



Phase 1 Elements Counts

2018 Junior Provincial Team & 2019 Canada Games Team Trials

Element #1 – Bent Knee Vertical Thrust

Line up left side to Judges

Count 1 Eggbeater
Count 5 Under
Count 1 Body boost to skin height: body vertical
Count 5 Under
Count 1 Tub
Count 5 Extend legs to back pike set up
Counts 3 Break the surface
Count 5 Thrust
Count 6 Hold
Count 7 Bent knee maximum height position
Count 8 Hold
Count 1-2 Spin 180
Count 3 Ankle
Count 5 Under
Count 6 Hold vertical
Count 7 Tuck

Element #2 – Vertical Twist Spin

Line up left side to Judges

Eggbeater
Count 5 Set
Count 1 Body boost to skin height: body vertical
Count 5 Under
Count 1 Tuck

Count 5 Table top position
Count 1 Vertical position
Count 1-8 Half twist
Count 1 Spin 180
Count 3 Spin 180
Count 5 Spin 180
Count 7 Spin 180 Ankle
Count 1 Spin 180
Count 3 Spin 180
Count 5 Hold
Count 7 Tuck

Element #3 - Cyclone

Line up left side to Judges

Count 1-8 Eggbeater
Count 1 Under
Count 5 Set
Count 1 Kick
Count 2 Back lay out position
Count 1 Face under, start dolphin entry
Count 3 Halfway to bent knee arch position
Count 5 Complete bent knee position with right leg bent knee
Count 1 Rapid twirl, left shoulder back to vertical at mid-thigh or higher
Count 5 Open halfway
Count 7 Complete split position
Count 1-4 hold
Count 5 45 degrees
Count 6 Complete knight position
Count 7 45 degrees
Count 8 One foot distance to surface arch
Count 1 Complete surface arch position
Count 2 Hold
Count 3 & 4 Walkout
Count 5 Face dry

Element #4 - Manta Ray Hybrid

Line up left side to judges

Count 1 Eggbeater facing toward judges to start
Count 7 Kick to side flutter
Count 1 Layout position face toward left
Count 5 Layout look up
Count 1 Left leg Bent knee position
Count 3 Left leg Ballet leg position
Count 5 Flamingo Bent knee position
Count 7 Tuck in the tailbone
Count 1 Unroll half way
Count 3 Complete Fishtail position
Count 7 Rapidly join & twirl to vertical position with left shoulder back
Count 3 Bent knee surface arch position
Count 7 Complete surface arch position
Count 1 & 2 Hold
Count 3 & 4 Walkover
Count 5 Face dry

Element #5 - Barracuda Airborne Split

Line up left side to Judges

Count 1-4 Eggbeater
Count 5 Set
Count 1 Body boost to skin height: body vertical
Count 5 Under
Count 1 Tub
Count 5 Extent leg to vertical line in tight pike position with body 45 degrees or less
Count 1 Rise
Count 3 Toes break water
Count 5 Thrust to maximum height
Count 7 Split 180 degrees
Count 8 Join to vertical at suit height
Count 3 Under
Count 4 Hold
Count 5 Tuck