- height

Back Pike Somersault

Best Parts:

- on the spot
- good design

Needs Work:

- extension of knee
- legs over head at start

Split Position

Best Parts:

- evenly split
- at surface

Needs Work:

- body alignment head out
- Upper body

Front Pike Pulldown

Needs Work:

- Continue to work on this figure
- Especially pull down technique