

## 2016 UANA FIGURE DE-BRIEF AND JUDGES COMMENTS

### ***12 & Under Age Group:***

#### SWORDFISH STRAIGHT LEG:

- \* Keep the horizontal leg at the surface when lifting the first leg
- \* Work on the design of the figure. The lower back must arch on the first leg (no pikes). It also needs to slow down on the first half of the first leg lift
- \* Initiate the submergence of the body and lifting of the leg at the same time on the first leg
- \* More flexibility and extension in the split position
- \* Work on control and maintain knee extension on the walkout
- \* Keep the feet at the surface from the surface arch to back layout

#### BALLET LEG, SINGLE:

- \* Need more extension throughout the figure
- \* Keep hips at the surface in the bent knee position and extended ballet leg position
- \* Scull deeper during the entire transition to eliminate splash
- \* Work on uniform motion

#### BARRACUDA:

- \* More extension in back layouts
- \* Good pikes - some still too deep
- \* Maintain vertical alignment of the legs at the beginning of the thrust
- \* Need more speed on the thrust
- \* Height is improving
- \* Verticals have improved

#### TOWER:

- \* Hips replace head on front pike
- \* Maintain height and stationary position on join to vertical
- \* Maintain extension throughout the figure and vertical alignment on descent

### ***13-15 Age Group:***

#### ARIANA:

- \* Work on uniform motion throughout the figure.
- \* Height has improved except in the surface arch position in the beginning and the end. Keep hips at the surface prior to the lift (and during the lift) of the first leg and at the end of the second leg.
- \* Keep working on extension. There has been some improvement. Continue to work on flat splits. Pay more attention to knee extension (both knees).
- \* Need stationary walk outs. Pause in the surface arch on the walkout. Eliminate foot first travel on the finish of the walkout.

### FLAMINGO BENT KNEE:

- \* Ballet Leg:
  - \* Sculling needs to be more calm, no ruffling the water. Scull deeper to prevent this. Work on bent knee height and neck extension (head in line).
  - \* From Bent knee to Ballet Leg, maintain full extension of the horizontal leg. Keep the thigh vertical from the bent knee position to the ballet leg position.
  - \* Keep the foot at the surface from ballet leg to flamingo position.
- \* Keep the neck extended at the beginning and during the unroll (head position) and maintain height on the unroll.
- \* Unroll:
  - \* Remain stationary. Palms of scull need to face the bottom of the pool.
  - \* Work on simultaneous timing of body, bent knee and vertical in achieving the vertical bent knee position.
- \* Height on the Bent Knee Vertical is improving. Work to maintain the height on the join and double vertical. Work on a smooth support scull maintaining constant pressure on the water using a flatter scull. Hold a stable vertical position before the descent.
- \* Vertical Descent: Eliminate travel and maintain vertical alignment.

### BARRCUDA SPIN 360:

- \* Fully extended back layout
- \* Many back pikes are too deep. Keep head in line.
- \* Keep legs vertical on the Thrust. Many rock over the face to achieve more height.
- \* Maintain good vertical alignment on the spin. Loss of alignment is causing the spins to fall.
- \* Overall extension is improving.

### PORPOISE SPIN UP 180:

- \* Make sure to travel the correct amount from front layout to front pike position (hips replace the head) and the front pikes are at 90 degrees. Many are overpiked, chest forward, lower back arched. Flatten backs in the front pike position and maintain a straight spine on the left.
- \* Vertical height has improved.
- \* Maintain the vertical alignment on spin up and pay attention to water levels so that they are even in time and space.

### ***Junior Age Group:***

### JUPITER:

- \* Front pikes need to be 90 degrees (many overpiked)
- \* Good height in fishtail
- \* Maintain height from fishtail to knight position, knee extension and the 90 angle of the legs
- \* Transition from knight to fishtail - maintain vertical leg stability, line and extension.
- \* Maintain stationary position, body alignment and height on the join to vertical and descent

### IBIS CONTINUOUS SPIN:

- \* Keep the hips at the surface from the back layout to the bent knee position - full body extension
- \* On the crane tip maintain the 90 angle of the legs. Keep the hands deeper under the hips during this transition. The body, horizontal leg and vertical leg must achieve the fishtail position simultaneously. Use pressure on the back of the head to help with the tip back. Many heads were forward and out of line.
- \* Maintain height and a stationary position on the join to vertical
- \* Spins need to be rapid

### BARRACUDA AIRBORE SPLIT:

- \* Make sure to have the toes just beneath the surface before the thrust (many too deep)
- \* Keep the legs perpendicular to the surface on the thrust
- \* More speed on the thrust
- \* Complete the thrust before the split
- \* More extension and alignment of the split position

### PORPOISE TWIST SPIN:

- \* Maintain vertical body alignment of the torso prior to the lift (many overpiked)
- \* Verticals need more height
- \* Smooth skulls during the twist to maintain a constant waterline
- \* Keep the core tight during the spin to prevent weaving of torso