

2018 UANA PAN AMERICAN ARTISTIC SWIMMING CHAMPIONSHIPS JUDGES COMMENTS FOR ROUTINES

GENERAL COMMENTS:

For **2019** we are asking coaches to continue to focus on **EXTENSION** and **SYNCHRONIZATION** in all routines. We need to add one more very important skill to your list to improve routines at all levels - **PROPULSION**. In almost all of the judges comments routine propulsion was an issue in all age categories in all events except for Free Teams.

Check your routines for proper propulsion and pool coverage:

- Strength, power and energy shown in all transitions, strokes, kicking and sculling to move throughout the pool.
- Include traveling hybrids
- Transitions in and out of hybrids should travel to additional parts of the pool to show maximum movement.
- Avoid eggbeater in horizontal positions on the back while performing strokes. It is an improper kicking action and will inhibit maximum travel/propulsion.

Additional **general comments** that were noted in most routines:

- Eggbeater height was not as good as upside down height.
- There should be more uniform motion on the Technical Elements.
- Although walk-ons are not judged, judges commented that they would prefer a more normal way of walking with good posture and confidence instead of the extreme shoulder movements.

SPECIFIC JUDGES COMMENTS: Beside Extension, Synchronization and Propulsion issues that were noticed in all routines, the comments below were specific to each event.

12 & Under Solos

- Good balance between difficulty and execution
- Good presentation and personality but show it to both panels of judges. Coaches should coach from both sides of the pool.
- Pay attention to the placement of highlights - should be center stage as much as possible and not hidden in the corner of the pool
- Need more balance between hybrids and strokes
- Need to see more difficulty in strokes
- Try for more variety in the use of music
- Work on body alignment and full extension, especially on vertical descents and spins. Finish movements by engaging the core.
- Work on propulsion and pool coverage

12 & Under Duets

- Height is improving
- Work on Synchronization especially in matching movements.
- Propulsion and power need work to cover more pool space and improve pool patterns. Include travel during hybrids where appropriate.
- Make sure the manner of presentation (especially facial expressions) match between partners.
- Want to see more sustained height, either single or double leg.
- Some had poor execution because the speed in choreography was too fast for what the athletes were able to handle.
- Would like to see more complexity in choreography

12 & Under Teams

- Judges were impressed with highlights - keep this up!
- Need more connection with both panels of judges - make sure to coach from both sides of the pool
- Artistic impression would improve with more facial expression.
- Keep patterns small and clear.

13-15 Solos

- Work on strong propulsion to improve pool coverage and pool pattern.
- Work on routine endurance so that the 2nd half of the routine has better execution.
- Work on extension the 2nd half of the routine.
- Need better manner of presentation to connect more with the judges and audience.
- Space difficulty evenly throughout the routine especially variety of difficulty
- Include more sustained height and difficult transitions.

13-15 Duets

- Synchronization was better than the execution.
- Extension is improving - keep it up!
- Work on strong propulsion to improve pool coverage and pool pattern.
- Focus on music interpretation to ensure movements and choreography match. Music should drive the choreography.
- Make sure to coach from both sides of the pool so that good presentation is demonstrated to both panels of judges.
- Try to demonstrate more flexibility throughout the routine.

13-15 Mixed Duet

- Would like to see more in the choreography that makes it look more like a mixed pair as opposed to a regular duet.
- Need more connection between the 2 swimmers.
- Work on synchronization and execution.

13-15 Teams

- Propulsion and pool coverage is stronger than in the solos and duets.
- The highlights were very good, difficult and high. Would like to see more variety in them.
- Work on synchronization details - surfaces and descents and finishing each action clearly and precisely.
- Egg beater height needs improvement.
- Would like to see more surface pattern changes.
- Would like to see more difficulty in hybrids.

Junior Solo Technical Routines

- Need more uniform motion in the Elements.
- Add more difficulty in the choreography between the Elements.
- Work on stability and control in the Elements.
- Make sure to complete movements with correct body positions.
- Select music that is appropriate for the skill, personality and age of the athletes.

Junior Solo Free Routines

- Good use and interpretation of music.
- Good manner of presentation and connection with the audience.
- When flutter kicking on back make sure to lower the kick to avoid distracting splashes.
- Work on propulsion to improve pool coverage and pool pattern.
- Maintain good foot, ankle and knee extension throughout the routine.
- Good height in verticals. Height in eggbeater needs improvement.
- Work on transitions to flow from one thing to the next - no breaks.
- Maintain good verticals on the ends of hybrids and descents by engaging the core.

Junior Duet Technical Routines

- Work on adding more difficulty and variety between the elements.
- The lift, jump or throw is too predictable.
- Work on stronger propulsion on transitions between the elements to cover more of the pool and improve pool patterns. Even though the elements need to be parallel to the judges panels, make use of diagonals on transitions.
- Synchronization needs work.
- Work on eggbeater height.
- More uniform motion on elements.

Junior Duet Free Routines

- The top duets had good exploration of use of music.
- Difficulty was noticed in the use of off angle movements and risk. Would like to see more variety in the type of risk movements.
- With the addition of more difficulty, execution needs more work so that the difficult movements are performed well.
- Would like to see more sustained height.
- Would like to see more complexity of arm strokes.

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- Make sure the manner of presentation is the same between partners. It was noticed that facial expressions and mood was different between the partners in some routines.
- Would like to see more variety in transitions.
- In general, the first lap is too short.

Junior Team Technical Routines

- Keep patterns clean and clear so that there is no confusion.
- The synchronization needs work on the choreography between the Elements.
- Need more creativity in the choreography between the Elements.
- Barracuda Airborne Split needs most work.
- Cadences that are in a circle or that include pattern changes are rewarded for difficulty and creativity.

Junior Team Free Routines

- Highlights were good but the judges do not want such long set ups for them. This affects their difficulty as well as the artistic impression.
- Propulsion and pool coverage was better than in the Technical Teams.
- Would like to see more of the entire group swimming together and less small group combinations. It begins looking too much like a Combo routine.
- Keep patterns tighter.
- Good choreography was lost in some routines due to poor synchronization.

Senior Solo Technical Routines

- Manner of presentation is good
- Need more uniform motion in the Elements.
- Add more difficulty in the choreography between the Elements.
- Work on the Barracuda Continuous spin 720. Some penalties were assessed in not completing the spin. Some did an incorrect spin action to complete the 720 (ie. to avoid a penalty some did the last 360 at the ankles, almost like a twist).
- Pay attention to the part of the Stingray element that transitions from the Surface Flamingo position to the Fishtail position. Many did this transition incorrectly.
- Pool pattern was poor; some due to propulsion issues and some due to choreography.

Senior Solo Free Routines

- Good use and exploration of total body movements on strokes
- Good use of foot expression on some routines.
- Good use and interpretation of music.
- When flutter kicking on back make sure to lower the kick to avoid distracting splashes.
- Engage the panel of judges on both sides of the pool to improve presentation score. Coach from both sides of the pool.
- Work on propulsion to improve pool coverage and pool pattern.

Senior Duet Technical Routines

- Propulsion and pool coverage was better than other events
- Avoid doing elements right in a row (connected). Separate them so that they are clean and clear.
- Need more variety throughout the routine
- Work on synchronization

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- Ballet leg element needs more uniform motion
- On the first element, make sure to continue spinning after the 1080 degree spin from the ankles under.
- Drop spaces need to be more even on all spins.
- Maintain vertical alignment on the Flying Fish and make sure that the horizontal leg comes all the way down to the surface to show a Fishtail position.
- Include more variety in the pace of the routine.

Senior Mixed Duet Technical

- Would like to see more in the choreography that makes it look more like a mixed pair as opposed to a regular duet.
- Need more connection between the 2 swimmers

Senior Duet Free

- Good use of off balance angles to achieve more variety of difficulty in hybrids.
- Good, engaging presentation.
- Good interest and variety in transitions and hybrids. Need more in strokes.
- Need more variety in strokes.
- Need stronger propulsion to improve pool coverage and pool pattern.
- Transitions need to move more.

Senior Mixed Duet Free Routine

- Great connection between the 2 swimmers and good swimming close together.
- Like that the the male was lifted on one of the highlights which positively affected the variety score.
- The males' presentation needs improvement.
- Work on synchronization and propulsion.
- At times, the routine looked "heavy" which affected the flow throughout the pool.

Senior Team Technical Routines

- Choreography seemed to explore the moods and nuances in the music well.
- Good manner of presentation.
- Elements were weaker than the rest of the routine.
- Difficulty was shown.
- Work on Execution and Synchronization to elevate the level of the swims.

Senior Team Free Routines

- Highlights were good but the judges do not want such long set ups for them. This affects their difficulty as well as the artistic impression.
- Propulsion and pool coverage was better than in the Technical Teams.
- Would like to see more of the entire group swimming together and less small group combinations. It begins looking too much like a Combo routine.
- Would like to see some variation in the ending of spins (not just tuck out) but true vertical descents. Also, would like to see longer spins in teams, not just 360 to ankles and then tuck.
- Place more flexibility movements throughout.
- Eggbeater is lower than upside down movements.
- Good choreography was lost in some routines due to poor synchronization.

Free Combination Routines (13 & Over)

- Propulsion and pool coverage is better than in other events.
- There was good variety and difficulty in highlights with clean entries (after a lift or throw). Set ups were quick which is what the judges want to see.
- Contained surprises and interesting choreography.
- Some exchanges were not clear.
- Work on synchronization of fast movements especially the beginning and starting positions to achieve more clarity and precision.