

2017 UANA PAN AMERICAN SYNCHRONIZED SWIMMING CHAMPIONSHIPS DEBRIEF and ROUTINE OBSERVATIONS AND SUGGESTIONS

The following general observations and suggestions of the routines at these championships have been made by our judge Evaluator, Linda Loehndorf, and the members of the UANA TSSC Coaching Sub-Committee, Victoria Montedonico, Patricia Vila, Lilianne Granier, Laura Montes and myself, Charlotte Davis.

GENERAL OBSERVATION:

In the DeBrief following the 2016 UANA Championships we asked all coaches to focus on EXTENSION for the year. We feel that this has improved significantly. This focus needs to continue in 2017. In general, eggbeater is improving.

2017: We are asking all coaches to focus on SYNCHRONIZATION in the coming year.

THE SYNCHRONIZATION PROCESS:

- Tedious: It takes a great deal of time, focus and patience for the coaches and athletes to achieve great synchronization.
- Matching: Identify where the movement begins and ends in time and space. Determine lines, angles and positions before speed and velocity.
- Pathway: Identify how the movement goes from point A, the beginning to point B, the end of the movement.
- Counting: Not all swimmers hear or count the music the same. Count out loud, eyes closed during land drills, coach count on microphone with and without the music, etc.
- Complete Each Movement: Sometimes the movements are so fast, the swimmers do not have time to complete them. They rush through the end of the movement to get to the next.
- Choreography Issue? Look to see if the lack of synchronization is a choreography issue, then make the proper revisions. Are the movements too fast to be able to do properly and performed with unwanted splash and inprecision? Many times this is the case.

ROUTINE OBSERVATIONS

There was lack of pool coverage in many routines. This was due to not only the execution of strokes and transitions, but also the choreography. Many routines seemed to “swim for the panels”, meaning once they were in the pool, the athletes went only as far as the end of the judges table and then back in

lap two only to the other end of the judges table. Some had rather odd pool patterns that went directly across the pool in lap two leaving the end judges to see the swimmers closely only once.

GENERAL:

- Deck work poses need a few adjustments. Look from all sides to see if the pose is appropriate.
- Propulsion needs lots of work both in and out of transitions.
- Synchronization needs improvement – arm & leg position clarity and clarity of patterns.
- Extension is improving, but continue to work to make it even better.

1. EXECUTION:

- Stretch and extend through all movements – not just arm & leg, but entire body!
- Work on swimming strength – all strokes!
- Synchronization is a problem in hybrids, arm movements and pool patterns. Remember that this is 50% of your Execution score.

2. ARTISTIC IMPRESSION:

- There are some very creative routines, but the path the athlete travels through the water needs work. Some are spending too much time in highlight set-ups. This detracts from your choreography.
- Improve the upright posture and facial expressions. Some “angry or serious” faces looked blank.
- Make better use of the music. There were some routines that could have been swimming to any music – nothing seemed to “fit” the music.

3. DIFFICULTY:

- Some very good highlight difficulty.
- Your difficulty must be clean & clear to get the best reward for the effort.

SPECIFIC COMMENTS:

TEAMS:

- Must cover the pool better!
- Make sure choreography is not “stop-start” and has fluidity to it.
- Facial expressions need some work – ALL MEMBERS of the team must present – not just the ones closest to the judges and they need to be doing the same expression with the same purpose.
- Patterns need to be smaller and more clear
- Match the descents & surfacing of athletes.
- 4 x 4 Hybrids must be clean & synchronized in order to be effective.
- In some teams, the set-up for highlights took too long.

SOLOS:

- All soloists need more extension in addition to flexibility.
- Work on doing hybrids that are more than up & down leg movements. Judges need to see you sustain one or two legs up.
- Make sure to have a balance & variety of leg movements – not just all one leg up.
- Thrusts were quite good for most.
- Propulsion is key to a soloist. Too many were stuck in a small area of the pool.
- Make sure to move out of the spot where one movement ends and another begins.

- Older swimmers need to use more body expression.
- Please USE your music – don't just swim through it!
- Need more variety of movements. There was a lot of repetition.
- Verticals need more height. Single leg verticals need to be performed with the bum out.
- Shoulders need to be out in egg beater.

DUETS:

- The better duets were attempting difficult leg moves – work on the matching of the moves.
- Achieve a balance in your routine – don't have an entire lap of "rest".
- Need to swim closer together and keep an equal distance from your partner. Many swam close & then far from their partner.
- Cover the pool – stronger transitions in & out of hybrids.
- The choreography needs to match the music and use the different nuances in the music.
- Arm movements need more variety and use of body.
- Execute the boosts, lifts and highlights with better execution to add to the content of the routine and improve the overall execution score.
- More matching on angles.

ELEMENTS:

- More height is required on the elements.
- More extension & synchronization of elements.

COMBO:

- This was the weakest event.
- Very little pool coverage due to propulsion, but largely due to choreography.
- Need to be more clear between parts. Sometimes it was hard to know what to watch. The choreographer should make it clear whether the eye of the judge should go to the soloist or the lift the team is doing.
- Make sure the choreography is not confusing to the judge.
- There needs to be better exchanges between parts – more creative. Some parts were definitely too far away!
- The group should be engaged when the small part is swimming – not turned away.
- View your combo from all sides – make sure the group does not obstruct the view of the duet, etc.
- The swimmers not being used in a section should surface together – not randomly.
- Synchronization needed in all parts!