

Feedback for NZCAF Christchurch Regional Competition

The below provides some overall feedback by category:

Category	Aerobic	Artistic	Technical
Pre-choreographed			
Pre-chore Primary Individual	<p>Listen to the music and count out the 8's so the athlete is on beat and moving to the music.</p> <p>Ensure feet are placed together after kicks, jacks and watch this during the 32 count also. Purposeful placement makes for a perfect routine.</p> <p>To get more intensity in the routine push up through the feet.</p> <p>Travel patterns can be improved with tidy footwork.</p> <p>All points and parts of the stage need to be covered through the routine; avoid zig zagging across the stage.</p> <p>Strong clean well placed arm lines will improve intensity and timing</p> <p>Make sure you have high energy right until the end of the routine.</p>	<p>Show a love of performing! From beginning to the end. Often a routine starts well but loses this element first when the athlete gets tired.</p> <p>Try to connect with the audience when using facial expressions.</p> <p>Ensure you travel around the stage - hit all 4 corners and spread skills/choreography out as much as possible)</p> <p>Really 'use' the music! Stay on top of the counts and make sure that the movement matches the music.</p>	<p>Compulsory Pressups Feet flat on ground when on knees Tight core without arch or hunch Make sure if you are teaching the athletes to engage with audience by nodding etc. that they don't lose their pushup form</p> <p>32count - bring feet together after each move and point toes in flicks.</p> <p>Skill elements - Make sure they hold the pike and straddle press as well as flex moves instead of rushing through Point toes in straddle sit. Tighten back knee in split leap.</p> <p>Choreography execution - Controlled feet in choreography - moving with purpose and pointing toes when leaving the ground.</p>
Pre-chore Intermediate Individual	<p>Listen to the music and count out the 8's so the athlete is on beat and moving to the music.</p> <p>Ensure feet are placed together after</p>	<p>Show a love of performing! From beginning to the end. Often a routine starts well but loses this element first when the athlete gets tired.</p> <p>Try to connect with the audience</p>	<p>Compulsory Pressups Feet flat on ground when on knees Tight core without arch or hunch Make sure if you are teaching the athletes to engage with audience by</p>

	<p>kicks, jacks and watch this during the 32 count also. Purposeful placement makes for a perfect routine.</p> <p>To get more intensity in the routine push up through the feet.</p> <p>Travel patterns can be improved with tidy footwork.</p> <p>All points and parts of the stage need to be covered through the routine; avoid zig zagging across the stage.</p> <p>Strong clean well placed arm lines will improve intensity and timing</p> <p>Make sure you have high energy right until the end of the routine.</p>	<p>when using facial expressions.</p> <p>Ensure you travel around the stage - hit all 4 corners and spread skills/choreography out as much as possible).</p> <p>Really 'use' the music! Stay on top of the counts and make sure that the movement matches the music.</p>	<p>nodding etc. that they don't lose their pushup form</p> <p>32count - bring feet together after each move and point toes in flicks.</p> <p>Skill elements - Make sure they hold the pike and straddle press as well as flex moves instead of rushing through Point toes in straddle sit. Tighten back knee in split leap.</p> <p>Choreography execution - Controlled feet in choreography - moving with purpose and pointing toes when leaving the ground.</p>
<p>Pre-chore Secondary Individual</p>	<p>Listen to the music and count out the 8's so the athlete is on beat and moving to the music.</p> <p>Ensure feet are placed together after kicks, jacks and watch this during the 32 count also. Purposeful placement makes for a perfect routine.</p> <p>To get more intensity in the routine push up through the feet.</p> <p>Travel patterns can be improved with tidy footwork.</p> <p>All points and parts of the stage need to be covered through the routine; avoid zig zagging across the stage.</p>	<p>Show a love of performing! From beginning to the end. Often a routine starts well but loses this element first when the athlete gets tired.</p> <p>Try to connect with the audience when using facial expressions.</p> <p>Ensure you travel around the stage - hit all 4 corners and spread skills/choreography out as much as possible).</p> <p>Really 'use' the music! Stay on top of the counts and make sure that the movement matches the music.</p>	<p>Compulsory Pressups Feet flat on ground when on knees Tight core without arch or hunch Make sure if you are teaching the athletes to engage with audience by nodding etc. that they don't lose their pushup form</p> <p>Tuck jump - Knees together and in front for tuck jump (not under bottom).</p> <p>Choreography execution - Maintain controlled feet in choreography; moving with purpose and pointing toes when leaving the ground.</p> <p>Point toes in flex move when leaning forward. Make movements big, clear</p>

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Pre-chore Primary Team	<p>The team members need to move as one - synchronised with each other.</p> <p>Listen to the beat of the music and move on the beat of the music.</p> <p>Work towards even placement of armlines and legs (e.g. height and width) in jacks and kicks.</p> <p>Team members need watch each other where they can - interact with each other.</p> <p>Make sure you have high energy right until the end of the routine.</p> <p>Work the vertical levels; judges are looking to see air under the feet for higher levels, and your hips drop for a lower level.</p> <p>Maintain travel throughout the routine and look for ways to change formations with your team members.</p>	<p>Show a love of performing! From beginning to the end. Often a routine starts well but loses this element first when the athlete gets tired.</p> <p>Try to connect with the audience when using facial expressions.</p> <p>Ensure you travel around the stage - hit all 4 corners and spread skills/choreography out as much as possible)</p> <p>Really 'use' the music! Stay on top of the counts and make sure that the movement matches the music.</p> <p>Ensure there is a good variety of formations.</p> <p>Focus on 'performance' of the routine, in particular the synchronisation of teams. Work as one!</p>	<p>Compulsory Pressups Feet flat on ground when on knees. Tight core without arch or hunch. Make sure if you are teaching the athletes to engage with audience by nodding etc. that they don't lose their pushup form.</p> <p>32count - bring feet together after each move and point toes in flicks.</p> <p>Skill elements - Make sure they hold the pike and straddle press as well as flex moves instead of rushing through Point toes in straddle sit. Tighten back knee in split leap.</p> <p>Choreography execution - Controlled feet in choreography - moving with purpose and pointing toes when leaving the ground.</p> <p>Timing was generally really good, just make sure legs are the same leg for the 32 count.</p>
Pre-chore Intermediate Team	<p>The team members need to move as one - synchronised with each other.</p> <p>Listen to the beat of the music and move on the beat of the music.</p> <p>Work towards even placement of</p>	<p>Show a love of performing! From beginning to the end. Often a routine starts well but loses this element first when the athlete gets tired.</p> <p>Try to connect with the audience when using facial expressions.</p>	<p>Compulsory Pressups Feet flat on the ground when on knees. Tight core without arch or hunch. Make sure if you are teaching the athletes to engage with the audience by nodding etc. that they don't lose their pushup form.</p>

	<p>armlines and legs (e.g. height and width) in jacks and kicks.</p> <p>Team members need watch each other where they can - interact with each other.</p> <p>Make sure you have high energy right until the end of the routine.</p> <p>Work the vertical levels; judges are looking to see air under the feet for higher levels, and your hips drop for a lower level.</p> <p>Maintain travel throughout the routine and look for ways to change formations with your team members.</p>	<p>Ensure you travel around the stage - hit all 4 corners and spread skills/choreography out as much as possible).</p> <p>Really 'use' the music! Stay on top of the counts and make sure that the movement matches the music.</p> <p>Ensure there is a good variety of formations.</p> <p>Focus on 'performance' of the routine, in particular the synchronisation of teams. Work as one!</p>	<p>32count - bring feet together after each move and point toes in flicks.</p> <p>Skill elements - Make sure they hold the pike and straddle press as well as flex moves instead of rushing through Point toes in straddle sit. Tighten back knee in split leap.</p> <p>Choreography execution - Controlled feet in choreography - moving with purpose and pointing toes when leaving the ground.</p> <p>Take care to ensure all team members are doing their skill moves at the same level and timing is important.</p>
<p>Sport Aerobic Individual</p>			
<p>Junior Secondary Open Novice Individual</p>	<p>Aerobic 8 counts need to be on the beat of the music. If the music is too fast and 8 counts are unclear, slow the music down.</p> <p>Work on tidy transitions in and out of skill elements - keep with the music.</p> <p>Too many skill elements in the routine will limit the aerobic quality.</p> <p>Make sure you have high energy right until the end of the routine.</p> <p>Ensure each move has purpose and it hits the necessary place. Watch out for rushed and unfinished moves.</p>	<p>Show a love of performing! From beginning to the end. Often a routine starts well but loses this element first when the athlete gets tired.</p> <p>Be careful not to stop 'performing' when you are doing specific skill movements or facing the back.</p> <p>Try to connect with the audience when using facials- don't 'force' these. It must come from within and the performance needs to be confident but natural as well.</p> <p>Focus on the dynamics and contrast of the routine- have light and shade.</p>	<p>Push through toes to get air under feet.</p> <p>Watch travel and toes in Compulsory kicks.</p> <p>Watch body roll in Compulsory press-ups.</p> <p>Be sure knees come together in switch wolf leap.</p>

		<p>Take care with arm lines and creativity in this area. Often the quality of the arm lines and shapes are overlooked.</p> <p>Aim to have a strong sense of musicality. Don't rush and ensure that the movement matches the music.</p> <p>Consider music selection and speed; you must stay on the beat and complete all movement with clarity and correct execution.</p>	
<p>Senior Secondary Open Novice Individual</p>	<p>Review the direction of travel throughout the routine; mark the routine on paper and the direction to travel to ensure it isn't all in the same i.e. all in a clockwise rotation.</p> <p>Aim for good travel through the routine; make good use of full 8 counts of aerobic choreography.</p> <p>Aim for your continuous aerobic sequences. Try not to break the sequence with a pause as this reduces the intensity. Be careful not to rush the sequences either as it is important to stay on the beat of the music.</p> <p>The routine needs well executed armlines for the full routine - this adds intensity.</p> <p>Make sure you have high energy right until the end of the routine.</p>	<p>Show a love of performing! From beginning to the end. Often a routine starts well but loses this element first when the athlete gets tired.</p> <p>Be careful not to stop 'performing' when you are doing specific skill movements or facing the back.</p> <p>Try to connect with the audience when using facials- don't 'force' these. It must come from within and the performance needs to be confident but natural as well.</p> <p>Focus on the dynamics and contrast of the routine- have light and shade.</p> <p>Take care with arm lines and creativity in this area. Often the quality of the arm lines and shapes are overlooked.</p> <p>Aim to have a strong sense of</p>	<p>Push through toes to get air under the feet.</p> <p>Be mindful of unacceptable moves (legs cannot come above hip height - cartwheel etc.)</p>

		<p>musicality. Don't rush and ensure that the movement matches the music.</p> <p>Consider music selection and speed; you must stay on the beat and complete all movement with clarity and correct execution.</p>	
Adult Open	<p>Work on routine fitness - by working the routine in training.</p> <p>Aim for well executed armlines throughout the routine.</p> <p>Aim for good travel through the routine; make good use of full 8 counts of aerobic choreography.</p> <p>Clear, purposeful placement will improve the overall quality of movement.</p>	<p>Focus on the dynamics of the routine- have light and shade.</p> <p>Take care with arm lines and creativity in this area. Often the quality of the arm lines and shapes are overlooked.</p> <p>Aim to have a strong sense of musicality. Don't rush and ensure that the movement matches the music. Maintain this all the way to the end. Not just the beginning.</p>	
Sport Aerobic Teams			
Secondary Novice Teams	<p>Make sure 8 counts are moving and not static/on the spot.</p> <p>Be sure your sequences are made up of aerobic moves which hit all the vertical levels. We are looking to see air under your feet and your hips drop.</p> <p>Ensure you move together and around each other and not separately (as individuals).</p> <p>Look at the speed of the music; it</p>	<p>Look as though you love performing! Both partners need to look like they are enjoying the stage.</p> <p>Try to connect with the audience when using facials- don't 'force' these. You should look at your partner and connect with them too- but not too much. This was an issue. Perform to your audience!</p> <p>Consider music selection and speed</p>	<p>Watch travel in compulsory kicks.</p> <p>Watch for feet touches in static strength skill elements.</p> <p>Take care with form and alignment in compulsory press ups.</p>

	<p>seems very slow.</p> <p>Keep travelling throughout the routine and look for ways to change formations with your team members.</p>	<p>– you must stay on the beat and complete all movement with clarity and correct execution. It was very slow.</p> <p>You must look as though you love performing- from beginning to end. Don't stop 'performing' when you are doing specific skill movements or face the back.</p> <p>Be very aware of your musicality. Don't rush and ensure that the movement matches the music.</p>	
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