

Feedback for NZCAF Southland Regional Competition

General Competition Feedback

Fantastic to see such high levels of participation across all categories and age divisions. Well done to all athletes (coaches, schools/clubs, and supporters) for your hard work and performances on stage - you should all be very proud!

Listen to the beat of your music; the judges are looking for choreography performed to the music, which means being in time with the beat.

Compulsory Movements: ensure these are completed as per the Technical Regulations. Teams must do the compulsory moves altogether, in unison and facing the same direction. Ensure your Compulsory Push Ups are facing the side of the stage.

Just a reminder there are different options available for elements to ensure athletes can complete the skills safely. Push ups are better done with good quality on the knees rather than on their feet with less quality.

Look to use the full floor area throughout your routine; you can move in different directions, and across the floor in different lines through your travel. For teams, think about using different formations and shapes as you move around each other.

Music selection is an important part of Sport Aerobics - in choosing your next music tracks, be sure to select music that is appropriate for an age division. We are hearing some music tracks with inappropriate lyrics, or are a style/tone that does not reflect the age group of the athlete(s).

Take care with music editing (speed, and sound effects). When the speed of a track is edited, this can impact quality. Music must be of a high quality and an athlete's artistic score can be affected if the quality or editing is poor.

Category	Aerobic	Artistic	Technical
Pre-choreographed			
Pre-chore Primary Individual	<p>Great to see travel in the 32-Count Combination - building intensity (and creativity for Artistic).</p> <p>Make sure that you travel lots during the 32 count, as this increases intensity.</p>	<p>Good to see different directions / orientations. Be careful not to have long periods facing the back.</p> <p>Use the BPM - try not to go through the music.</p> <p>Keep performing to the audience -</p>	<p>In Compulsory Kicks, the legs should be straight and move directly forward (be careful not to "flick").</p> <p>Keep kicks within range of ability - maintain good posture before trying to kick legs higher.</p>

	<p>Take care with timing so as to not have long pauses before/after moves or elements and try to stay on the beat of the music all the time.</p> <p>The Aerobic judge also looks for quality of movement throughout the routine (strong arms, extended legs, pointed toes).</p> <p>Jump as high as you can and get as much air under your feet as you can the rest of the time.</p> <p>Keep those knees up to your chest and kicks nice and high throughout your whole routine.</p>	<p>don't forget to smile.</p>	<p>Don't forget your toes! Some lovely flexibility and extension. Be sure to stretch right through your feet and point your toes.</p> <p>Some well executed movements - quality shown with good form and control.</p> <p>Put those feet together with every movement that you make.</p> <p>Watch the compulsory jacks, that the feet are coming together on all four (4).</p> <p>Your head is heavy, so don't drop it down on the push ups - it's hard to get it back up again.</p> <p>Push ups are better done with good quality on the knees rather than full with less quality.</p>
<p>Pre-chore Intermediate Individual</p>	<p>Ensure that you are in time, and hitting every move on the beat.</p> <p>Keep using your travel across the stage to build intensity. Travel requires more energy expenditure.</p> <p>Judges are looking for impact - they are looking to see air under the feet in your aerobic movements.</p> <p>Maintain aerobic intensity through routine. Building routine fitness will help here.</p> <p>Don't forget to practise your armlines</p>	<p>Some great stage presence shown for this Age Division - well done.</p> <p>Keep working to move in time with the beat of the music.</p>	<p>Be sure to complete the 4th repetition in all Compulsory movements (e.g. close feet together on final Jumping Jack).</p> <p>Your head is heavy, so don't drop it down on the push ups - it's hard to get it back up again.</p> <p>Push ups are better done with good quality on the knees rather than full with less quality.</p> <p>Be careful not to travel during your compulsory kicks. Try and bring the knees up towards the</p>

	<p>in training so they're easier to remember when on stage.</p>		<p>chest when doing a Tuck Jump.</p> <p>Feet together during the 32 count.</p>
<p>Pre-chore Secondary Individual</p>	<p>Some strong performances. Look to build in additional travel to build more intensity into a routine.</p> <p>The quality of movement can be compromised as the body tires - keep working on fitness to maintain energy (and quality) throughout.</p> <p>Use of the stage helps intensity but only if the travel is done with high impact movement.</p> <p>Make sure you use all of the leg levels so judges can see them.</p> <p>If you do better push-ups on your knees then do them - it's better than not so good full push-ups.</p> <p>Ensure that you are in time, and hitting every move on the beat.</p>	<p>Travel is also important artistically. Use a variety of travel patterns and use the entire floor space (be careful not to use just one side of the floor).</p> <p>Great to see some good performances - confidence, the use of expression - which engages the audience.</p> <p>Loved seeing some complex arms in the 32 count!</p>	<p>Look for control / hold in Static Strength elements.</p> <p>Maintain alignment of hips/back/shoulder in Push Ups (both compulsory push ups and additional elements).</p>
<p>Pre-chore Primary Team</p>	<p>The 32-Count should be performed as high impact aerobic movements. Keep this nice and strong, and perform with bounce,</p> <p>Keep working on impact - getting air under the feet while moving around the stage.</p> <p>Travel around the stage can see you rewarded Aerobically, and Artistically, especially if the movement is high</p>	<p>Keep practising together to improve timing - with the music and each other.</p> <p>It's great to see the use of different orientations / directions. Watch periods of facing the back - the audience wants to see your wonderful faces.</p> <p>Make sure that all team members spend time at the front of formations.</p>	<p>Keep legs straight in compulsory kicks and be careful not to "flick" them up.</p> <p>Compulsory pushups must be completed facing the side of the stage.</p> <p>With the 2-Arm Pike (feet on floor), be careful not to lean back and put strain on your back.</p> <p>Putting feet together during the 32 count with every move.</p>

	<p>impact.</p> <p>Maintain being in sync with your team member(s) and in time with the music.</p>	<p>We want to be able to see the whole team.</p>	<p>Work on higher knees - need to be up to your chest.</p>
<p>Pre-chore Intermediate Team</p>	<p>Watch impact of 32 Count - air under feet, high knees, strong movements.</p> <p>Travel around the stage can see you rewarded Aerobically, and Artistically especially if the movement is high impact.</p> <p>Use more travel, formations and swaps to help with intensity. Again, this can also help artistically.</p> <p>Staying in time with the music and each other is essential</p>	<p>Watch spacing as a team - work close together and try not to spend routine apart. The judges love to see a team working together, rather than looking like 2/3/4 individuals on stage.</p> <p>Keep working on timing and synchronicity - great to see some good team work.</p> <p>Inclusion of Arms at optional sections of the routine are acknowledged by the judges.</p>	<p>Ensure all team members do the 32-Count Combination facing the same direction.</p> <p>Look at the extension of the back leg in Split Leap (keep straight).</p> <p>During the push ups make sure that the whole body is in one straight line (neck/head, shoulders, belly, butt).</p> <p>Putting feet together during the 32 count with every move, and throughout the whole routine.</p> <p>Making sure to watch that all compulsory moves are done in time with each other.</p>
<p>Pre-chore Secondary Team</p>	<p>The 32-Count Combination is sometimes performed on the spot. Look at how you can travel around the stage while performing with high energy.</p> <p>Armlines often disappear as energy levels deplete through a routine. keep working on fitness and keep those arms going right until the last count.</p> <p>This level should have lots of swaps and formation changes through-out the entire routine to increase intensity.</p>	<p>Continue to look at and perform to the audience throughout the routine.</p> <p>As a team/pair you can get creative with how you move around each other. Look at how you are spaced and change formations, rather than performing as two individuals on stage.</p> <p>Use the different orientations on the stage - the routine choreography doesn't all have to be facing the front.</p>	<p>Work on push-up strength to perform a Push Up from feet. Keep strength through the core to maintain alignment of hip/back/shoulder (watch arched backs, or bottom in the air).</p> <p>Feet during the compulsory kicks! Making sure they come together between each compulsory kick</p> <p>Higher knees - need to be up to your chest.</p> <p>Check that the same skill move is</p>

			being performed by all athletes at the same time.
Sport Aerobic Individual			
Primary Individual	<p>Great to see some light and bounce in aerobic movements (impact).</p> <p>Maintain use of aerobic movements - some aerobic sequences can become steppy / flat, and lack high impact.</p> <p>The base for the routine is high impact aerobics with skill elements added - make sure the aerobic choreography is spread through the routine and is not skill heavy in places</p>	<p>Song selection is important - use a song that is appropriate for the age of the athlete, and one they enjoy/can perform with.</p> <p>Take care with editing music; when sped up, the music can end up of poor quality.</p> <p>Try and use all areas of the floor space, and not just one side.</p> <p>Keep working to use the beat of the music - this is important for both Artistic and Aerobic judges.</p>	<p>Look to include optional skill elements which can be well executed.</p> <p>Watch the timing of Compulsory Push Ups so they can be correctly executed.</p> <p>Make sure to start Compulsory High Kicks to the side, rather than turning the first kick. Keep hips straight as sometimes we see a twist in the bottom to try and get the leg higher.</p>
Intermediate Individual	<p>Maintain control throughout the 32 Count Combination - looking for Quality of movement.</p> <p>Keep working on fitness to maintain energy throughout the routine.</p> <p>The base for the routine is high impact aerobics with skill elements added - make sure the aerobic choreography is spread through the routine and is not skill heavy in places.</p> <p>Work on core control for this age group.</p>	<p>Some good attack; be sure not to rush through the music (listen to the beat and stay on the beat)..</p> <p>Use the highs and lows of the music - match movements to music to be rewarded Artistically.</p>	<p>Some nice control in static strength elements.</p> <p>The Technical judge acknowledges balance in flexibility (e.g. Right, Left, Straddle - which you can show by a flexibility skill, a jump/leap and even kicks in your aerobic choreography).</p> <p>Take care to complete all push ups - arms must be straight at beginning and end of movement.</p> <p>Watch head alignment too, make sure this is inline with your back.</p>
Secondary Novice	Look at use of aerobic sequences	Work on keeping movements in time	Keep working Push-Up strength and

<p>Individual</p>	<p>throughout a routine, and in between skill and compulsory elements.</p> <p>Keep movement continuous and watch pauses in routine which lower the intensity.</p> <p>The base for the routine is high impact aerobics with skill elements added - make sure the aerobic choreography is spread through the routine and is not skill heavy in places</p> <p>Quality in armlines is important so they can be seen clearly. Keep practising your arms at training.</p>	<p>with the music - use the beat.</p> <p>Take care with editing music; when sped up, the music can end up of poor quality.</p>	<p>watch body alignment throughout.</p> <p>Work on precise, purposeful movement in Compulsory elements. Within the Compulsory 32-Count Combination, this includes both footwork, leglines and the use of armlines.</p>
<p>Junior Secondary Open Novice Individual</p>	<p>The Technical judge will look at overall execution, but quality of movement is also important Aerobically. Maintain quality right through routine. Keeping a strong core will help to strengthen the quality of moves.</p> <p>Some strong starts to routines - good travel and impact. Keep working to continue this right to the last count.</p> <p>The inclusion of additional skill elements can add intensity. However, be sure not to compromise the aerobic sequences just to add more elements.</p> <p>Make sure all of the leg levels are used and shown clearly.</p>	<p>Great to see some performance from athletes in this category.</p> <p>Song selection is important - use a song that is appropriate for the sport and school competition.</p> <p>Take care with editing music; when sped up, the music can end up of poor quality.</p> <p>Use of leg and vertical levels build in variety, creativity and visual image.</p>	<p>Take care in landing Jumps (watch knee alignment to land safely).</p> <p>Look at the limits to the number of skill moves. The skill moves are limited for safety reasons, and to encourage a large amount of aerobic content.</p> <p>For the Compulsory movements, be sure to complete all four repetitions.</p>
<p>Senior Secondary Open Novice Individual</p>	<p>Some good attack in movement; try to maintain energy throughout the routine.</p>	<p>Keep working armlines (e.g. in Jumping Jacks).</p>	<p>Opportunity to enhance execution with the control and completion of movements.</p>

	<p>Good complexity; work to develop quality of movement.</p> <p>Make sure all of the leg levels are used and shown clearly.</p>	<p>Work to stay on beat throughout routine - rushing at times.</p> <p>Use the entire floor area throughout the routine. Move in different patterns (not just straight lines across the stage) to add creativity.</p>	<p>Look to lift hip / leg height in Aerial elements. Jumps and Leaps need to elevate the hips.</p>
<p>Junior Secondary Open</p>	<p>Some good energy and attack in movement.</p> <p>Keep working travel and movement throughout the routine.</p> <p>Make sure all of the leg levels are used and shown clearly.</p> <p>This level requires a good level of fitness to achieve good quality through the entire routine.</p>	<p>Take a look at choreography of sequences in the second half; maintain sequences between elements, and look at intensity in sequences.</p> <p>Some good use of rhythms and tempo changes in choreography (e.g. double counts).</p> <p>Listen to the highs and lows of your music, and match your choreography to this. There may be some rhythms, instrumental sounds, vocals that you could use to enhance the artistic value of the routine.</p>	<p>Watch core, and locking of elbows in Compulsory Push Ups. Pointing toes on all high kicks and hitch kicks will improve execution.</p> <p>Only do skill elements that you can do well.</p> <p>Aim to use different skills from different families. For example, not all split leaps/jumps on the same leg, facing the same direction. Instead, look at straddle, wolf/pike, full turns, combos etc.</p> <p>Try to vary ground skills (statics and push ups), eg, 2 statics, and 2 push skills, instead of 3 statics, and 1 push etc.</p>
<p>Senior Secondary Open</p>	<p>Some good elevation in Aerial and strength in Push Ups to build intensity.</p> <p>It's important to maintain armlines right through the routine.</p> <p>Keep aerobic sequencing moving and travelling throughout the routine; a tendency for movements to get smaller towards the end of the routine.</p>	<p>Work to stay on beat throughout routine - rushing at times.</p> <p>Listen to highs and lows in music, and lyrics. Make the music and movement inseparable.</p> <p>Build creativity in use of tempo and rhythms.</p>	<p>Take care not to include skill elements if they are unable to be correctly executed.</p> <p>Watch alignment in Push Up elements (hips/shoulders/back).</p> <p>Bring up hip/leg height in Cossack movements.</p>

	<p>In conjunction with travel, the Aerobic judge is also looking for impact. Keep air under feet, and attack the movement.</p> <p>This level requires a very good level of fitness to achieve good quality through the entire routine.</p> <p>Only do skill elements that you can do well!</p>		<p>Pointing toes on all high kicks and hitch kicks will improve execution.</p> <p>Aim to use different skills from different families. For example, not all split leaps/jumps on the same leg, facing the same direction. Instead, look at straddle, wolf/pike, full turns, combos etc.</p> <p>Try to vary ground skills (statics and push ups), eg, 2 statics, and 2 push skills, instead of 3 statics, and 1 push etc.</p>
Sport Aerobic Teams			
Primary Teams	<p>Be sure to include a range of aerobic sequences in the 2nd half of the routine. Sometimes we see extended periods of skills and compulsories, and it is important to keep your aerobic sequences going.</p> <p>Keep an eye on pauses as this drops the aerobic intensity.</p> <p>Be careful that the 32 count is done properly, as this is a compulsory element in the routine and is weighed heavily in judging criteria. Making sure all the moves are right, and done on the correct legs (right and left).</p>	<p>Have fun as a team! It is great to see teams having fun with the music, and moving around each other creatively.</p> <p>Really work on maintaining being in sync with your team member(s)</p> <p>Loved seeing cool complex transitions, it added to the intensity and made it fun to watch artistically!</p>	<p>Keep an eye on alignment during push-ups (e.g. hips/back/shoulder/neck).</p> <p>Compulsory Kicks to be completed on the spot - watch travel.</p> <p>Teams will be assessed as a single unit, so team members should show similar strength, flexibility and ability.</p>
Intermediate Teams	<p>Keep working on aerobic fitness to maintain energy throughout the routine.</p> <p>More formations and swaps will help</p>	<p>Keep working on timing - both in time with the music, and with each other.</p> <p>Great to see some big smiles towards the end of the routine.</p>	<p>Keep practising the Compulsory movements to ensure these can be performed well as the body tires through the routine.</p>

	<p>increase the intensity of the routine.</p> <p>Watch the timing for the 32 count.</p>		<p>Watch the timing in compulsory elements - particularly kicks.</p> <p>Keep practising those skills. Remember a skill that is not done properly is a skill that will not be counted. Better to keep simple skills that are done well, rather than harder skills not done as well.</p>
Secondary Teams	<p>Sequencing is important across all criteria. Be sure to include aerobic sequences (of high impact aerobics) between skill elements.</p> <p>Maintain intensity and impact throughout the routine. High fitness levels will allow for good quality of movement.</p> <p>More formations and swaps will help increase the intensity of the routine.</p>	<p>Use of the beat is important Artistically (and Aerobically). Watch times where athletes are rushing through the music, or not using the BPM.</p> <p>Loved seeing some complex transitions!</p>	<p>Check the maximum number of skill elements. You do not need to do the maximum of each skill group.</p> <p>Remember that a skill that is not done properly is a skill that will not be counted. Better to keep simple skills that are done well, rather than harder skills not done as well.</p>
Fitness Teams			
	TECHNICAL SPECIALIST	ARTISTIC	PERFORMANCE
Primary Fitness	<p>Some travel, but continue to use movement across the floor area to increase intensity.</p> <p>Long interactions or periods of dance see a drop in intensity. Keep up the fitness aerobic movements from start to finish.</p> <p>As a team, continue to work on timing to increase overall execution.</p>	<p>As a team, continue to work on timing to improve overall synchronisation.</p> <p>Use the highs, lows and vocals in the music - and have some fun with some sections of your music.</p> <p>Make sure to use the stage! You don't need to face the front the whole routine, mixing it up a bit makes it more interesting to watch.</p>	<p>Don't forget to 'dance' the routine! This is a great time to have fun with your music and your teammates.</p>

	<p>Work on getting some bounce / air under the feet - judges love to see impact!</p> <p>Note that in fitness routines there are no 'skill' moves, so the time that the girls are on the floor doing a skill is taking away from the other fun choreography you could be doing instead.</p>	<p>Try not to repeat moves (such as kick cannons) too many times in the routine. They are great to watch the first time, then gets\ too repetitive the 2nd and 3rd time.</p> <p>Saw great visual images from some teams that made it interesting to watch. Keep those up! We like to see interesting shapes, using levels etc.</p>	
Intermediate Fitness	<p>Clean and clear movements - with both armlines and footwork.</p>	<p>Some good fitness aerobics choreography - both high impact and use of travel and interactions.</p> <p>Keep formations clear and purposeful</p> <p>Could add more fun shapes and formations using levels. Get creative! We love to see creativity during the routine.</p>	<p>Enjoyable to watch - looked like the team were having fun. Be sure to keep faces going throughout the routine (especially towards the end).</p>
Secondary Fitness	<p>Short pauses can create contrast - but be sure to watch for periods where the intensity drops (e.g. slow ground sections, or interactions/supports that take more than 8 cts).</p> <p>Continue to work on armlines, and keep the movements strong and precise. This is more notable in the second half of a routine.</p> <p>Once you have good, clean movements, continue to build complexity with leg and arm lines.</p>	<p>Keep up the travel and formations - this can include movement around the stage, and around each other.</p> <p>At times you may have different team members moving in different ways (e.g. some Left, some Right or Some Up while some are Down).</p> <p>The use of vertical levels can contribute to both your Technical & Artistic scores. Watch out for 8 cts that are 'flat' and at the same level.</p> <p>Great to see creativity with arm and</p>	<p>Connect with your music, and with each other. Enjoy the performance and try to captivate the audience.</p>

	<p>Teams will be judged as a single unit - all team members should perform movements with the same precision.</p> <p>Watch movements that are deemed unacceptable e.g. cartwheels.</p>	<p>leg lines as part of the choreography.</p> <p>Judges will reward routines where the music and movements are inseparable (musical interpretation).</p> <p>Saw some amazing shapes and visual images. Try to keep them nice and tidy to increase the effect. We love to see creativity during the routine.</p> <p>Some teams could make the choreography a bit more interesting! Lots of running on the spot can get repetitive, and is also lower impact.</p> <p>Keep working on synchronicity and timing.</p>	
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