

JUDGES COMMENTS 2019 PAN AMERICAN GAMES

DUET TECHNICAL

EXECUTION PANEL:

- Focus on improving extension. To receive high execution scores, the judges must see more extension in the knee, ankle and split positions, as well as in the arm strokes. Coaches should be training extension and make it a priority at all practice sessions.
- Pay close attention to angles of arms and legs and spend time matching
- Propulsion needs work to allow for more pool coverage
- Continue to work on synchronization...it will impact all areas of judging
- Surface transitions should glide up and over the surface. Avoid going "through" or under the surface of the water
- Remember that small errors compound and will negatively affect your score

IMPRESSION PANEL:

- Judges felt the upright presentation was good but was lost in the horizontal propulsion
- Many duets need more presentation and connection with the audience
- Make sure to include difficulty in the parts between elements
- Some movements did not synchronize well with the music or did not match the intent, highs, lows and mood of the music.
- Need more height in the double vertical positions
- When movements were rapid, there was a definite loss of height. Try to keep hips at the surface during hybrids to increase height/difficulty

ELEMENT PANEL:

- These were placed well in the routine and easily identified
- Work on the elements at the end of the routine. They are weaker than ones at the beginning. Routine endurance needs to improve.
- Clean up the sloppy endings of the elements
- Judges would like to see more extension on layouts at the beginning and end of the elements and better execution to start and end elements.

Element #1: Verticals need straighter lines and the height levels of the swimmers are mismatched. Levels of the spin need to match as well consistent drop spaces.

Element #2: Pay attention to the position of the ballet legs, especially the flamingo positions.

Element #3: Basic position of the fishtail needs to be exact. The speed should be rapid, a definite difference from the other elements. Judges need to see this difference.

Element #4: When achieving the vertical in this element maximum height must be shown. Maintain uniform motion throughout. More extension needs to be shown in the split position.

Element #5: Make sure to achieve an accurate back pike position with the legs perpendicular to the surface. Show a vertical position after the thrust, before the leg drop to fishtail.

- * The judges want to emphasize that synchronization is half of the score in both the element judging and execution score. Work on matching and timing to achieve better synchronization throughout the routine.

TEAM TECHNICAL:

EXECUTION PANEL:

- Synchronization was a problem in most routines, even the high level ones.
- Judges want to see stronger propulsion and more pool coverage.
- Patterns need to be more clear and precise. There are not sharp edges to the patterns

IMPRESSION PANEL:

- Some routines had powerful music but the level of the swimmers was not strong enough to pull it off. Make sure to select music appropriate to the level of the swimmers.
- Pay attention to pool patterns. Many routines swam on one side of the pool.
- Placement of the elements is important. Avoid staging them too far on the ends of the pool.
- The content before and after the elements was good, however, the judges would like to see more variety in leg movements
- The judges thought the routines in general had good range of acrobatic movements on lifts.
- A few routines connected with the audiend/judges. This still needs to improve.
- Judges would like to see closer swimming (tighter patterns) to create more difficulty

ELEMENT PANEL:

- Element #1: Make sure to have the legs perpendicular to the surface to begin the thrust. Basic vertical position was not achieved by all team members on the thrust.
- Element #2: Work on staying in a good pattern during this element. There was a lot of travel and "drifting" during the spin, even in the top teams. The spins sank too fast at the top of the spin for the weaker teams. Pay attention to even drop spaces.
- Element #3: Make sure to achieve a good back layout at the beginning of the element. Stabilize the vertical position after the twirl. Need more extension in the split position.
- Element #4: Pay attention to good ballet leg positions.
- Element #5: Make sure to start in a good back pike position with the legs perpendicular to the surface. Synchronization on the split was weak in some teams. Pay attention to the vertical position at the end of the element. Work on the finish.

DUET FREE:

EXECUTION PANEL:

- Good synchronization is being rewarded. Synchro errors/mistakes are affecting scores negatively.
- Leg movements seem to be more well executed than arm movements, especially in their height. Swimmers are showing sustained height in legs but not so much on arms. Remember that the arms are part of the choreography, and should not be used just as recovery throughout the routine.
- Propulsion needs work to cover more of the pool area. Try using more traveling hybrids to help with this.

ARTISTIC IMPRESSION PANEL:

- Many of the higher level routines had memorable moments
- Make sure to complete all movements so that you get full credit for positive impression and artistry
- If you select strong and difficult music, make sure the movements match and match the athletes' ability. Some routines had music that was too difficult for the swimmers and they were not able to keep up.
- Judges would like to see more variety and use of body expression in strokes.

- Pay attention to the placement of highlights - try to space them equally throughout the routine and make sure they are not placed in the same place in the pool area.
- Choreograph transitions that have continuous flow from one thing to the next to achieve more fluidity

DIFFICULTY PANEL:

- Judges would like to see more sustained verticals
- Transitions need to be more difficult
- Need more variety and different types of difficulty in hybrids such as off angles
- Propulsion needs to show more power and strength to create more movement throughout the pool showing more difficulty so that the routine is not stuck in one place.
- The top routines demonstrated a high level of speed which increased their difficulty score.

TEAM FREE:

EXECUTION PANEL:

- Many routines were too splashy. When moving fast make sure to have a definite beginning and end of each movement and to swim "above" the surface, not at or through the surface. Clear the surface to avoid picking up so much water.
- Many routines were too fast and sacrificed good execution and synchronization.
- Patterns were not clear and precise enough and pattern changes need to happen faster.
- Continue to work on synchronization to improve the execution score. Lack of synchronization will affect other categories of judging as well.
- Extension still needs work. Coaches should be training extension at every level and at every practice.
- Judges would like to see stronger propulsion for more pool coverage.
- Many routines started out strong but lost strength, power and execution as the routine went on. The first third of the routine is stronger than the last third. Work on routine endurance.

ARTISTIC IMPRESSION PANEL:

- Presentation needs to continue in horizontal swimming
- Judges emphasized that the Team Free is not a Combo. They would like to see less 2/2/2/2 or 4/4 swimming and more 8 all together. In some routines the whole first lap looked like a Combo.
- Choreograph transitions to maintain interest.
- Some routines were so fast and splashy, the choreography was lost.
- Try for choreography that has no gaps in action.
- Some teams had very creative and impressive highlights.
- Make sure to have a balance between arms and legs. Some routines only used arms for recovery rather than interpretation.
- Many teams need to work on confidence

DIFFICULTY PANEL:

- Many of the top teams had a good amount of difficulty
- Some need to have closer spacing in patterns to increase difficulty
- Some routines were too difficult for the level of swimmers.
- Avoid long set up times for highlights to increase difficulty
- Lower level teams need more pattern changes to increase difficulty

- Need to add more sustained height in legs and arms and more off angle moves to increase difficulty.