



Feedback from the Central American and Caribbean Amateur (CCCAN) Artistic Synchronized Swimming Championships

Figure Comments

12 & Under:

Barracuda:

- Study the FINA deviation chart for Thrusts.
- Review FINA Height chart.
- Thrusts must be rapid/dynamic speed.
- The speed on the drop must be the same as the Thrust.

Straight Ballet Leg:

- Dry Body.....half of thigh out in Back Layout; top of body totally dry!!
- Use back muscles to get chest up and dry.
- Ensure correct head position.
- Use FINA chart to coach height in Bent Knee Back Layout & Ballet Leg.

Water Drop:

- Pike to lift – ensure arms and hands are sculling at mid-thigh position and shallow.
- Use FINA height chart to coach Bent Knee Vertical.
- Work on simultaneous drop and join on Spin.

Swan:

- Show all positions clearly (Surface Bent Knee, Knight, Fishtail, Surface Front Pike and Front Layout).
- Head must replace hips at end.
- Line up fingertips with marker to begin! Use correct dolphin beginning.

13-15 Figures:

Ariana:

- Line up correctly – fingertips in line with marker.
- Move accurately in dolphin start.
- Keep feet AT surface in middle split rotation.
- Use FINA split chart.
- Keep body under hips!
- Keep timing uniform!!

Rio:

- High & dry Back Layouts – start from a 10! Bathing cap in the water!
- Use FINA height chart for Ballet Leg Positions.
- Ensure 45 degrees or less in Back Pike Position.
- Dynamic/rapid speed on Thrust.
- Use FINA height chart to coach the Thrust.
- Body must unroll under hips.
- 360 Spin precisely to ankle bone.

Seagull:

- Ensure tight inverted Tuck Position.
- Knees at 6 o'clock and bum bone at 12 o'clock.
- Heels touching bum in tight Tuck.
- Rapid speed – Vertical, Split, Vertical. Ensure scull goes out to side, press UP and then catch to side.
- Check for even Split Position.

Porpoise 720:

- Hips replace head on transition from Front Layout to Surface Front Pike Position.
- Lift with paddles and scull under mid thigh.
- Use muscles correctly – big muscles first on lift.
- Spin levels should be: above knee, below knee, mid-shin, ankle, mid-foot, under. Keep scull fast and both arms synchronized.

Solo Comments: Top 3 areas to improve:

- 1. Propulsion** – dive in and MOVE underwater before first movement. Cover the first lap at LEAST to 22 meters. Every time the athlete surfaces or is in Eggbeater coach them to MOVE.
- 2. Transitions:** The connection between one movement and the next must flow. Avoid the stop and start look. Solos should cover 3-4 laps.
- 3. Reach:** Try to ensure that all movements finish 100% or 110%. Reach and stretch long to make the movement look longer and bigger. This is important!

Thank you to Leslie Sproule for her feedback from the competition.