

**2014 UANA PAN AM CHAMIONSHIP
FIGURE DEBRIEF**

12 and under:

BALLET LEG SINGLE

- Line hips up with center judge
- Clearly show the front and back layout positions
- Work on efficient sculling and uniform motion throughout
- Clearly define the 2nd bent knee position
- Keep horizontal leg, body and head at the surface and more fully extended

BARRACUDA

- Need more extension in back layout
- Movement to submerged pick position should be moderate tempo and toes *just* below the surface
- Maintain perpendicular alignment of the legs (no rocking over) and 45 degree angle or less
- Speed starts as toes reach the surface.
- Thrusts are faster than last year (great!!)
- Need more stability at the height
- The descents are better and in line, but must be faster (same tempo as the thrust)

TOWER

- Show the layout with extension
- Make sure the hips replace the head when moving into front pike. Begin the pike from the hips and not the ribs. Coaches need to focus on this transition
- Need to show the 90 angle (pause)
- Lift to fishtail – Hips and shoulders must be in line with a straight spine
- Make sure the vertical leg lifts to perpendicular with the water surface
- Lift to vertical position – needs more control and stability
- Work on vertical alignment of legs, body and head in vertical position
- Slower vertical descents
- More uniform motion throughout

SWORDFISH STRAIGHT LEG

- Line hips up with center judge
- Show the front layout position
- First part of first leg movement needs to be higher
- More uniform motion on first leg
- Keep horizontal leg extended and at the surface during the first leg movement
- Leg and body timing must be simultaneous
- Split position is better than last year, but need to work on hip alignment
- Flexibility is better, but need more extension

- Walkouts are generally better than the first leg.
- Make sure hips remain stationary and aligned during walkout (no traveling side, foot first or forward)
- From arch to back layout keep the hips at the surface and hips aligned

13 – 15 Age Group:

ARIANA

- Need to work on correct dolphin action
- More hip flexibility required in the surface arch position
- Keep hips square and in alignment on first leg. Use body more and less arms on first leg
- Work on all three split positions.
- Body and hips need more alignment throughout the figure
- Walkout to back layout – see St. Leg Swordfish, above
- Work on uniform motion throughout

BARRACUDA SPIN 360

- Need more extension in back layout
- Keep hips stationary from back layout to pike with toes ***just*** below the surface
- Thrust - maintain perpendicular alignment of the legs (no rocking over) and 45 degree angle or less
- Thrust - speed is good. Make sure to complete the unroll & show the vertical before the spin
- Spin – These are better, maintaining vertical alignment

ALBATROSS ½ TWIST

- See dolphin start of St. Leg Swordfish, above
- Make sure to complete the dolphin beginning until the hips are about to submerge
- Roll to pike position needs more fluidity
- Front pike has to be 90 degrees
- Maintain leg and knee alignment during lift
- Twists – Keep turns stationary and on spot. Smooth out the support scull
- Show the vertical position before the descent and achieve more stability

SIDE FISHTAIL SPLIT

- See front layout to front pike on Tower, above
- Maintain the 90 angle of body and horizontal leg during the leg lift.
- Begin turning the hips and legs on the initiation of the lift
- Good height in side fishtail position.
- Transition from side fishtail split to splits needs more uniform motion
- Work on flexibility, extension and hip alignment in split position
- Join to vertical – extend the spine from beginning of lift to vertical position
- Need more alignment of head, hips and shoulders in vertical position

JUNIOR

BARRACUDA AIRBONE SPLIT

- From back layout to submerged pike position, See Barracuda, above
- Work on a quick one motion transition from submerged pike to vertical position on the thrust maintaining the perpendicular alignment of the legs
- Show the vertical before the Split and go for more height on the thrust (more risk)
- Synchronize the arm press with the split to achieve more height
- Need more knee extension on the Split position
- Maintain speed on the close and make sure to match the feet completely together and aligned

PORPOISE TWIST SPIN

- From front layout to front pike, please see Tower, above
- Pause is too long in front pike position prior to lift
- Maintain body perpendicular to the Surface during lift to vertical (no over piking)
- Twists need to slow down and show a definite speed change for the spin (faster)
- Control the drop spaces on the spaces

MANTA RAY

- More extension in the back layout
- Maintain the extension and alignment from ballet leg to flamingo position
- Need more simultaneous action from the flamingo position to the fistail of the bent leg, hips lifting and trunk unrolling
- Good height in fishtail
- When the horizontal leg lifts in a 180 arc, do not stop as it passes the vertical leg. It should move continuously at a uniform motion
- Work on high bent knee position with the thigh perpendicular to the Surface. More hip arch
- Maintain stationary position of the hips as the bent knee is extended to Surface arch position
- From Surface arch to back layout ensure that the head replaces the hip position

BUTTERFLY

- From front layout to front pike, please see Tower, above.
- Good height and extension in fistail position
- Maintain alignment from slit to fishtail position. The trunk needs to be simultaneous with the leg action
- Maintain height on join to vertical