

2016 UANA CHAMPIONSHIPS ROUTINE COMMENTS

After reading all of the figure and routine comments from the judges and observing the competition, we are asking all coaches and athletes to focus on one thing for the next year: **EXTENSION**. Full body, head, neck, back, spine, legs, knees, feet and ankles will automatically improve almost all judging categories. Below are general and specific judges comments on the routines in this years' UANA competition.

GENERAL:

- View deck work from all sides and angles to determine if it is appropriate. If you took a still picture, would you want everyone to see that position?
- All swimmers at all levels need to work on propulsion to cover more pool area
- Pay attention to underwater work. It needs to be cleaner, more precise.
- Work on **EXTENSION** to improve the following judging categories:

1. EXECUTION:

- Will be become taller and higher on all movements. You will be more vertical on sustained height, descents and spins. Improves flexibility.
- Synchronization will improve - less fuzzy and floppy, improving the accuracy of all movements in time and space.

2. ARTISTIC IMPRESSION:

- Improves the overall command and "look" of the performance.
- Choreography will be presented more perfectly - less splashy and sloppy.
- Legs and feet can "talk" if extension is properly applied.
- Improves posture and presentation of upper body.

3. DIFFICULTY:

- Want to get full credit for your difficulty? - EXTEND!!!
- Judges will see the intended difficulty more clearly enhancing the ability to achieve full credit.

SPECIFIC JUDGES COMMENTS:

TEAMS:

- Transitions and patterns require more clarity.
- More pool coverage and fluidity is required.
- Presentation is OK.
- Synchronization needs more work. Lack of feet and knee extension is causing synchronization problems.
- Pay attention to surfacing and descents to match and synchronize.
- Some music selections were too advanced for the level of the swimmers.
- 4 x 4 segments need to compliment each other.

SOLOS:

- All age groups need more extension.
- Work on sustained height movements.

- Dynamic height is getting better.
- Work on propulsion to cover more of the pool and transitions that make sense to continue the flow of the routine throughout.
- Transitions and propulsion need more variety. There were a lot of up and downs and not enough horizontal swimming.
- Make sure to move out of the spot where one movement ends and another begins.
- Juniors need more complexity of movements to add more difficulty to their routines.
- Use the upper body more to add additional expression to stroke segments.
- Choreography needs more creativity to create memorable moments. Pay attention to the music and its use.
- More endurance is needed to finish the routines with good extension and execution.

DUETS:

- Synchronization and matching need work.
- More height and better posture on egg beater is desirable.
- Work on routine endurance to be able to maintain it at the end of the routine.
- Propulsion needs work to cover more of the pool.
- More memorable highlights are needed throughout the routine.
- The choreography needs to match the music and use the different nuances in the music.
- Arm movements need more variety.
- Swimmers need to project more and demonstrate more command.
- Execute the boosts, lifts and highlights with better execution to add to the content of the routine and improve the overall execution score.
- Preparation time for highlights should be as short as possible to create an element of surprise.
- Choreography should match the level of the swimmer. Some had more difficulty than they could handle which negatively affected the execution score.
- 12 & Under - Pay attention to the balance of the routine. Some need more figures and hybrids.

ELEMENTS:

- Work on vertical body alignment.
- More height is required on the elements.

COMBO:

- Pay attention to the structure and balance of the routine.
- Attempt to join the individual parts to create a cohesive whole.
- Accuracy of lines needs attention.