

Judges Comments
Lower Mainland Regional Meet & Recreational Meet
Comp Masters Provincial Meet & Rec Master Meet
April 9-10, 2011 / Walnut Grove, BC

10 &under

General comments for this age group:

Best Parts:

- Good Basic Knowledge of design
- Good Swim ons and offs

Needs Work:

- Need Improvement
- Basic Body positions and accuracy

12 &under

Ballet Leg Single (DD 1.6)

Best Parts:

- Tempo
- Stability in B.leg

Needs Work:

- Sailboat position
- Thigh perpendicular to water
- Start and end in a good back layout

Walkover Front (DD 2.1)

Best Parts:

- Timing and design of 1st leg lift
- Splits
- Body position in splits

Needs Work:

- Front pike pull down
- Keep feet together
- Stability

Neptunus (DD 1.8)

Best Parts:

- Tempo

Needs Work:

- Extension
- Design for front pike pull down

Barracuda (DD 2.0)

Best Parts:

- Back layout
- Vertical Line

Needs Work:

- Too deep
- Back pike

13-15 Novice (DD 1.0)

Back Walkover to Split Position

Best Parts:

- Arc's
- Thighs dry

Needs Work:

- Control
- Extension
- Back layout
- presentation

Porpoise

Best Parts:

- Layout
- Most had hips replace head

Needs Work:

- Over piking in lift to vertical
- Stability
- Hold vertical stable (show and go)

Flamingo Bent Knee

Best Parts:

- Nice roll backs
- Height in bent knee

Needs Work:

- Extension in B.leg and back layout
- Stay on the surface in B.leg and Flamingo

Kip

Best Parts:

- Pull into tuck and Roll back

Needs Work:

- Start in layout
- Unroll
- Less travel

13-15

Walkover Back (DD 2.0)

Best Parts:

- Split flexibility
- Good walkout
- Established 90 pike @ end

Needs Work:

- Height of first leg

Porpoise Spinning 360 (DD 2.1)

Best Parts:

- Good effort to follow design
- very difficult figure

Needs Work:

- establish vertical prior to 360

Albatross (DD 2.2)

Best Parts:

- maintained height during twist
- good understanding of design

Needs Work:

- roll smoothly to 90 pike

Catalina Reverse (DD 2.1)

Best Parts:

- varied by individual
- some good rotation
- timing good for all

Needs Work:

- focus on Y to avoid knight

16 & over

Kip Split Closing 180 (DD 2.5)

Best Parts:

- Overall design
- Great effort for height
- Even tempo

Needs Work:

- Vertical alignment after close
- More work on split flex

Ibis Continuous Spin - 720 (DD 2.8)

Best Parts:

- Vertical Alignment and height

Needs Work:

- More work on tip back and spin
- Make sure b.leg perpendicular to surface before tip back

Gaviata Open 108 (DD 2.8)

Best Parts:

- Overall design good
- Heights
- Fairly even opening to split

Needs Work:

- Submerged Double b.leg position
- More work on rotation and split flex

Cyclone (DD 2.7)

Best Parts:

- Vertical descents
- Excellent twirls followed by controlled twist 😊
- Maintained height throughout twist

Needs Work:

- Timing of pull down to bent knee surface arch
- Some swimmers pulling into bent knee prior to dolphin arch which was causing them to sink
- Bent knee must stay on leg during twirl

Star 1&2 (DD 1.0)

Sailboat Alternate

Best Parts:

- 90 angle of thigh
- Most little travel

Needs Work:

- Extension
- Sculling to keep them in height

Somersault Back Tuck

Best Parts:

- Good attempt at back layouts
- Overall understanding of design

Needs Work:

- Tuck position Closed, chin tucked in as roll back
- Extension
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5 Meters Head First Scull

Best Parts:

- Feet together mostly

Needs Work:

- Efficient propulsion

Front Layout

Best Parts:

- Body Alignment

Needs Work:

- Feet up
- Squeeze bum
- Extension

Star 3&4 (DD 1.0)

Kick Pull Kick

Best Parts:

- Good Head Position
- Good Neck Extension

Needs Work:

- More emphasis on kick and glide
- Shoulders back

Back Pike Somersault

Best Parts:

- On the spot

Needs Work:

- Back pike position 45 or less

Split Position

Best Parts:

- Lots of variation

Needs Work:

- Focus on body alignment
- Even splits
- Work on flex

Front Pike Pulldown

Needs Work:

- Continue to work on pull-down and head in alignment

Star 5&6 (DD 1.0)

Over all comments for this Star group:

Best Parts:

- Good Knee and toe extension
- Good understanding of design of figures
- General good body positions

Needs Work:

- Body awareness, lots of piked bodies
- Extension in hips
- Control throughout transitions

Star 7-9 (DD 1.0)

Barracuda Bent Knee

Best Parts:

- Vertical line
- Bent knee position

Needs Work:

- Power and speed in thrust

Kip

Best Parts:

- Pull into tub position
- Vertical descent

Needs Work:

- Unroll as lift to vertical
- Show vertical prior to descent

Swordfish

Best Parts:

- Establishing bent knee
- Stability in rotation

Needs Work:

- Surface back arch

Walkover Front

Best Parts:

- Pull down to pike

Needs Work:

- Finishing of figure
- Flexibility in back and splits

Master Rec – Beginner (DD 1.0)

Head first sculling 5 Meters

Best Parts:

- Layout and extension

Needs Work:

- Point toes
- Keep feet together
- Speed

Alternate Sailboat

Best Parts:

- End of figure (Back layout)
- Tempo

Needs Work:

- Effort in sculling to increase height

Back Tuck Somersault

Best Parts:

- Tempo
- Nice extension at end

Needs Work:

- Tuck chin in more

Tub

Best Parts:

- 90 tub position
- Turns and tempo

Needs Work:

- Legs together
- Chest/head extension

Master Rec – Intermediate (DD 1.0)

Blossom

Best Parts:

- Split position

Needs Work:

- Drop to sub dubs
- Vertical alignment

Bent Knee Vertical Position

Best Parts:

- Vertical alignment (minor errors)
- Extension of vertical leg

Needs Work:

- Toe of bent knee on vert leg
- Establish and maintain a height

Somersault Front Pike

Best Parts:

- Pull down to 90

Needs Work:

- On the spot

Ballet Leg Single

Best Parts:

- Perpendicular in sailboat

Needs Work:

- Strength to establish & maintain b.leg position