

Judges Comments
Lower Mainland Provincial Stream Training Meet
Nov.27 2010

10 & Under:

Split Position

Best part:

- Flexibility

Needs work:

- Extension, show longer, vertical line

Front layout to front pike Position:

Needs Work:

- Show a layout even if it is floating, work on paddle scull

Sailboat Single:

Best Parts:

- Leg extension

Needs Work:

- Flat layout, toe on inside of Ex.layout, Perpendicular thigh in SB

Tub Position:

Best Parts:

- Draw to tub, Heads were back

Needs Work:

- Flat layouts, knees and toes glued together

12 & Under

Ballet Leg single:

Best Parts:

- Set up in back layout for most

Needs Work:

- Sculling properly, Design of whole figure

1st Half of Somersub

Best Parts:

- Hips replaced head on pull down, understood figure

Needs work:

- Body awareness of positions

Front walkover to split

Best Parts:

- Even splits

Needs works:

- FONRT PIKE PULL DOWNS!!! Teach new swimmers how to swim out and align themselves with the judges

Bent Knee Position

Best Parts:

- Portion of toe on leg, extension of vertical leg

Needs Work:

- Vertical lines, Height, Establishing the position underwater first will help to achieve a better position

13-15

Back layout to Flamingo Position

Best Parts:

- Flamingo position generally accurate, height

Needs work:

- Sailboat position and lift to ballet leg, body awareness, show and go, they are slurring through transitions

Font pike pull down to bent knee position

Best Parts:

- Bent knee vertical position

Needs Works:

- Lack of height, over piking, too fast, lack of control and extension

Back walkover to split

Best Parts:

- Split (but still needs work)

Needs Work:

- *DOLPHIN START* uniform motion, sculling, surface arch position & design of figure

Kip

Best Parts:

- Draw to tuck

Needs Work:

- Height, vertical descent and vertical line

16 & Over

First half of Kip split to 1st split

Best Parts:

- Design of unroll to vertical, design of split portion

Needs Work:

- Height, need to lift hips more, travel and extension

Porpoise

Best Parts:

- Vertical "Position" hips replaced head on pull down

Needs Work:

- Height, over piking, Lifting before achieving pike

IBIS to crane

Best Parts:

- Ballet leg, attempt to get accurate crane

Needs Work:

- Extension, Transition: Horizontal leg must lift off surface sooner

Knight to Bent knee

Best Parts:

- Ballet Leg

Needs Work:

- Transition and timing

** **Extra note:** Practice swim outs & Lining up correctly so all judges have a good view of figures**