LA84 FESTIVAL - SYNCHRONIZED SWIMMING **DUET/TRIO** 2017

CONTROLLER WORKSHEET **TEAM See Beginner Requirements**

ADVANCED REQUIREMENTS

Draw #	Side flutter on either side, followed by an arm sweep to Figure #349 **Tower**	**Boost** – a rapid, head-first rise with a maximum amount of the body above the surface of the water, with at least one arm out of the water, and is completed upon total submergence – **and Traveling Eggbeater** – must follow immediately after the Boost; travel forward or sideways with at least one arm out of the water for 8 counts	Figure #360 **Front Walkover** followed by Torpedo sculling (arms sculling overhead and moving foot first) for 8 counts and completed with a back tuck somersault	Figure #102 **Ballet Legs, Alternate** while sculling head first (traveling)	Figure #380 **Barracuda, Front Pike Somersault**	Required Strokes: Any two of the three listed strokes must be performed in the routine. The strokes may appear in any order and at any point in the routine. Each stroke must be performed with at least three repetitions with no intervening actions. *The proper kick must be done with the proper arm strokes.* Small additions to the stroke are acceptable; like pauses, with splash, arm bends, wrist movements, etc. The three listed strokes are: a. **BREASTSTROKE**: Head may be in or out. b. **BACKSTROKE**: Stops at top of the arm stroke are allowed. c. **SIDESTROKE**: Head up or down.

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CONTROLLER WORKSHEET

BEGINNER REQUIREMENTS

Draw #	**Boost** – a rapid, head-first rise with a maximum amount of the body above the surface of the water, with at least one arm out of the water, and is completed upon total submergence	Head First Standard Scull in **Back Layout Position** for a minimum count of 8	Figure #310 **Somersault, Back Tuck**	Side flutter on either side, followed by an arm sweep to Figure #320 **Somersault, Front Pike**	Figure #101 **Ballet Leg, Single** while sculling head first (traveling)	Required Strokes: Any two of the three listed strokes must be performed in the routine. The strokes may appear in any order and at any point in the routine. Each stroke must be performed with at least three repetitions with no intervening actions. *The proper kick must be done with the proper arm strokes.* Small additions to the stroke are accpetable; like pauses, with splash, arm bends, wrist movements, etc. The three listed strokes are: a. **BREASTSTROKE**: Head may be in or out. b. **BACKSTROKE**: Stops at top of the arm stroke are allowed. c. **SIDESTROKE**: Head up or down.