

Judges Comments
Interior Training Meet
Nov.6th 2010

10 & Under

Split Position

Best Part:

- Legs were forward and back

Needs Work:

- Body alignment (specifically trunk)

Single Sailboat

Best Part:

- Good understanding of figure

Needs work:

- Layout at start
- extension

Front Pike pull, to pike position

Best Parts:

- Forward Movement

Needs Work:

- Overall design

Back layout to Tub

Best Parts:

- Control
- Height

Needs Work:

- Upper Body extension

12 & Under

Bent Knee Vertical

- Needs overall improvement on body awareness

First half somersub

- More work needed overall

Ballet Leg single

Best Part:

- Sailboat

Needs Work:

- Extension throughout

First half front walkover

- Needs over all improvement

13-15 Novice

Ballet leg to Flamingo Position

Best Part:

- Correct flamingo Position

Needs Work:

- Travelling
- Extension

First ½ Back Walkover

Best Part:

- Dolphin Start

Needs Work:

- Achieving surface arch
- 180 arc to split

Front pike pull lift to bent knee

Best Parts:

- Good Understanding

Needs Work:

- Toe in contact with vertical leg

Kip

Best Part:

- Layout to inverted tuck
- Mostly good tuck positions

Needs Work:

- Lift to vertical

16 & Over Novice

Porpoise

Best Parts:

- Extension
- Control

Needs Work:

- Hold vertical
- Show pike longer

First ½ of Knight to bent knee

Best Parts:

- Transitions

Needs Work:

- Ballet Leg

First ½ of Kip split to split

Best Parts:

- Timing
- Extension
- Control

Needs Work:

- Height

First ½ of IBIS to crane

Best Parts:

- On the spot
- Effort to do correctly

Needs Work:

- Ballet leg : Position and extension