

Training Meet #1

Sunday Oct. 25<sup>th</sup>, 2009

Tier 7

KIP SPLIT CLOSING 180

Best Parts: Splits – flexibility  
Closing accuracy – ok

Needs Work: travelling and stability  
Kip make it smooth and accurate (was jerky)  
Height – verticals should be above knee

GAVIATA OPEN 180

Best Parts: Pulldown  
Rotation  
Splits

Needs Work: Travelling  
Sub. Doubles – hips replace head  
Rotation – keep head in line – was dragging behind

KNIGHT TO BT KNEE

Best Parts: Ballet Leg

Needs work: Layouts –should start at a 10 (lift hips)  
B. Leg to knight – keep head in line – lift up with vertical leg  
Bt. Knee – some need height

IBIS CONTINUOUS SPIN

Best Parts: kept the 90 in the legs  
Height was good

Needs Work: bodies collapsing in the tip back  
Extension  
Spins were not well executed

CYCLONE (TO FIRST VERTICAL)

Best Parts: good! for the first time doing this figure!

Needs work: height in the join needs to be higher  
Hips twisting – anticipating the turn  
Twirl needs to be more rapid  
Needs extension  
Bt knee surface arch needs to be higher  
travel

### PORPOISE

Best Parts: control, layouts, pulldowns & extension

Needs Work: still some over picking on lift  
Loss of height in vertical

### **Training meet #1**

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### **Tier 6**

### KIP

Best Parts: good tucks and layouts

Needs work: unroll – timing, uniform motion  
Height –don't stop before rolling is over  
Lost vertical on descent  
Travelling

### ALBATROSS

Best Parts: lift to bt. Knee  
Some had good height

Needs work: start turning to soon  
Overpiking on lift

### CATALINA REVERSE

Needs Work: layouts, overpicking, ending from 'Y' position dropping \*look at sculling  
Extension  
Crane positions  
Front pike pulls

## WALKOVER BACK

Best Parts: start was good  
Some splits were good

Needs Work: front pikes were overpiked  
Lost height in first leg over  
Extention needed

## PORPOISE SPINNING 180

Best Parts: pull down

Needs Work: overpiked  
Need more height  
Needs stability and were travelling

## HERON

Best Parts: Beginning was good not showing 90

Needs Work: thrust needs to be higher  
Needs height and hold bt knee

## **Tier 1**

### LAYOUT

Best Parts: body extension  
Minimal travel

Needs work: feet and legs together  
Clear start and finish

### SAILBOAT SINGLE

Best Parts: 1<sup>ST</sup> layout  
Tempo

Needs work: toe drawn along leg  
Finishing 2<sup>nd</sup> layout

## LAYOUT TO TUB TO LAYOUT

Best Part: tempo  
Starting layouts

Needs Work: proper tub (tub vs tuck)  
Finish figure in same layout as start

## **TIER 2**

### 1<sup>ST</sup> HALF OF KIPNUS

Best Parts: good layouts and draws to tub  
Tempo good but watch continuous motion

Needs Work: watch backwards movement into inverted tuck  
Close up tucks (head to knees)

### 2<sup>ND</sup> HALF OF NEPTUNUS

Best Parts: good position (watch fishtail)  
Good height  
Good tempo

Needs Work: moving  
Vertical line were mostly on their back

### 1<sup>ST</sup> HALF OF SINGLE LEG BALLET LEG

Best Parts: good layouts  
Tempo

Needs work: stability from sailboat to ballet leg  
Positions – sailboat and ballet leg

### FRONT PIKE PULL TO SUB DOUBLES

Best Parts: good attempt to move in pull down  
Basic idea is there

Needs Work: 90 degrees in sub doubles  
(try split scull in sub doubles)

## **TIER 3**

## BALLET LEG

Best Parts: on the spot

Needs work: lift to ballet leg and ballet leg not vertical  
Need higher and better defined sailboats

## FRONT PIKE PULL TO SUB DOUBLES

Best Parts: front pike pull 90 degree angle

Needs Work: too low in sub doubles  
(Few split sculls)

## ? FRONT WALKOVER TO SPLIT

Best Parts: Most are attempting accurate pulldowns  
Splits even and extended

Needs Work: take your time –do layouts  
A few still not doing pulldown –automatic 4.  
Over piking  
Flexibility in splits

## CRANE BT KNEE DESCENT AS JOIN TO VERTICAL

Best Parts: control 'crane' to bent knee

Needs Work: CRANE position  
More height

## **TIER 4/5**

### PORPOISE (end in vertical)

Best Parts: lift to vertical – slightly over piked but overall good

Needs Work: height and front pike pull downs

### 1<sup>st</sup> HALF OF ARIANA TO SPLITS

Best Parts: splits were even

Needs Work: uniform motion going into splits  
Back layout to dolphin/c' arch

### BALLET LEG SINGLE

Best Parts: ballet leg before they bring in to sailboat

Needs Work: uniform motion  
Sailboat hips were low  
Leg over face in second half

### 2<sup>ND</sup> HALF OF FLAMINGO BT. KNEE

Best Parts: head in alignment  
Good verticals  
No travel

Needs work: losing height when joining to vertical