

2019 UANA PAN AMERICAN CHAMPIONSHIPS  
JUDGES FIGURE COMMENTS

**12 & UNDER FIGURES:**

***STRAIGHT BALLET LEG:***

- + Overall improvement over last year
- + Line of the ballet leg is good
- Work on good back layout, full body extension
- Keep the leg lift smooth and continuous; need to see more control
- Maintain good height in the transition from ballet leg to bent knee position
- Keep horizontal leg at the surface throughout the figure.
- Travel on some

***BARRACUDA:***

- +Good tempo to pike position
- +Good pike position
- +Good increase in speed on thrust
- +Good at showing vertical before descent and good overall descent
- Line up with hips at marker
- Need full extension in back layout with feet together
- To the pike, move legs, not chest forward
- Pike - feet need to be just below the surface
- Thrust needs to be an unroll of the body

***BALLARINA:***

- +Overall, judges were impressed with the execution
- +Better uniform motion
- +Travel is better
- Transitions need to be smoother
- 90-degree pike needs to be exact and then hold the 90 angle on the tip to submerged double ballet legs
- Flat backs on flamingo position
- Knee is too close to the chest on the transition from flamingo to ballet leg
- Work on correct timing from flamingo to bent knee

***WALKOVER, BACK:***

- +Some really good splits (work on squaring the hips)
- +Good at lining up and showing a back layout
- Surface arch position - shoulders must be square
- Work on uniform motion on both legs and eliminate any “stops” during transitions
- Transition from the front pike position to front layout, needs to be the same tempo as the rest of the figure (almost the worst part of the figure)

## **113-15 FIGURES:**

### **ARIANA:**

- Work on control throughout the figure
- Correct amount of travel at the beginning is needed (hips replace head)
- Work on eliminating foot first travel on the first leg
- Work on correct amount of travel from surface arch to back layout
- Knee extension needs work
- Work on keeping good alignment of the hips and shoulders and legs on the first leg and split position and the rotation.

### **PORPOISE CONTINUOUS SPIN 720:**

- +Front layouts have improved
- +Vertical height has improved
- +Spins are improving - no penalties!
- Work on timing and design on the front pike pull down
- Make sure to move the correct amount from layout to pike (hips replace head)
- Want to see more knee, ankle and toe extension
- Spins must be continuous and smooth

### **SEAGULL:**

- From layout to surface tuck bring knees to chest, not chest to knees & keep feet at the surface.
- In the inverted tuck, keep nose to knees until the unroll to vertical
- Show first vertical as a true vertical
- More extension in the split position
- From tuck to vertical to split back to vertical- all needs to be fast
- 2nd vertical is OK but don't push up after the close

### **RIO:**

- +Many had good tempo from layout to flamingo position
- +Showing positions well
- +Good tempo increases in the thrust
- +Thrust height is improving
- Make sure to line up correctly with the marker
- More full body extension in the back layout
- Ballet leg and horizontal leg need more extension
- Keep timing of ballet leg even
- On sink to pike position work on correct body alignment and a smooth sink
- Work on thrust design
- Make sure to hit good vertical body alignment before the spin
- Work to achieve even drop spaces on the spin