

2014 National School Aerobics & Hip Hop Championships

Judges Feedback

Congratulations to every Athlete on your performances at the recent 2014 NZCAF National Championships. The Judges and audience very much enjoyed your performances. Last year, I gave you some feedback to help you with your 2014 routines and from what I have heard this was something you found useful. The following is feedback gathered from the routines seen at the above mentioned event. Please ensure you correct these for your next routine as it can affect your ranking, especially if two routines are very close

Sport Aerobic

General Feedback

Sports Aerobics is a wonderful sport demanding many facets of fitness and skill elements with the focus on energy expenditure. Push-ups and jumps expend more energy than static and flexibility elements and this is why we do not want to encourage a routine filled with flexibility. Be resourceful and think about which elements you can use to show you have front and straddle flexibility done floor or standing.

It's great to see the vertical levels being used. A reminder, that a vertical level change requires the hips to either move higher or lower than they are when standing. There was a lot of the lower vertical level being done with a 'sweeping' motion – many actually didn't lower the hips and were just bent/flexed at the hip. Experiment with moves that will actually make this level change and be different, try not to make the level change obvious.

Sports Aerobic Routine Feedback

- A sit through, straddle jump and a straddle jete are not allowed for Primary routines
- A split rotation is not actually listed as a skill element. It is a very difficult skill to execute well even at international level. The wording in the current Technical Regulations states that combinations of flexibility elements are allowed therefore a front split, straddle split, front split done consecutively is allowed but of course results in a split rotation. In this case all elements were considered which means they were counted as three elements. This meant that most athletes who used a split rotation had too many flexibility elements. The Regulations will be more clear for 2015 where a split rotation will not be allowed.
- There is no combination of push-up elements allowed, this was seen in the Intermediate and Secondary Open Teams divisions.
- Also no allowed for Intermediate routines is a V press.
- The compulsory combination must start within the first 33counts of the music and must be done as written.

- Junior Secondary Novice routines are not allowed to use an Illusion. Please watch the number of flexibility elements in these routines, there are too many.
- Back bends are not allowed in any routine, this was seen in the Junior Secondary Open Novice and Senior Secondary Open divisions.
- Please be careful not to rest at the top of the compulsory push-ups. This was seen in the Secondary Open Novice Teams division.
- Many transitions from the floor were considered unacceptable. Remember that the hips must not go over 90degrees even if the legs are bent.

The Music

The use of the recent rule change which now includes 'music selection' and the 'vertical structure' of the music is still of some concern. The music is the most important part of your routine so spend a lot of time finding a suitable piece of music. Often the older tracks have more structure than the current. There was a lot of Hip Hop influenced music used and this genre really doesn't suit our sport.

- The recommended BPM (beat per minute) is 150 – 155 but this depends on the length of the arms, legs and body of an athlete. There appeared to be many tracks that were slower than the minimum recommendation of 148bpm. Slow music risks a lack of impact and intensity. On the flip side there were some routines with a very fast bpm which risks all criteria but especially execution and quality
 - o Do not change the bpm through the track. You should have one bpm from the start to the end.
 - o Choose age appropriate songs and songs that do not have bad language.
 - o We heard the track 'Girls' a lot and even with the offensive language faded out, it's still obvious as to what that language is – it's not appropriate!

Dealing with the above issues

We have a comparative judging system which means we compare one performance to another to work out who is the best. When an athlete has an illegal move, the music is too slow, or trips over we have to consider if that 'error' will reduce the ranking (not just the score) of that athlete.

For example;

Athlete A is very good (8.0) and has an unacceptable move in her routine...Athlete B has a good performance (7.0) without any errors. Is Athlete A still better than Athlete B even with the error. Judges may reduce their score for Athlete A to 7.5 but this will mean they are still better than Athlete B

Hip Hop

General Feedback

A very good level of Hip Hop seen, with some awesome performances. We understand that the same school divisions are what we call 'ground up' with many routines being choreographed by the students, volunteers or teachers...fantastic work all. The following is taken from the routines we saw at the National event and again is written to help you improve your routines for 2015;

- Please choose age appropriate music that doesn't have offensive language.
- The routines had more 'dance' than last year which is pleasing to see however some routines took time to 'wind-up'.
- The routines are short therefore 'dance' as much of them as you can. Sometimes there is a fine line between acting/theatrical and dancing...if you want to act, dance while you do it but ask yourself if you can get your message across with pure dance.
- Like last year there appears to be a mix of Steps being used instead of a variety of Styles. It would help to look at a Style and find out what Steps make up this style, then to dance that. This will help to be able to show different styles and have more variety in the routines.
- Think about the flow from one set to another, don't let us know it's coming.
- Use the Visual image more and in particular the vertical levels and the three dimension. Think about the picture you are painting for the audience and how interesting it can be.
- Remember you are a crew and not individuals on the stage – interact with each other.

That's it from me for 2014, thanks for reading.

Tanya Houpt