

Provincial Stream 10 & Under Figures

Why These Six Figures?

Positions are the building blocks for all technical skills in artistic swimming. Three of the selected figures (Ballet Leg Single, Neptunus and Kipnus) showcase some of the most fundamental positions in our sport. All coaches are encouraged to prioritize these basic positions before moving on to teach transitions and full figures.

At various ages, athletes go through sensitive periods of trainability where training a physical capacity is particularly effective. The two main physical capacities that coaches should be focusing on in this age group are: flexibility and segmental speed. Training flexibility will benefit athletes for both the Front Ariana and Surface Prawn whereas training segmental speed will help develop the speed and power for barracuda.

Compulsory

1. **Ballet Leg Single** (DD: 1.6)
2. **Barracuda** (DD: 1.9)

Group 1

1. **Modified Front Ariana** (DD: 2.2)
Starting from 1st split position (left leg preferred): no additional transitions allowed prior to the starting split position. It is preferred that the athlete get into the 1st split from a submerged vertical or an inverted tuck position.
2. **Neptunus** (DD: 1.7)

Group 2

1. **Surface Prawn** (DD: 1.3)
2. **Kipnus** (DD: 1.4)

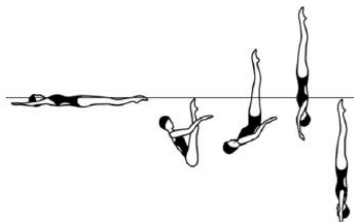
*Degree of Difficulty values expressions are subject to adjustments by FINA.

Compulsory Group

301 BARRACUDA

1.9

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



101 BALLET LEG SINGLE

1.6

A *Ballet Leg* is assumed. The *Ballet Leg* is lowered.



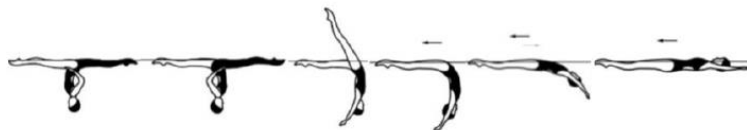
Group 1

3- 359 Front Ariana

DD 2.2

From a

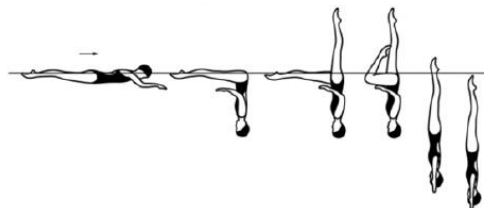
Split Position. Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. A *Walkout Front* is executed.



344 NEPTUNUS

1.7

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.

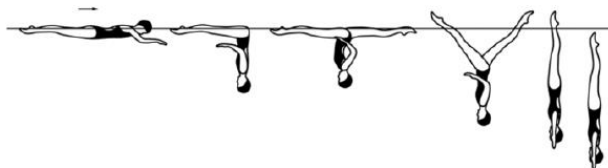


Group 2

362 SURFACE PRAWN

1.3

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.



316 KIPNUS

1.4

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.

