

# Lower Mainland and Interior Regional Meet

April 24/25<sup>th</sup>, 2010

## Rec 1-2

### Somersault Back Tuck

Best Parts: draw was good in most cases  
Needs work: establish back layout (hips up!),  
positions, control (sculling)

### Front Layout

Best Parts: trying to scull in position  
Needs Work: get feet to surface up, extension,  
sculling technique and position of scull

### Sailboat Alternate

Best Parts: presentation, back layout  
Needs Work: extension, feet together, sailboat  
thigh pos.

### Head First Sculling 5m

Best Parts: layout pos., tempo staying consistent  
Needs Work: head position, need toes dry

## Rec 3-4

### Kick Pull Kick

Best Parts: even tempo and propulsion  
Needs Work: should not square, strokes uneven

### Back Pike Somersault

Best Parts: surfacing control, and back layout, pull  
down  
Needs Work: pike position

### Split Position

Best Parts: awareness of vertical position  
Needs Work: legs too high, extension

### Front Pike Pulldown

Best Parts: 90 degree angle  
Needs Work: hips need to replace head, slow  
proper tech pulldown, no bobbing

## Rec 5-6

### Ballet leg Single

Best Parts: layout  
Needs Work: thigh perpendicular, extension

### ½ Kipnus

Best Parts: layout and draw  
Needs Work: inverted tuck, verticality

### Neptunus

Best Parts: layout  
Needs Work: crane (not fishtail), extensions, vertical  
and height

### Blossom

Best Parts: layouts  
Needs Work: extension and flexibility

## Rec 7-9

### Barracuda Bent Knee

Best Parts:  
Needs Work: tighter pike, toes just below surface,  
needs fast descent

### Kip

Best Parts: draw to tuck  
Needs Work: under rotated in inverted tuck, height

### Swordfish

Best Parts: rotated on spot  
Needs Work: height, hips square

### Front Walkover

Best Parts: pull down  
Needs Work: uneven splits, extension

## **Tier 1**

### Somesault Back Pike

Best Parts: tuck pos.

Needs Work: timing, tighter tucks in roll

### Front Pike Somersault

Best Parts: know that they had to hold 90

Needs Work: front pike pull down, ending hips  
replace head

### Split Position

Best Parts:

Needs Work: body alignment, extension

### Sailboat Alt

Best Parts: minimal travel, second back layout

Needs Work: tempo of figure, sculling

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## **Tier 2**

### Ballet Leg

Best Parts: design

Needs Work: ballet leg over face, timing

### Neptunus

Best Parts: good design

Needs Work: extension, star in proper front layout  
and end in proper front layout

### Front Pike Somersault

Best Parts: box design

Needs Work: start in front layout, hips replace head

### Kipnus

Best Parts: unroll into bt knee, vertical

Needs Work: extension, timing

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## **Tier 3**

### Ballet Leg Single

Best Parts: 2 units good, height and extension

Needs Work: uniform motion, thighs perpendicular,  
layouts before draw (hips at surface)

### Porpoise

Best Parts: front layout is ok

Needs Work: pulldowns, show 90, do not over pike,  
try and do figure properly, core  
strength, height

### Walkover Front

Best Parts: design

Needs Work: front pike pull downs, core strength,  
control, timing

### Swordfish

Best Parts: design

Needs Work: from surface arch pos to ending of  
figure, lift to surface arch position

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## **Tier 4/5**

### Porpoise

Best Parts: front pike pulldown, vertical position

Needs Work: core strength, over piking, height in  
vertical

### Kip

Best Parts: to tuck position

Needs Work: travelling, timing, height in vertical

### Ariana

Best Parts: arch back, splits even, rotation

Needs Work: flexibility, back layout

### Heron

Best Parts: Pull down, 90 in double BL submerged

Needs Work: pike to sub doubles, travelling, thrust  
not vertical, too slow of a thrust and  
sink