

## WELL BALANCED ROUTINES

**\*\*\*The following recommendations have come from Canada Artistic Swimming and are NOT required in any routines this season.\*\*\***

### L2T Duet & Team Well Balanced Routine Expectations:

- The following list of technical elements has been designated by Canada Artistic Swimming's PLAN 42 working group for L2T Duets and L2T Teams as inclusion by coaches in order to create well balanced routines and a winning style of performance.
- PLAN 42's recommendation to include technical elements is to provide guidance for new coaches (which is often the situation at L2T) as to how to build well balanced routines and aligned with a winning style of performance. It is important to note that the recommendation to not perform any lifts at this stage came from the judges. This recommendation is because the routines are taking too much time for highlight set-ups, which significantly reduces the amount of content of the routine, in their words "this is very little synchro left over".

### FINA DEFINITION:

FLOAT: Two or more swimmers attached to make a surface formation.

### L2T Duet Well Balanced Routine Elements:

#### 9-10:

- 4 Hybrids/ Figures: see above list of basic positions, transitions and figures for 9-10 age categories
- 4-6 Propulsion segments: propeller, front/side flutter kick, R and L eggbeater travel with no arm
- Connected /Joined figure (based off of above list for 9-10)

#### 11-12:

- 6 Hybrids/ Figures: see above list of basic positions, transitions and figures for 11-12 age categories
- 6-8 Propulsion segments: propeller, front/side flutter kick, R and L eggbeater travel with 1 arm
- Connected /Joined figure (based off of above list for 11-12)

### L2T Team Well Balanced Routine Elements & Winning style of performance in a team context:

#### 9-10:

- Covers 1 lap/ 1 minute of routine (corner to corner)
- 6-8 above water Pattern changes: must include 2 lines, 2/2/2/2, and a box or circle
- 4 Hybrids/ Figures: must include a split position and a ballet leg
- 1 eggbeater boost no arms
- 4-6 Propulsion segments: propeller, front/side flutter kick, R and L eggbeater travel with no arm
- Eggbeater no arms height check 5.5 or higher
- Single leg height check 6.5 or higher for dynamic movements, with at least one sustained position

- 1 cadence segment – either in arm segment or a figure
- Highlights: float pattern (no platforms, lifts and throws (stacks included))

**11-12:**

- Covers 1 lap/ 1 minute of routine (corner to corner)
- 8-12 above water Pattern changes: must include 2 lines, 2/2/2/2, and a box or circle
- 6 Hybrids/ Figures: must include a split position and a ballet leg
- 1 eggbeater boost no arms
- 6-8 Propulsion segments: KPK, propeller, front/side flutter kick, R and L eggbeater travel with no arm
- Eggbeater no arms height check 6.5 or higher
- Single leg height check 7.5 or higher for dynamic movements, with at least one sustained position
- 1 cadence segment – either in arm segment or a figure
- Highlights: float, platform or stacked lift, no throws