

# General Feedback for Sports Aerobics and Fitness Otago Regional 2015



Congratulations to all athletes and coaches on your recent performances at the recent regional competition. Below you will find feedback from the Otago Judging Panel and we trust it is helpful and able to be used for future improvement. Its aim is not only to assist coaches and athletes but to help the Region develop as a whole. We were hoping to be able to give individual feedback to everyone who requested it, and in fact we started out this way. It seems you are all very keen to learn and grow as we have been inundated with requests to the point of having to change our feedback plan to this document.

## Technical:

- All athletes must start and finish on the stage
- The 32count compulsory combination must start in the first 33counts of the routine for those required to include it. The scissor is not a kick so please keep it in the 2<sup>nd</sup> leg level
- Ensure that all compulsory moves start and finish as described. There are a lot of stride jumps and kicks not finished with not feet together or turning in preparation for the next move.
- Many routines had an extra stride jump or kick for the compulsories. Be mindful that this can be a negative thing as it affects variety. We would rather see the required four, executed well, than adding an extra one...I'm sure you wouldn't want to do an extra compulsory push-up!
- Push-ups;
  - o The position of the hands for pectoral push-ups in many routines was not correct. Please ensure that the hands are not forward of the shoulders as this makes the push-up much harder, affects the ability to have good posture and puts undue stress on the shoulders.
  - o While it is optional, at open level we should be seeing all push-ups, including the compulsories, done in the full push position.
- Skill elements;
  - o Only include skill elements that you can do well. Technically, you risk more doing a skill move incorrectly than doing well executed high impact aerobics.
  - o Please check the number of skill elements allowed for each division. The jump and flexibility elements were affected the most. If you include a split rotation be mindful that you have just used three flexibility elements.
  - o Static strength elements need to be held long enough so that we can see control and we saw so many that were rushed and not executed well. At the same time, we do not want to see these elements held for 8counts as this breaks the intensity and flow of a routine.
- A reminder that Variety is part of the Technical Criteria. The Technical Judge is looking at your ability to execute well as many different transitions, armlines, leg levels, high impact and skill elements as possible.
- For teams, it is worth nothing that as a panel we all judge to the team member with the least ability. Try to train so that all members are even with this.

## Aerobic:

- Mini sequences/maxi sequences;
  - o **Mini sequences must be high impact for them to be considered – this is a major point**
  - o It's pleasing to see an improvement in this area but there is still a lack of mini sequences in general. Even at international level a routine with 20 skill elements can have up to 14 mini sequences...something to think about.
  - o We do take into consideration the number of minis you can put in a Primary, Intermediate or Novice due to the compulsory combination but with the limited number of optional skill elements we should still be seeing more.
  - o A mini sequence is 8 uninterrupted counts of high impact aerobic movement. It is acceptable to use a lower vertical level move such as a grapevine roll in a mini sequence as long as the choreography is continuous and does not stop at the point of being on the floor. As a general guide, I would suggest that if you are on the floor for longer than 2 counts it will not be considered to be part of a mini sequence

- Try to spread the mini sequences evenly through a routine. We saw many routines that had good minis in the first half only
- Similarly as above, spread the skill elements evenly through a routine. Many routines had sections with a lot of skill elements together with only 4 counts on choreography between.
- Compulsories are considered to be skill elements so take this into consideration
- **The aim of introducing sequencing was to ensure there was a good amount of high impact aerobic content and to push the level of intensity.**
- Transitions are better and we are only seeing a few routines with more than one 8count transition into or out of a floor element. Keep these to a minimum.
- Vertical levels;
  - These help increase intensity and there are two types of vertical levels
    - Chronological order of skill elements (as above)
    - The use of levels in the mini sequences
  - There are 5 vertical levels for minis
    - Non skill jump
    - High impact
    - Low impact
    - Touch
    - Non skill floor
  - I can see that you are trying to use the levels but it is only the lower level being used and in saying that it is being used the same way for many routines. So many routines had a heel touch, a sweep or an obvious touch on the floor and in some case it was done the same way through the entire routine. Neither was considered a lower level change as the hips didn't actually lower – the body just bent over. This affects variety and creativity as well as intensity.
  - Try to focus on the high impact and non skill jump levels more

#### Artistic:

- **Please remember that to get a good artistic score you have to have good sequences.** You may have a great piece of music, interpret it well and be a strong performer but...if you don't have good sequences then you will not score well, or as well as you could have. The minis should be high impact also to get a good artistic value.
- BPM (music speed) is generally better however there are still some very fast routines. Music that is too fast risks the following;
  - Incorrect execution, rushing and not finishing moves, no placement or control and being out of time with the music which will be penalised by both the Artistic and Aerobic Judges – **you must stay on the beat**
- Music Selection;
  - There is definitely room for improvement here. As much time should be spent finding a good song as practising your routine!
  - We are trying to encourage you to use music that has a lot to choreograph too. The more recent songs can be very flat in their structure so this puts you on the back foot in relation to interpreting your music.
  - Use music that has variety in structure; different instruments, lots of vocals, rhythm changes, natural effects like symbols, crescendos and contrasts.
  - Please use age appropriate music and avoid anything that has offensive language, even if it has been edited out.
  - The routines that stood out were often those with a good music selection.
- Performance;
  - This is more than the old 'presentation' criteria. This is about connecting with the audience. If you are a team, interact with each other as well as this will avoid looking like individuals on stage.
  - Be careful not to force facial expressions but rather try to feel the music and be more natural...Performance comes from within!

Good luck for Nationals everyone!  
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