

# Judges Comments

## Island Provincial & National Stream Training Meet Dec 4th 2010

### 12 & Under

#### **Ballet Leg single:**

Best Parts:

- Design

Needs Work:

- Take time to set up LAYOUTS
- SCULL
- Perpendicular thigh

#### **1st Half of Somersub**

- .don't have

#### **Front walkover to split**

- .don't have

#### **Bent Knee Position**

Needs Work:

- .extension
  - Head in line
- \*\* Note...best way to start is from a submerged position and slowly rise to stable height

### 13-15

#### **Back layout to Flamingo Position**

Best Parts:

- Draw into flamingo

Needs work:

- Sail boat needs to be perpendicular
- Sculling strength
- Extension & design

#### **Font pike pull down to bent knee position**

Best Parts:

- Bent knee vert position

Needs Works:

- Need to learn a proper front pike pull down

#### **Back walkover to split**

Best Parts:

- Lifting over to split

Needs Work:

- Forward motion of hips realign head
- extension

#### **Kip**

Best Parts:

- Draw to tuck

Needs Work:

- Height, vertical descent and vertical line
- Extension through out
- Show layout

## **16 & Over**

### **First half of Kip split to 1st split**

Best Parts:

- Draw to inverted tuck
- design

Needs Work:

- Height in vert and knee extension

### **Porpoise**

Best Parts:

- pull down

Needs Work:

- achieving pike position
- height in vert

### **IBIS to crane**

Best Parts:

- Control in first half

Needs Work:

- .tip back
- Extension
- Control and height
- Showing a fishtail and dropping height before crane

### **Knight to Bent knee**

Best Parts:

- Design of knight to bent knee

Needs Work:

- Knight position
- Extension and height

## **16-8 National stream**

### **IBIS Cont spin**

Best Parts:

- Design of first part
- Layout

Needs work:

- Tip back...opening too much
- Spin needs to be rapid
- Even drop spaces

### **Kip split closing 180**

Best Part:

- Splits and flex...but keep working
- Excellent extension

Needs Work:

- Closing tempo
- Height

### **Gaviata open 180**

Best Parts:

- Pull down

Needs Work:

- Ankles lower in sub dubs
- Extension
- Catalina rotation not executed properly lots of circling around
- Height

### **Cyclone**

Best Part:

- Twist stable and mostly on the spot
- Twirl speed good and nice risk

Needs work:

- Height in surface arch to vertical...better catch
- Don't wait so long in surface arch

## **Junior and CWG**

### **IBIS cont spin**

Best Part:

- Ballet leg from start of layout
- Control

Needs work:

- Even drop spaces in spin & rapid
- Need to stay on surface on tilt back not rise up to crane

### **Kip split closing 180**

Best part:

- Good extension and timing
- Good uniform motion

Needs work

- Vertical line
- Shins not perpendicular to the surface

### **Gaviata open 180**

Best Part:

- Beginning to sub dubs
- Split position high and flat
- Design

Needs work:

- From split trans to end
- Surface arch position
- Walkouts...feet dropping at end

### **Cyclone**

Best Part:

- Bent knee surface arch
- Extension

Needs work:

- Twirl
- Waiting too long in bent knee surface arch

### **Porpoise Full Twist**

Best Parts:

- Lift to vertical

Needs Work:

- Not fully extended in vertical
- Better alignment

### **Knight**

Best Part:

- ½ twist and height in bent knee position

Needs work:

- Surface arch to layout
- Better sailboats and ballet legs would improve score
- Extension in knees and upper body

### **Flying fish**

Best Part:

- Good risk in speed

Needs work:

- Not fully extended in vert
- Better alignment

### **Catalina Twirl**

Needs work:

- Twirl not rapid
- Not controlled throughout
- Extension in knees
- Height
- Fishtails not cranes
- Design of Catalina
- Lacked stability