

## **JUNIOR FIGURES**

### **BARRACUDA AIRBORNE SPLIT:**

- Keep head aligned with spine on transition from back layout to tight pike position.
- Weaker swimmers need to maintain vertical alignment of legs in the pike and the thrust.
- Respect the rule of toes just below the surface. Many pikes were too deep.
- Thrusts need to be more explosive
- Height on thrusts generally good
- Splits need to be 180 degrees with hips square
- Timing of press of arms and split need to be simultaneous

### **PORPOISE TWIST SPIN:**

- Generally good transitions from front layout to pike
- Work on bum knees and feet all at the surface
- Show the pike position
- Generally the height on the lift and twist was good
- Work on the accuracy of the trunk during the lift transition in the vertical position
- Work on smooth on the spot twists
- Pay attention of the balance of strength of the left and right side of the body and equal sculling pressure of right and left arm
- Major area of need is the spin - keep fluid and even drop spaces and timing. Spins should be rapid

### **MANTA RAY:**

- Head and feet alignment in layout needs more accuracy
- Assuming ballet legs were good
- Flamingo position has improved
- From flamingo to fishtail, vertical leg alignment was good
- Work on simultaneous completion of fishtail and unroll of the trunk to vertical line
- Work on "on the spot" unrolls and an obvious up lift from the beginning
- Hips and shoulders need to be square from vertical to surface bent knee
- Head needs to replace the hips from surface arch to layout

### **BUTTERFLY:**

- Line head up with center of panel and make sure to move forward until the hips replace the head
- Tempo of figure was generally good
- Height on both fishtails was good
- Maintain body position during transition from first fishtail to second
- Show split position
- Maintain height during join from fishtail to vertical
- Vertical line on descent good

## 13-15 FIGURES:

### ARIANA:

- Maintain uniform motion throughout the figure
- Keep shoulders and hips square from surface arch to knight and to first leg split
- There should be no pause in the knight position during the first leg liff
- Maintain good body and leg alignment during rotation
- Some splits were good
- Work on extension of knees and feet as primary focus
- Maintain stationary position of hips during leg lift, rotation, and walkout
- Make sure head replaces hips from surface arch to back layout

### BARRACUDA SPINNING 360:

- Line up properly!!!
- Layouts need to be dry
- Moderate height and speed is desirable on the layout to pike transition
- Pike position needs to be 45 degrees or less with a flat back and head in line
- Just below the surface in the pike position needs to be respected with minimal wait time
- Thrusts were generally good and some had excellent height
- Body should start simultaneously with the rise to vertical on thrust and body should unroll under the legs
- The degree of the angle (45 degrees or less) should not change prior to initiation of the unrolling action
- Clearly define the vertical position prior to initiating the spin
- Accuracy, extension of the line with even drop spaces needs to be a focus on the spin

### HERON:

- First 90 pike position was held too long
- Work on accurate design (maintaining 90 degree angle) and control (fluidity) on the transition from front layout to sub doubles and rotate on axis. Hips drop directly down the vertical line.
- Work on accurate submerged heron position (45 degrees or less with leg vertical and bent knee at mid shin)
- Generally, good design on thrust, but more power required.
- The thrust and descent should be same rapid speed

### CATALINA:

- Work on being stationary in all positions and transitions.
- More extension in back layout. Head position should be back and ears in line with hips and ankles.
- Ballet legs need to be higher.
- Rotation needs to begin from the surface (no knight take down) Define the side Y position more clearly. Keep head in line with spin during rotation.
- Fishtail to vertical was a stronger part of the figure
- Vertical descents good.

## 12 & UNDER:

### BALLET LEG, SINGLE:

- Back layouts - high, dry (especially thighs and feet) and more accurate with ears in line.
- Keep uniform motion throughout the figure. This does not mean to go as slow as possible. Show bolded positions for a maximum of 2 counts.
- More height required in the bent knee position.
- Ballet leg position was generally good.
- Too much travel throughout the figure.
- Maximum extension throughout the figure is needed to improve the look of the figure (both horizontal and vertical).

### BARRACUDA:

- Line up properly
- Confident, dry, extended layouts required
- From the back layout to the pike position, initiate the legs and body simultaneously. Moderate tempo and height is desirable.
- Achieve a 45 degree or less position with flat back and accurate head alignment with full knee and foot extension.
- More speed and power on the thrust is required.
- Descent needs to be fast.
- Accuracy of the line on the descent especially from mid-shin to under

### TOWER:

- Ensure uniform motion throughout the figure especially on the front pike pull down
- From front layout to pike showed accurate movement but more accuracy in the spine and head is required
- More accurate 90 angle in the pike is required
- Fishtails generally good with good height.
- Maintain accurate line and full extension from fishtail to vertical and minimize level change

### WORDFISH, STRAIGHT LEG:

- From the front layout to split position, maintain the horizontal leg and foot at the surface.
- Maintain full extension in hips, knees and feet throughout the figure. This is the number one priority.
- Uniform motion throughout the figure was generally good except for the first leg (no stopping at the halfway point).
- Generally split flexibility has improved
- The weakest part was the surface arch to back layout position.

