

TIER 1

Sailboat Alternate

- Best Parts: understood design (ie perpendicular thigh in sailboat)
- Needs Work: take time to establish back layout, height, go back to high back layout between sailboats

Somersault Back Pike

- Best Parts: tight tuck, height, most brought legs to torso
- Needs Work: establish layout, maintain tuck pos. after somersault. Some are opening to tub too soon.

Split Pos.

- Best Parts: Front leg extension
- Needs Work: trunk vertical, hips square, back knee and foot extension

Front Pike Somersault

- Best Parts: rotation, front layouts
- Needs Work: front pike pulldown, mov't plus pike, last transition to layout must move ½ body length, keep feet together.

TIER 2

Ballet Leg Single

- Best Parts: height, half had good design, on the spot
- Needs Work: extension, head alignment, foot on surface, pause in each pos. especially in sailboat

Back Pike Somersault

- Best Parts: design, pike, layout to pike
- Needs Work: extension, depth, ending to layout of trunk head alignment

Neptunus

- Best Parts: timing of the close for the bt knee and under
- Needs work: over piking, pay attention to the pull down, height and proper position.

Blossom

- Best Parts: closing split to vertical
- Needs work: drop too lo pos. timing and to achieve that position many not accurate (over piked)

TIER 3

Ballet Leg Single

- Best Parts: well done – good control, most had good design and timing
- Needs work: height in sailboat

Porpoise

- Best Parts: pull downs were all satisfactory
- Needs work: over piking, height of vertical, don't hold vertical too long, establish stability.

Front Walkover

- Best Parts: height and lift on 1st leg
- Needs work: maintain 90 degree with 1st leg, control and lift of second leg, surface arch (we need to see it!)

TIER 4/5

Ariana

- Best Parts: closing to surface arch
- Needs work: extension, lift to split, splits

Porpoise

- Best Parts: vertical pos. and design
- Needs work: show pike pos. and more height

Albatross

- Best Parts: height, twist
- Needs work: look at description of layout into pike, extension and over piked.

Catalina Reverse

- Best Parts: beginning to crane
 - Needs work: catalina rotation, level, hit Y position, ballet leg at end.
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BEG. MASTER

Head First scull 5 m

- Best Parts: propulsion, extension
- Needs work: toe extension, everything dry

Sailboat alt.

- Best Parts: extension
- Needs work: height in sailboat, too fast, extension at end.

Back Tuck Somersault

- Best Parts: tight tuck
- Needs work: knees move towards head, keep shins and feet dry, more control tempo

Tub

- Best Parts: good tempo
 - Needs work: make sure hit tub position, shins and feet dry, extension
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INTERM. MASTER

Blossom

- Best Parts: opening to the split
- Needs work: layout to the submerged doubles needs work, extension, stop at ankles, splits, close vertically

Bent Knee Vertical

- Best Parts: extension
- Needs work: vertical alignment

Front Pike Somersault

- Best Parts: tempo, uniform motion, extension, stayed on the spot
- Needs work: front pike pull down 90 degree and feet at surface, remain in 90 for evolution

Ballet Leg Single

- Best parts:
- Needs work: height, extension, speed

STAR 1-2

Somersault Back Tuck

- Best Parts: layout
- Needs work: much tighter tuck

Front layout

- Best Parts: good alignment
- Needs work: shoulders should be in line, rounded shoulders, don't put head in until feet are at surface

Sail Boat Alt.

- Best Parts: design of sailboat
- Needs work: extension, show all 3 layouts, height and control

Head First Scull 5 m

- Best Parts: body position in layout
- Needs work: head position and don't look for the red flag , proper scull, extension and feet together