

UANA Pan American Championships 2011 Judges Comments from the Routine Competition

Overall Routine Comments:

- Finish movements with full extension and energy.
- Hold counts with full extension and move on the correct count.
- Work on showing a greater contrast between single and double leg height.
- Reduce set up time whenever possible to assist with the fluidity of the routine.
- Work on Pattern accuracy at all levels.
- Work to improve the fluidity of transitional movements – eggbeater to kicking or flutter kick, surfacing with more accelerated propulsion, move after a hybrid to the surface.
- Use the upper body and core more in stroking sequences.
- Pay attention to the % of difficulty in each event.

Solo Comments:

- Height in thrusts and single leg is improving.
- Work on manner or presentation (especially in the 12 & under category).
- Ensure that music selection is age appropriate.
- Work to improve propulsion and fluidity.
- Connect one movement to the next.
- Minimize rest spots.
- Transitions make a routine flow! - This is a key area to improve.
- Use the whole body in stroking!
- Swim TO the music.
- Watch the vertical accuracy on spins.
- Split height and flexibility needs improvement.
- Cover the pool – more full coverage of the pool is required.
- Improve eggbeater height and show varied levels in eggbeater. Show level changes.
- Show more sustained height.
- Complete movements with full extension!

Duet Comments:

- Much better routine choreography than last year!
- The speed of routines is getting much better! Good!
- Some routines are too fast for the level of swimmers. Use your coaching strategy to keep the speed but with full extension and clarity of movements.
- Ensure that the music selection is appropriate for competition. Listen to the words and ensure that they are OK in all languages.
- Work on the transitional movements.
- Cover the pool – equal on both sides and all the way down on lap 1.
- Use different positions for duet swimmers – beside each other, one behind the other – more varied use of positioning!
- Use more sustained height. Too many swirlie types of hybrids . Show more variety of hybrids.
- Use greater tempo differences in choreography.

- Use different levels – horizontal, vertical, angles, etc...

Combo Comments:

- Great improvement in the flow of the routine.
- The connecting transitions are getting much better. Congratulations!
- The framing of the smaller parts is improving!
- Increase the difficulty of solo, duet and trio parts.
- Be careful that there are not too many lifts to interrupt the flow of the routine.
- Increase pattern changes during figures.
- Be clean on the water – avoid excess water.
- More accuracy and extension of vertical lines.
- Increase pattern changes during figure/hybrids.

Team Comments:

- Good variety of highlights. Well done!
- Junior pattern changes are getting more sophisticated. Now try for more pattern changes in figures – especially at the 12 & under level.
- Some routines had too many highlights and this interrupted the flow of the routine. Spread the highlights out throughout the routine for better flow and memorable moments. Don't clump too many highlights together.
- Ensure that there are some parts with all 8 swimmers doing the same thing! Avoid an excess of cadence actions.
- Work to improve the pattern change accuracy with closer spacing . Work on pattern clarity before moving to next pattern.
- Work to improve sharper synchronization with full extension!