

2019 French Open – Judges Feedback

Technical Solo Routine Feedback

Element #1

The first leg boost is very important; the score will count from the height of the first come out.

Element #2

The height of the rotations is very important, after change of the tempo for the spin. Three spins must be completed by ankles.



Element #3

It is important to show travel in the ballet leg, and the after the walkover (the arch position) must be stationary, and after come out with traveling.

Element #4

Spins must be the same tempo up and down, don't lose the ankle level.

Element #5

Dynamic height, 720° until ankles, and this is very important. If it is not evenly rotated it is not a "0" however, it is a very bad execution. Therefore, will be large deduction. The Barracuda has to be up sharp.

Impression

Impression of the routine should be from the beginning to the end. Eye contact is very important. If there is a face impression change, it should be with the music and keep with music, (not because of the tiredness of the athletes). Girls should swim and leave a memorable impression about them and their routine.

Feedback after the tech solo

The stability during the elements should be better for all the athletes. Some of the routines were not full with many movements in addition to the elements. Between the elements many of the athletes are laying on the back. Some soloist didn't have/show the splits.

Technical Duet Routine Feedback

Element #1

If in the element was made a big mistake, it is not necessary should be a “0”, however, the judge should deduct as a large mistake.

Element #2

it is very important to hold the leg on the vertical line. Otherwise judge should make a deduction “small”, “medium”, or “large”. Athletes should disappear fully under the water before starting the “rising up” action.

Element #3

The leg has to be on the surface of the water during the turns, if not then judge will deduct.

Element #4

Second transition when the speed changes, must be executed fast and sharp compared to the tempo before. In the arch position there should be a stop in the place, judge want to see mini pause there, and after the roll up to layout.

Element #5

The vertical leg should not be in the open position, and the second leg should “touch”, or be on the water as a fishtail position.



Feedback after the Tech Duet Event

For many duets the first element was the best executed element, and the last element was the worst.

The “ending” of all the turns were “dirty”, girls and coaches should pay attention for the execution from the beginning till the end of the element. Must be clean!

In the second element coaches and girls have to pay attention for the horizontal leg. In many duets leg was under the water. The extension of the ballet legs was generally good.

Very big mistake—in a few duets girls did not disappear under the water fully, and the judges gave a “0”. Coaches have to make sure that both girls fully descend under the water.

In the Cyclone when there is a change of speed, it should be more visible. When they join the legs, position of the vertical must be more stable. Many girls were shaking. Before the turn the girls hips have to be in the “square position”, in many duets they open the position before that to make a turn.

Technical Team Routine Feedback

Element #1

Element needs to be rapid. The barracuda position not through “the nose”. Dynamic height in the Barracuda.

Element #2

Full twist, and after change of the speed.

Element #3

In the arch position all the girls have to show on the spot and pause before transition to back layout.



Element #4

Ballet legs, have to be on the vertical line, when the girls are making a transition the legs have to be stable, otherwise there will be a deduction in the score.

Element #5

Split Rocket, the barracuda not through the “nose” dynamic height and fast movements.

Feedback after the Tech Team Event

A lot of synchronization mistakes. Positions were not clear, judges did not understand position transitions. Spacing in the patterns was off. Coaches should pay attention for the clean changing of the position. (Patterns)

In many teams, judges found large synchronization mistakes. In the second element many teams were moving on the turns, the turns were not synchronized.

The tempo of the turns should be the same speed, some teams made some stops in the turns. Vertical positions should be more stable.

Technical Mixed Duet Routine Feedback

Element #1

Stay at same tempo, and judges want to see a vertical line.

Element #2

Judges discussed the levels of the “knee cap” the ballet legs have to be on the vertical line, if out of line, judge should deduct.

Element #3

Height in the speed must be rapid, and the twirl rapid.

Element #4

Keeping the geometry of the element is very important. Do not move in the arch position and the roll up after come out with moving.

Element #5

Change of the speed in continues. Transition #1 is the most important.



Free Solo Routine Feedback

General comments

Athlete should cover the pool nicely and swim to all sides of the pool, and have good pool coverage. In the artistic area: there are three parts which the judges will consider in the score. Choreography, manner of presentation and music interpretation.

Facial expression should be nicely presented. Judges will watch if the girls do not repeat the same movements, transitions, and hybrids. Should be interesting to watch.

Soloists have to move the body nicely and movements have all the feelings, ex. If there is an arm action, the shoulders also should move. The wider moves are better for the soloist.

Judge would like to remember the soloists - in the routine there must be something memorable for the judges.

Comments after the Free Solo Event

There was some progress in the seventh category. Judges notes the improvements of many girls, and they gave them credits.

Many girls were very tired after half of the routine, and the second part of the routine looked very tired, slow and lower then the first parts. Sometimes it looked like a coach made the routine with the high difficulty and the girl just cannot make it. Coaches should balance the routine, difficulty is good, but the athlete has to look strong from the beginning to the end.

Some eggbeater of the soloist was not good enough.

Some of the athletes did not make a nice transition from the arm strokes, to the hybrid. And it looked like they are “jumping up and down”. The movements are not smooth throughout the routine.

Very important comment from the judges - some of the girls did not look “clean” in the water. They were splashing the water too much, and it looked sloppy. Girls should finish the movements nicely, and clean.



Highlight Routine Feedback

General comments

The panel of reserve judges, will be “experimental panel” they will judge just the lifts and just give scores for each lift.

Comments after the Highlight Routine Event

Teams did not move enough and did not cover the pool well. Just one team make a good pool coverage. Team stayed next to one side of the pool.



Coaches have to pay attention in the 4 lifts which was a required must participate all the girls. They all have to be a part of the lift, if not, then it won't count.

In the kaleidoscope effect - the actions should be faster, not slow. It was not clear for one of the teams what was happening. They were too slow.

Mixed Duet Routine Feedback

General comments

Execution – the eggbeater should be better for all the swimmers. After the first part of the routine, judges didn't see the height. In the synchronization area judges were analyzing the routines with “small” and “obvious” mistakes.

Obvious mistakes were in all the duets, in the last duet only at the end of the routine. With this test small or obvious the picture of the routine was better and clear to the judges.



Combo Routine Feedback

General comments

Difficulty- judges will looking for the eggbeater part and double arms eggbeater. Variations of the angles in the hybrids. Rotations and risks. Blind patterns , patterns changes. How close the girls are working in the routine. Lifts

Creativity of the routine, how well it was built and logical. Tell the story, routine must have a theme, and judges want to catch the theme.

Comments after the Combo Routine Event

In many teams was very messy. Not clear what is happening. Hard to see the patterns. The coverage of the pool was not good for many routines.

There were a lot of lifts., but no hybrids - should be a balance of both. Judges want to see more hybrids with 8-10 people.

Not a very difficult movements, not many double arms. Some combo was with poor difficulty. Coaches have to put more into the routine.

Must give the judges a chance to see everything what is happening in the routine and clearly. A little Pause before the next action starts.

There was a discussion about two combo which was close to each other in the scores. One routine had a nice highlight, the other combo had more legs and transitions.

