

Feedback for NZCAF Otago Regional Competition

General Competition Feedback

Great energy and support everyone! It was wonderful to see athletes cheering for every school throughout the weekend of competition.

Compulsories: all team members must face the same direction for the compulsory movements.

- High kicks: feet must come together. Make sure you are not up on your toes.
- Push ups: only do these from your feet if you can; otherwise work on strong execution from your knees. You must lower the whole body during the push movement and keep core control.
- Strides/jacks: feet together and knees out over toes. Nice to see some creative arms with these!
- 32 count: be creative with the travel throughout the Compulsory 32 count sequence.

Music:

- Really use the highs and lows with the music track - by this we mean trying to match the choreography with the music. This will help to enhance an artistic score.
- Your routine should only be able to be performed with your music track.
- Check your BPM. If it is too slow, you lose intensity. If it is too fast, athletes are struggling to keep on the beat.

Costuming:

- Ensure that these are age appropriate and provide enough support and coverage for sport.
- Check straps are secure.

Category	Aerobic	Artistic	Technical
Pre-choreographed			
Pre-chore Primary Individual	<p>Strong routines show good travel and use of space, particularly in the 32-Count. Be sure to keep moving throughout the routine.</p> <p>Listen to the music, and work to stay on the beat throughout. This helps both your Aerobic and Artistic score.</p>	<p>Be creative with the optional 8 counts (don't do a skill though!)</p> <p>Be creative with travel patterns - these can be different to the video. This can also include variation in body planes and orientation.</p> <p>Great to see some good</p>	<p>Compulsory push ups must be from the knees and make sure the tummy doesn't touch the ground.</p> <p>If you have the flexibility to, reach forward in the straddle sit, don't sit up tall - stretch forward to show flexibility.</p> <p>Take care in High Leg kicks - it is better</p>

	<p>Keep working on jump height - body should lift up dynamically in straight & star jumps, as well as hitch kick and especially split leap.</p> <p>Keep working push up strength, especially keeping the core straight throughout the entire movement.</p>	<p>performances - confidence, and the use of expression - which engages the audience.</p>	<p>to lower these and keep a nice strong body, than kick high but see the body collapse, or twist.</p> <p>Must close all compulsory jacks with feet together, especially the last jack.</p>
<p>Pre-chore Intermediate Individual</p>	<p>Be sure to go for impact, and air under the feet throughout the aerobic choreography.</p> <p>Strong routines show good travel and use of space. Be sure to keep moving throughout the routine.</p> <p>Keep working on jump height - body should dynamically lift up in tuck & star jumps, as well as hitch kick and especially split leap.</p> <p>Keep working push up strength, especially in keeping the core straight throughout the entire movement.</p>	<p>Be creative with the optional 8 counts (don't do a skill though!)</p> <p>Be creative with travel patterns - these can be different to the video. This can also include variation in body planes and orientation.</p> <p>Great to see some good performances - confidence, and the use of expression - which engages the audience.</p>	<p>Only choose the harder skill option if this is able to be executed with quality. e.g. you are better to complete strong compulsory push ups from knees than do these from feet and lose core control.</p> <p>If you have the flexibility to, reach forward in the straddle sit and hold the stretched position.</p> <p>If including a split leap, watch the back leg (this also needs to elevate, and should show a nice extension).</p> <p>Must hold straddle and pike presses for at least 3 seconds.</p> <p>Please make sure to close your feet on the last compulsory jack.</p>
<p>Pre-chore Secondary Individual</p>	<p>Keep intensity throughout the routine - this will come with fitness.</p> <p>Execute the full range of leg levels and arm lines and try to maintain these throughout the routine.</p> <p>Keep transitions tight and powerful.</p>	<p>Be creative with the optional 8 counts (don't do a skill though!)</p> <p>Be creative with travel patterns - these can be different to the video, and do not need to go in straight lines.</p> <p>This can also include variation in</p>	<p>If you have the flexibility to, reach forward in the straddle sit and hold the stretched position.</p> <p>Please only choose to do push ups from feet if you are able to perfectly execute the skill.</p> <p>Straddle and pike presses must be</p>

	<p>Try to travel around the stage as much as possible (as long as you can maintain quality movement and big leg levels).</p> <p>Keep working on jump height - body should lift up dynamically in tuck & star jumps, as well as hitch kick and especially split leap. Bring knees up to chest in tuck jump.</p> <p>Keep working push up strength, especially in keeping the core straight throughout the entire movement (would rather see strong push ups from knees than poorly executed push ups from feet).</p>	<p>body planes and orientation.</p> <p>Great to see some good performances - confidence, and the use of expression - which engages the audience.</p>	<p>held for at least 3 seconds.</p>
<p>Pre-chore Primary Team</p>	<p>Strong teams show bounce and impact throughout the aerobic choreography.</p> <p>During the 32 count, team members must face the same direction throughout (including when turning).</p> <p>Timing is very important - both timing with the music, AND with your teammates. Really focus on the compulsory movements here.</p>	<p>Be creative with the optional 8 counts - use this time to interact as a team.</p> <p>Change the formations of team members.</p> <p>Being on time to the beat of the song and in time with each other as a team can influence your artistic score. This is important.</p> <p>Use your head to engage with each other and the audience.</p>	<p>If you have the flexibility to, reach forward in the straddle sit and hold the stretched position</p> <p>Timing during skills is really important. Make sure each skill is done at the same time as one another.</p> <p>Please make sure the athletes are facing the same way during compulsory push ups and the compulsory 32 count.</p> <p>Straddle and pike presses must be held for at least 3 seconds.</p> <p>Please take care in compulsory kicks and jacks and ensure they are executed neatly with closed feet and no twisting of the hips.</p>

<p>Pre-chore Intermediate Team</p>	<p>Ensure everyone is on the beat of the music so that the team stays in time with each other.</p> <p>Be sure to pick up the feet through the choreography.</p> <p>You can improve the intensity of the routine with the use of travel, and moving around the floor area, throughout the routine.</p>	<p>Be creative with the optional 8 counts - use this time to interact.</p> <p>Change the formations of team members.</p> <p>Use your head to engage with each other and the audience. Decide and agree on which skills you will look at the audience, so that each team member is doing the same thing/looking the same way.</p>	<p>If you have the flexibility to, reach forward in the straddle sit and hold the stretched position.</p> <p>Take care to bend the knees in the Jumping Jacks and always make sure to finish with the feet together.</p> <p>Please make sure athletes face the same way during the compulsory 32 count and arms are well executed.</p> <p>Please only choose to do push ups from feet if you are able to perfectly execute the skill. Otherwise, perform them from the knees.</p> <p>Pike and straddle presses must be held for at least 3 seconds</p> <p>Be sure to extend through the legs and point the toes.</p>
<p>Pre-chore Secondary Team</p>	<p>Keep working on team cohesiveness - this includes synchronicity of timing, as well as ability level etc.</p>	<p>Be creative with the optional 8 counts - use this time to interact.</p> <p>Change the formations of team members.</p> <p>Use your head to engage with each other and the audience. Decide and agree on which skills you will look at the audience, so that each team member is doing the same thing/looking the same way.</p>	<p>If you have the flexibility to, reach forward in the straddle sit and hold the stretched position.</p> <p>Pike and straddle presses must be held for at least 3 seconds.</p> <p>Please make sure to close your feet together in compulsory jumping jacks.</p> <p>Aerobic armlines and legs must be clearly executed with control.</p>
<p>Sport Aerobic Individual</p>			
<p>Primary Individual</p>	<p>Great travel - make sure this covers</p>	<p>Lots of lovely artistic cues used in this</p>	<p>Great to see a variety of skills</p>

	<p>the whole floor area and is not just going around in circles.</p> <p>Jogging and flicks for 8cts can lower the intensity. Try to maintain intensity throughout the aerobic movements.</p> <p>Listen to the music and work to stay on the beat throughout your aerobic sequences.</p>	<p>category.</p> <p>When choosing music, it is best to have songs with lots of 'highs and lows' rather than at one constant level where it sounds repetitive.</p>	<p>performed. Always make sure you are able to execute these.</p> <p>Watch the core and range of motion in push ups.</p>
Intermediate Individual	<p>Listen to the music. Make sure your 8 counts are on the beat and fully completed 8-counts (not 6 or 7).</p> <p>Keep working on strong push ups (especially through the core) and jump height.</p> <p>Be sure to use the full floor area and continue to travel throughout the routine. Sometimes 8-cts are on the spot, lowering intensity.</p> <p>Watch armlines - the judges are looking for purposeful placement. Keep practising the armlines at training, especially the 32-Count.</p>	<p>Music selection is important. The song should have a variety of highs and lows (ie. verses/choruses/bridges etc) which can be choreographed to.</p>	<p>Some difficult skills are being performed. Make sure these are able to be executed throughout the routine - you don't want to have messy skills once you get tired! Fitness will help with this.</p> <p>Please only choose to do push ups from the feet if you are able to perfectly execute the skill.</p> <p>Please take care in compulsory kicks and jacks and ensure they are executed neatly with closed feet and no twisting of the hips.</p> <p>For all jumps, please make sure hips are elevating as well as the legs.</p> <p>All static holds must be held for at least 3 seconds.</p>
Secondary Novice Individual	<p>Make sure that transitions are dynamic and varied. You don't want these to be rests or pauses in the routine.</p> <p>Only perform skills you can do well - a strong push up from knees is</p>	<p>Creativity with body planes and angles in the 32 count combo are noted. Are you facing the same way, or doing lots of lovely turns? This varied across the category.</p>	<p>Static presses need to be held - go up, <u>hold</u>, come down with <i>control</i>.</p> <p>For all jumps, please make sure hips are elevating as well as the legs, and feet are closing together on landing.</p>

	<p>preferable to a poor push up from the feet.</p> <p>Jumps should go up and show the correct shape in the air (knees/legs above hips in most cases).</p> <p>Keep working fitness so you can maintain quality movement throughout the routine.</p> <p>In aerobic sequencing (8-cts) be sure to use a range of leg and vertical levels throughout.</p>	<p>Overall mostly great choices of music across the category. Ensure that the choreography is fit for that song only - a routine should not be able to translate across to just any song</p>	<p>Aerobic armlines and legs must be clearly executed with good control.</p>
<p>Junior Secondary Open Novice Individual</p>	<p>Make sure that transitions are dynamic and varied. You don't want these to be rests or pauses in the routine.</p> <p>Make sure the speed of music is appropriate to the individual - slowing the music by 2-4bpm may allow an individual to show more precision and control of their movement. This will also allow the athlete to be more impactful and get air under their feet.</p> <p>Keep working fitness so you can maintain quality movement throughout the routine.</p> <p>Keep working push up strength (especially core) and leg power so that jumps dynamically lift into the air.</p> <p>Strong routines show good use of the floor space with travel. Take care not to stay on the spot, or just one side of the stage.</p>	<p>Make sure that all movements are 'finished' and that you complete every count of 8 clearly (armlines and feet) by listening to the music.</p> <p>Lovely use of body planes/orientations!</p>	<p>Static presses need to be held - go up, <u>hold</u>, come down with <i>control</i>.</p> <p>For all jumps, please make sure hips are elevating as well as the legs, and feet are closing together on landing.</p> <p>Aerobic armlines and legs must be clearly executed with good control. I.e. tidy and sharp, arms lines should be clear and not flingy.</p> <p>Watch the core and range of motion in push ups.</p>

<p>Senior Secondary Open Novice Individual</p>	<p>Make sure the speed of music is appropriate to the individual - slowing the music by 2-4bpm may allow an individual to show more precision and control of their movement.</p> <p>Listen, and work to use the beat (this will improve your Aerobic AND Artistic score).</p> <p>Keep working fitness so you can maintain quality movement throughout the routine.</p> <p>Keep working push up strength (especially core) and leg power so that jumps dynamically lift into the air. This will help create more impact and intensity.</p> <p>Take a look at aerobic choreography - if there is an 8-ct that is on the spot, look at a way to bring in movement / travel.</p>	<p>Make sure that all armlines/legs are 'finished' and that you complete every count of 8 clearly, (especially when tired in the 2nd half) by listening to the music.</p> <p>Think about how your arms and choreography match the song. This varied across the category - some routines lacked artistic cues.</p>	<p>Static presses need to be held - go up, <u>hold</u>, come down with <i>control</i>.</p> <p>For all jumps, please make sure hips are elevating as well as the legs, and feet are closing together on landing.</p> <p>Aerobic armlines and legs must be clearly executed with good control. I.e. tidy and sharp, arms lines should be clear and not flingy.</p> <p>Some difficult skills are being performed. Make sure these are able to be executed throughout the routine - you don't want to have messy skills once you get tired! Fitness will help with this.</p> <p>Every movement and skill must be finished cleanly, e.g. feet closing together, pushup getting all the way to the top before continuing.</p>
<p>Junior Secondary Open</p>	<p>Some good use of travel around the stage. Map out your travel and check that you are hitting each part of the stage and that your travel is not just in circles.</p> <p>Judges are looking for vertical levels (things that make your hips/whole body move up or down) and leg levels (kicks, high knees etc).</p> <p>Ensure full range of leg levels are used (high knees etc.).</p>	<p>Lots of nice 8-counts within routines.</p> <p>Make sure you are using these 8 counts to really interpret the song and 'feel' the music. Tell a story with your choreography and performance</p> <p>Make sure that movements are kept big and clear - especially towards the end when starting to get tired.</p>	<p>Skills must be in control and performed safely.</p> <p>Static presses need to be held - go up, <u>hold</u>, come down with <i>control</i>.</p> <p>Ensure flexibility skills are performed correctly (hips square in frontal splits including landings, with back knee tucked under).</p> <p>For all jumps, please make sure hips are elevating as well as the legs, and feet are closing together on landing.</p>

	Keep working fitness so you can maintain quality movement throughout the routine.		
Senior Secondary Open	<p>Great use of travel around the stage. Map out your travel and check that you are hitting each part of the stage and that your travel is not just in circles.</p> <p>Judges are looking for vertical levels (things that make your hips/whole body move up or down) and leg levels (kicks, high knees etc).</p> <p>Keep working fitness so you can maintain quality movement throughout the routine.</p> <p>Listen to the beat of the music and use this throughout. Choreography needs to be in time with the BPM.</p> <p>Make sure arm lines are performed - and right throughout routine.</p>	<p>Timing is very important - are you performing each movement on the beat, or just moving through the music?</p> <p>Ensure that performance and timing doesn't drop when the routine starts to get tiring in the 2nd half.</p>	<p>Skills must be in control and performed safely.</p> <p>Keep working on fitness so that skills are being counted even in the last quarter of the routine.</p> <p>For all jumps, please make sure hips are elevating as well as the legs, and feet are closing together on landing. The shape must be hit at the top of the jump.</p> <p>Static presses need to be held - go up, <u>hold</u>, come down with <i>control</i>.</p>
Adult Open	<p>Some good underlying aerobic choreography. Keep working fitness so you can maintain quality movement throughout the routine (leg / arm tension).</p>	<p>Athletes were looking relaxed and happy on stage - this was so great to see and helped with performance!</p> <p>Keep working with the music track and make sure you are making the most of it (listen for those artistic cues you can use).</p>	<p>Take care with 1Arm push up - watch shoulder / not to twist, and lower to 90.</p> <p>Please make sure that all static holds are held for at least 3 seconds.</p> <p>Keep working on fitness levels for better execution of arm lines as well as leg levels and getting more air under feet, especially in the last quarter of the routine.</p>
Sport Aerobic Teams			

<p>Primary Teams</p>	<p>Good energy with the routines. Make sure knees are high and there is tension in your feet.</p> <p>Aerobic judges want to see air under your feet as you move through your choreography, your hip levels changing, and a variety of leg levels.</p>	<p>How do you use your travel, spacing and choreography to show that this is a team and not an individual routine - outside of just doing head movements to each other?</p> <p>Timing is also important here - all team members must be on the beat of the song and in time with one another.</p>	<p>Only perform skills which all team members can perform.</p> <p>Please ensure that your stomach doesn't touch the ground in push ups.</p> <p>Every movement and skill must be finished cleanly, e.g. feet closing together, pushup getting all the way to the top before continuing.</p>
<p>Intermediate Teams</p>	<p>Stay in time with music and each other.</p> <p>Keep working push up strength and only move to toes if you can perform with a strong core.</p>	<p>How do you use your travel, spacing and choreography to show that this is a team and not an individual routine? You should vary formations and spacing between team members.</p> <p>Mostly great use of travel in the compulsory 32 counts.</p> <p>Try to be creative in your transitions - are the transitions all the same, or is there variety? Aim to do different things when standing up from the ground etc.</p>	<p>Only perform skills which all team members can perform. Skills must be performed in unison.</p> <p>Aerobic armlines and legs must be clearly executed with good control. i.e. tidy and sharp. Arm lines should be clear and not flingy.</p> <p>Please make sure that all compulsories are clear and perfectly executed by all team members.</p>
<p>Secondary Novice Teams</p>	<p>Keep working push up strength (especially core) and leg power so that jumps lift dynamically into the air.</p> <p>Stay in time with the music so that you can stay in time with each other.</p> <p>Make sure the speed of music is appropriate to the team - slowing the music by 2-4bpm may allow the team to show more impact, precision and control of their movement.</p>	<p>How do you use your travel, spacing and choreography to show that this is a team and not an individual routine? You should vary formations and spacing between team members.</p> <p>Overall, really nice use of the music to match choreography.</p> <p>The compulsory 32 counts had great use of the stage, but would be further enhanced if there were more turns as you move.</p>	<p>Only perform skills which all team members can perform. Skills must be performed in unison.</p> <p>Watch the core and range of motion in push ups.</p> <p>All static holds must be held for at least 3 seconds.</p>

<p>Secondary Open Teams</p>	<p>Keep working on fitness to make sure the routine is executed well and intensity is maintained. Keep leg levels and vertical levels throughout.</p> <p>Watch that 'interactions' are not pauses for one person - as this decreases the intensity.</p> <p>Ensure all members can perform the skills chosen.</p> <p>Keep working strength in push ups and power for vertical lift in jumps.</p> <p>Ensure speed of music allows a quality routine (too fast = rushed and unfinished movement).</p>	<p>How do you use your travel, spacing and choreography to show that this is a team and not an individual routine? You should vary formations and spacing between team members.</p> <p>Think of the structure of the music. Does it have lots of highs and lows ie. chorus/verse/bridge et.c, or is it all a constant 'one level'?</p> <p>Most routines had lots of 8 counts which is great. However, consider whether these are being 'performed' and choreographed to fit the music, or are they just being completed?</p>	<p>Only perform skills which all team members can perform. Skills must be performed in unison.</p> <p>Aerobic armlines and legs must be clearly executed with good control. I.e. tidy and sharp, arms lines should be clear and not flingy.</p> <p>For all jumps, please make sure hips are elevating as well as the legs, and feet are closing together on landing. Shape must be hit at the top of the jump.</p> <p>Watch the core and range of motion in push ups</p>
<p>Adult Open Teams</p>	<p>Make sure that when you change formations, each team member is also moving around the stage. Movement of team members adds intensity.</p> <p>Remember to demonstrate vertical levels as well as leg levels, and lots of full 8-counts that are in time with the music.</p>	<p>Timing is really important. All team members must be on the beat of the song and in time with one another.</p> <p>Really clear that both teams were having fun!! This shines through in the artistic performance.</p> <p>Ensure that 8 counts are 'finished' and that each movement is obvious and clean across all members.</p>	<p>Only perform skills which all team members can perform. Skills must be performed in unison.</p> <p>For all jumps, please make sure hips are elevating as well as the legs, and feet are closing together on landing. Shape must be hit at the top of the jump.</p> <p>Watch the core and range of motion in push ups</p>
<p>Fitness Teams ARTISTIC PERFORMANCE TECHNICAL SPECIALIST</p>			
<p>Primary Fitness</p>	<p>Timing (with each other and with the music) is the most important thing to work on. This will come with practise.</p> <p>Keep working on your execution of the</p>	<p>Originality - consider whether the theme/song choice was a 'safe' option, or if it is unique to previous fitness teams over the years.</p>	<p>Drill each block of the routine to ensure clear execution of every team member, i.e; clear armlines, legs, body angles, feet closing together when supposed to.</p>

	<p>choreography.</p> <p>Re-visit the rules with regards to skill elements included in Fitness routines. Routines should not have sport aerobic skills; you could swap some floor skills for interesting transitions to the floor instead.</p> <p>You can bring in more creativity with formations and travel patterns.</p>	<p>The music themes were well interpreted.</p> <p>Presentation - when on the ground, aim to keep presenting and engaging with the audience, rather than looking at the floor.</p> <p>As per the Artistic comments - timing was the most important thing; with each other and with the music.</p>	<p>Try to create bigger movements and less pauses/rests to increase overall energy expenditure.</p> <p>Timing and execution from every team member is very important.</p>
Intermediate Fitness	<p>Work the choreography to enhance the music.</p> <p>Timing (with each other and with the music) is the most important thing to work on. This will come with practise.</p> <p>Try to tidy up formations as well so that the spacing between team members is clear and the shape is precise.</p>	<p>As per the Artistic comments - timing was the most important thing.</p> <p>When teams have larger numbers it is more noticeable when armlines start to get out of sync - practicing these will help improve timing.</p> <p>Some great song choices but the choreography needs to soak up and present the features that the song has to bring.</p>	<p>Work movements to ensure they are executed with precision and control. Try to create bigger movements and less pauses/rests to increase overall energy expenditure.</p> <p>Drill each block of the routine to ensure clear execution of every team member, i.e; clear armlines, legs, body angles, feet closing together when supposed to.</p> <p>Timing and execution from every team member is very important.</p>
Secondary Fitness	<p>Fitness routines are different to sport aerobics routines. Consider revising the rules and description. Fitness does not have the same skill elements as SA routines.</p> <p>Creative choreography that uses the music is really important in Fitness. Listen to the music and interpret where you can.</p> <p>Make sure that when you change</p>	<p>Varied abilities across team members within the teams - make sure the choreography can be executed by all members.</p> <p>Great use of the stage across all the teams.</p> <p>Timing is important - ensure that members are in time with the beat of the song and in time with each other.</p>	<p>Keep working on formations and making sure that you are executing these.</p> <p>Continue drilling each block of the routine to ensure clear execution of every team member, i.e; clear armlines, legs, body angles, feet closing together when supposed to.</p> <p>Try to create bigger movements and less pauses/rests to increase overall</p>

	<p>formations, each team member is also moving around the stage. Movement of team members adds intensity.</p> <p>How often do you vary the vertical levels in the routine? A kick is a leg level, not a vertical level.</p> <p>Be sure to keep armlines throughout the routine. Practice drilling as a team.</p>	<p>Ensure music editing is of a good quality.</p>	<p>energy expenditure. Work on lifting legs up and getting more air under feet throughout the routine.</p>
<p>Adult Fitness</p>	<p>Wherever possible, use controlled attack in movements to make them more aerobic (vs dancey).</p> <p>Good, continuous movement around the stage.</p> <p>Consider bringing in more vertical levels (as a team, and at different times for visual image).</p> <p>Look at the opportunity to do more with the music. Play with the ABBA track more.</p>	<p>Clearly the team was having so much fun - the enjoyment factor was reflected in a happy and engaging performance.</p> <p>Nice use of the stage and travel/formations between team members. Great use of canons.</p>	<p>Loved watching this routine, so much fun.</p> <p>Continue working on formations and making sure these are being executed.</p>