

Figure comments from Montreal UANA Pan American Championships 2011

Junior Figure Comments:

Kip Split Closing 180:

- Ensure you line up properly – especially from the end.
- Keep your head alignment – be careful not to head check to look for the panel marker.
- Split flexibility is getting much better.
- Keep tucks tighter; especially feet to butt.
- Work on timing of body and legs finishing simultaneously.
- The weakest part of the figure is the 180 closing. Keep shoulders vertical, timing of legs finishing with end of twist should be simultaneous.
- The timing of the vertical drops needs to be uniform motion with the rest of the figure.

Cyclone:

- Must show the dolphin start.
- Work on uniform motion on bend of leg into surface arch position.
- Twirl must be rapid!
- The leg must extend AS the twirl occurs.
- Work on stability and maintaining the same height on twist.
- Vertical descent must be at the same tempo as rest of figure.
- Maintain accurate vertical line on drop.

Gaviata Open 180:

- Overall – work on uniform motion throughout the figure.
- Layout – Hips must be at the surface in the front layout.
- Keep hips at the surface on the same level in the front pike pull.
- The 90 degree angle in the pike position was quite well done. Good!
- Accurate movement in pike is required. Hips replace head.
- Rotation is the weakest part of the figure. Keep legs vertical, rise and rotate simultaneously, rotation and vertical should be completed simultaneously.
- Show the vertical position clearly!
- Keep sculling even as open to 180 for greater stability. Maintain height on open 180.
- Very few flat splits but generally splits are improving!!
- Walkout – keep extension throughout. Stay stationary until legs are closed. Maintain accurate alignment.
- Surface arch to back layout – head must replace hips on ending accurately.
- Layout at end should be extended and dry at the surface.

Ibis Continuous (720) spin:

- More extension in back layout required.
- Work on head alignment in ballet leg!
- Work on maintaining 90 degree angle on tip back. A few very good, but others need work on this.
- Work on vertical accuracy on end of join.
- Spins – a few well done and rapid throughout. But many need work on line accuracy and maintaining rapid speed throughout.

13-15 Figure Comments:

Porpoise Spinning 360:

- Keep hips on surface in the front layout position.
- More accuracy needed in hips replacing head on front pike pull down.
- Pretty good 90 degree angles in pike position.
- Work on holding an accurate 90 degree angle in the trunk while lifting. (Almost all overpiked)
- Loss of height to vertical.
- Work on accuracy of vertical line (pull in shoulders)
- For spin; drop spaces need to be more accurate.
- Travel due to loss of vertical line accuracy.
- Keep uniform motion from end of spin at ankles until toes are submerged.

Heron:

- Overall; basic movement of front pike to submarine doubles is not accurate. Work on an accurate 90 degree angle.
- Work on accurate movement of front pike pull.
- Work on staying stationary as knee bends.
- Thrust – keep vertical line on thrust and unroll body under hips (no rock over face)
- Some fast and high, but most were not.
- Timing of finish of unroll and achieving vertical not simultaneous.
- Descent – due to lack of vertical alignment, the descents were not fast enough.

Walkover Back:

- Keep hips and shoulders MORE square on start of lift.
- Extension would be the biggest area to improve; knees and feet.
- Keep feet on surface on the transition from pike to layout.

Kip ½ twist:

- Tighter tuck positions are required. Feet to butt and knees to chest.
- Generally the lift is getting better.
- Travel on twist due to inaccuracy of vertical position.
- Work on more accuracy in vertical descent. Stay in support scull longer for better control.
- Keep head alignment in figures. (Too many swimmers were looking at the panel marker).
-

12 & under Figure Comments:

Barracuda:

- Please pay attention to the wording “just below the surface” in the pike position. Some were very good. Others very deep.
- Pike positions are getting better and tighter! Good!
- Thrust must be explosive and continuous. Many paused at the surface.
- Thrust must be on the spot. Many travelled forward on thrust.
- Pay attention to lining up properly; especially from the end.

Ballet leg single:

- Generally good layouts and lining up from the side. Much better than last year!
- Work on the bent knee position – keep hips higher and more horizontal extension required!
- Thigh needs to be vertical in ballet leg. Many over face.
- Height in ballet leg was often higher than bent knee position.

- Keep sculling deeper to avoid turbulence.

Walkover Front:

- Front layout held too long.
- Front pike position accuracy of 90 degrees needs work.
- Hips must replace head on front pike pull. Work on accuracy of this transition.
- The first leg over to split was better than the second leg.
- Second leg – work on uniform motion and maintaining the same height of the hips during the walkout.
- Work on floatability for accuracy of splits.
- Work on a flatter splits with square hips.
- Work on ending – head must replace hips with dry body, legs and feet.
- Generally inconsistent performance of the whole figure.

Neptunus:

- Front layouts held too long before the start of the figure.
- Work on accurate 90 degree position in pike.
- Work on a crane position; not fishtail!
- The crane to vertical bent knee generally good vertical line.
- More stationary transitions are needed.
- There is not supposed to be a pause at the ankle. Show and go!
- Work on uniform motion. The vertical descent should be the same tempo as the rest of the figure.

Sue Edwards (FINA Evaluator for this competition) had 2 very good comments:

1. "Travel can be a bad word or a good word". Be accurate in the travel based on the description of the figure parts.
2. Pay attention to uniform motion! (Especially at the end of the figure).