

# Fina World Aquatic Championships 2019

## Artistic Swimming

### Judges Feedback

#### Mixed Duet Technical – Preliminary 7/13/2019

##### **Impression Panel**

- There was a large range in the manner of presentation noticed
- The strongest routines showed good use of difficulty before and after elements
- Recommend that coaches pay more attention to the placement of elements in the pool and try to balance them as much as possible allowing sufficient space between elements
- Ensure that you are presenting to the judges panels

##### **Execution Panel**

- There was often a difference in level noted between the partners
- Male athletes generally need greater work on extension
- Basic positions and basic movement skills need to be better executed. Often the highlights and the more difficult movements were better executed than the basics.
- Overall technical skills have improved and the level has risen significantly since the last World championships

##### **Element Panel**

- Ballet leg element – lacking in height (especially double ballet leg), lots of leaning in this as well
- Clarity of positions needs to be better in Element #4
- Ballet legs often splashy
- Pay closer attention to timing of elements, ensuring uniform motion unless otherwise specified
- Better synchronization needed on Element #3
- Last element – should be rapid. End of join needs to be more precise. Height on bent knee position can be improved.

#### Solo Technical Final 7/13/2019

##### **Impression Panel**

- Improved performance noted today amongst the majority of competitors
- Pool coverage needs work – many pool patterns appear to be back tracking and pool is not well covered
- Pay closer attention to placement of elements – when they are at the end of a lap for eg. often the panel cannot appreciate the choreography that happens before and after the element.

##### **Execution Panel**

- Try to spread out the elements more in the routine
- Gap between the level of the elements and the execution of the rest of the routine in many athletes

##### **Element Panel**

- Spiral lift – work on knee extension and also uniform motion on the lift (many too fast).
- Manta Ray – horizontal foot should be at surface on draw to flamingo, open to split must be even between legs, surface arch is a position – please show it.
- Combined spin – work to eliminate pause at the end of the spin down, work on matching the spin levels on the decent and the rise, punctuate the vertical at the end of the spin up.
- Barracuda – more risk needs to be taken on the thrust. Even spin down – the first 360 should not go to the ankle (☹). Work to maintain vertical line on the spin.

**Team Technical Preliminary 7/14/2019**

**Impression Panel**

- Transitions need the most improvement in terms of overall impression. Most teams are playing it safe and lacking in variety of transitional movements.
- Some of the top countries did show surprise and originality
- Cadences for most countries showed good difficulty, interesting and fast changes. Continue to work on execution.
- Most countries need to show more sideways/lateral pool coverage. Too linear (up and down)
- Lots of great highlights

**Execution Panel**

- Many synchronization errors
- Pattern clarity needs work – lots of fuzzy patterns. It took time to see the pattern. They need to be quick and clear.
- Popcorn surfacings
- Too much water
- Many teams need to work on swimming closer together
- Some countries had a big difference in execution between their arm and leg choreographies
- Vertical height needs improvement
- Spin – Synchronization was better than execution

**Element Panel**

- Most often one or two athletes stood out – work on blending
- Pay closer attention to the finishing of elements – e.g. precise alignment, feet together on end of first element. Showing a back layout with feet at surface after walkouts
- Work to maintain vertical on 180 in 1<sup>st</sup> element – a lot of leaning
- Weakest element was twist spin – lots of drifting combined with synchronization errors
- Definition of continuous spin is rapid – many too slow
- Cyclone – work on bent knee surface arch, twirl should be rapid, split alignment (many back legs open)
- Manta Ray – good bent knee surface arch shown, some teams did a good job of showing the required tempo changes.
- Rocket split – better teams had good sync. Watch decent and make sure to finish all the way under.

**Duet Tech Final 7/14/2019**

**Impression Panel**

- Good difficulty in most routines noted before and after elements

**Execution Panel**

- Many countries started out very strong but performance declined toward the end – work on sustaining intensity into the last 1/3 of routine
- Many duets have a noticeable difference between the 2 swimmers in terms of height and or execution
- Pool coverage was better in final
- Ending the routine in the corner or down far down the pool does not leave a strong final impression

**Element Panel**

- Many bent knees noticed on rise transition to vertical in last thrust
- Cyclone – work on maintaining extension of the straight leg in transition to the vertical. When transitioning to split position, many countries are low and then rising up into split. Work on sustained high height.
- First element was the best and last element was the worst
- Work on even drop spaces on spins

**Solo Free Preliminary 7/15/2019**

**Impression Panel**

- Music interpretation was generally an area of strength for many routines
- Weakest overall component was choreography; more variety in movements needed, too many people doing the same things
- More variety in propulsion needed especially on the back
- Need to have something memorable that people will remember after; like the jump entry from Czech Republic
- Lyrics can be a risk – remember that some judges do not understand English well
- Pay attention to placement of big figures – should be well placed in the pool to be noticed
- More projection/presentation to judges please

**Execution Panel**

- Overall figures demonstrated good height
- More use of the whole body needed
- Eggbeater generally too low – want to see more height
- Transitions are weak
- Routines are often too busy
- Often a lack of synchronization with the music

**Highlight Team 7/15/2019**

**Artistic Impression Panel**

- Even though the routine is very short, it is still possible to cover the pool and judges want to see this; move more in figures – these were often completely stationary, need to work on greater efficiency in transitions, especially out of highlights in order to increase movement
- Kaleidoscope not spectacular – want more originality here
- With the exception of one team the connected action lacked creativity
- Great event!!!!
- This is not just an acrobatic event – want to see attention on all components

**Difficulty Panel**

- Double flip is not considered high difficulty – many teams can do this now
- Lifts are worth more than 50%, therefore should be considered more than the other components
- A smaller point of contact increases the difficulty of a lift

**Duet Free Preliminary 07/16/ 2019**

**Artistic Impression Panel**

- Pool coverage was noted as a differentiating factor in score
- Connected actions were noted as a differentiating factor in score
- Many routines had the same choreography and tempo repeated throughout – work for variety – routines need to show change
- Lack of variety in movements in many routines
- Placement of the figure around the pool was noted as a differentiating factor in score
- Manner of presentation was noted
- Sometimes its difficult for the judges to understand what the coaches and athletes are trying to communicate
- There is credit for angles used
- Execution affects Artistic Impression
- It is noticed as differentiating factor when routines move all the time versus those that have periods of rest

### Difficulty Panel

- Many duets have too many ballet legs!
- Many duets had lots or risk with connected blind actions. One duet in particular was remembered for having a pattern changing in vertical toward the end of the routine.
- When music is easy to count beginning to end it is considered less difficult in this aspect
- Some routines had an obvious rest in the middle of the routine which lowers difficulty score
- Difficulty is given credit for those duets who swim close together
- Most routines are now demonstrating a high level of speed – reminder that this needs to also be accompanied by both dynamic and sustained height

### Tech Team Final 07/16/2019

#### Impression Panel

- Impressed by beginning highlights – they have significantly improved
- There are times in the cadence in many teams where what you are attempting to do is unclear related to pattern – if judges cannot tell impression score is affected
- Choreography – pool patterns are often backtracking and many stay on one side of the pool. One team finished the routine far down the pool. Always consider placement of elements in the pool and also work for maximum coverage
- Best teams are swimming a routine that does not look like a technical routine – full package
- Presentation and confidence was impressive
- Music Interpretation very strong
- Partner lifts are not a wow for most teams – keep working for more creativity here.

#### Element Panel

- Start position for Thrust element is legs perpendicular to the surface. When the set up is long (held), it is easier for the judges to note that the position is incorrect.
- Walkouts are being performed better showing uniform motion vs a pause in the knight position
- Manta Ray unroll should be stationary

### Team Free Preliminary 07/17/2019

#### Execution Panel

- Many pool patterns get stuck on one side of the pool – coaches make sure that you are always changing sides when you are coaching (🌀)
- Transitions into and out of lifts are not at the level of the lifts themselves – work on these
- Pattern changes need to be faster and more clear
- Some acrobatic moves look scary – as if one athlete is going to land on another
- Good speed in routines but often at the expense of execution and synchronization
- Too much water
- Holding patterns in figures is a problem and affects execution score
- Remember this is not a combo – sometimes there is too many things happening and judges do not know where to direct their eye – this would also affect execution – be clear
- Want to see more all 8 together. Often in 2/2/2/2 movements are not synchronized. Make it clear

#### Difficulty Panel

- Good risk from many routines
- Some routines had safe highlights and were slow to get into them
- Some had slow patterns and also large patterns
- Figures done with all 8 increases difficulty and is a differentiating factor
- Figures done with 2 legs vs single leg is a differentiating factor
- Amount of double arms vs single arms also noted

- Examples of lifts that are more difficult are ones that involve going over another person or standing on top of another person
- It appears that the difficulty in the routines decreases as the routine progresses
- Blind pattern changes add difficulty

### Solo Free Final 07/17/2019

#### **Artistic Impression Panel**

- Some solos had a lot of up and down choreography vs transitions
- Athletes need to tell the story on their faces
- Choreography must occur at all levels, not just horizontal and vertical
- Loss of presentation as the routine progressed with some athletes
- Routines also need to have strong communication with arms and legs, not just in one aspect
- Flow is important
- There also needs to be memorable moments

#### **Execution Panel**

- Great height but need to work on finishes; e.g. descents, ascending spins were more accurate than descending spins
- Want to see more eggbeater – high eggbeater with 2 arms up
- Want to see more sustained execution height
- Execution and height going down toward end of routine

#### **Difficulty Panel**

- More difficulty in transitions can be achieved
- Want to see more eggbeater, high eggbeater with 2 arms up
- Want to see a balance of difficulty between arms and legs, there are lots of thrusts but you need to find the full package – BALANCE
- ❖ I asked the question – The Russian athlete was almost 3 points ahead – what did you see that made her routine more difficult? Here was the response;
  1. Intricacy of her movements
  2. Always something happening
  3. Total body control
  4. Long & highest sustained height
  5. Long hybrids.

### Free Combination Preliminary 7/18/2019

#### **Artistic Impression Panel**

- There were only a few combos that had seamless transitions; blending from one part to the next
- Strive for a balance of creativity in all areas. There were very creative highlights
- Some combos had too many duets
- Duets are often in the middle of 2 diagonal lines
- Solo in the middle of circle often – not the best choice as the circle often moves
- The best routines demonstrate a complete package, there is creativity everywhere; highlight, hybrids, exchanges, they sell it to you!
- We need to see the theme throughout the routine
- You must be clean with what you are doing – execution will affect artistic impression score if not clear

#### **Difficulty Panel**

- Higher level teams have the outside people moving which is more difficult
- Many had difficult lifts at the end
- Difficult music to count was used and noted
- Some demonstrated difficult lifts but arms and legs
- Holding a pattern while turning is difficult – noted

- High level difficulty involved use of angles and diagonals while travelling and changing patterns. It also included dangerous and risky transitions, placement of risk, speed, blind transitions and patterns and difficult music

### **Free Duet Final 7/18/2019**

#### **Difficulty Panel**

- Difficulty tended to get lower toward the end of the routine
- Double legs, thrusts, spins, double arms and isolation are all noted for difficulty
- Routines with more difficulty had many angles and areas of changing balance at maximum height
- Some routines had figures that started difficult but did not end that way
- Some routines could have had longer figures to add difficulty
- Short moves vs long moves can change the difficulty
- Moving throughout the program shows power and difficulty
- Many routines demonstrated difficult connected actions - noted

#### **Execution Panel**

- Evaluator reminded the judges that execution score is 50% symbolization. There were major errors in several duets and it was acknowledged that not all judges deducted appropriately. More work needs to be done on reviewing the deductions for major and minor errors before the event.
- Coach Committee member asked – What does the best routine demonstrate that others do not? Judges answers; they demonstrate a balance throughout the routine, constant movement and speed of movement, matching of every angle, the ending does not go down, there is energy sustained in the performance from beginning to end

### **Team Free Final 07/19/2019**

#### **Artistic Impression Panel**

- Some teams had memorable moments only in acrobatics
- Many acrobatics were unique\_and interesting
- Pool coverage was again referred to numerous times – cover the pool
- Work to cover the whole pool with changes in direction vs straight forward - many teams got stuck on one side
- When you are showing difficulty you must also consider what is pleasing to the eye
- Some teams need longer hybrids with more variety
- Presenting with the whole body was a plus
- Flexibility in lifts made them interesting
- We need to see things done with 8 swimmers not just in cadence
- Variety in movements noted
- When the athletes change their movements when the temp changes it is more interesting

#### **Difficulty Panel**

- Important to have balance of difficulty throughout the routine. Noted that some routines lack difficulty in the middle making it noticeably easier to synchronize.
- Judges want to see more sustained height toward the end of the routine to show greater difficulty
- Pattern changes and multiple pattern changes during the same figure noted as very difficult
- Watch the number of small hybrids toward the end of the routine – decreases difficulty score
- What makes the top routines the most difficult? – the top routines maintain the balance of difficulty throughout the routine.

## **Mixed Duet Free Final 07/20/2019**

### **Artistic Impression Panel**

- Judges want to communicate that perhaps the reason the scores are higher for the mixed duet is because each duet is completely different from one and other – unique and individual. This is their observation
- Several routines were in the 9 category for choreography. It was discussed why 9's were not given then:
- Pool coverage was noted
- Pairs need to swim closer together
- Even though it's a mixed duet, if the music changes the athletes need to match it
- In some routines the energy and presentation was not the same throughout
- Judges like to see when the routine has a story

### **Difficulty Panel**

- Length of hybrids noted as a factor for higher difficulty
- Aspects that are synchronized are very difficult in a mixed duet especially given that men and women have completely different look, body type etc. so achieving perfect synchronization is extremely difficult
- Sustained figures credited for difficulty