

FINA SYNCHRONISED SWIMMING MANUAL FOR JUDGES COACHES

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How to judge artistic swimming? How is Olympic artistic swimming judged? Artistic swimming routines at the Olympics are judged by two panels of five judges. One panel judges the execution of various elements in a routine, while the other panel scores artistic impression.

What are figures in synchronized swimming? Figures are technical elements competed in the 12-and-under and Youth (13-15) categories. Each age group has a different set of figures attributed to them, including mandatory and optionals. U12 athletes will compete four figures at the competition.

What is the flamingo position in synchronized swimming? Flamingo: One of the swimmer's legs is extended perpendicular to the surface, with the other leg drawn inward to the chest. The mid-calf of the non-vertical leg, foot and knee are parallel to the water's surface.

What is a hybrid in artistic swimming? Hybrid – A hybrid is a sequence of leg movements performed while the swimmer is underwater in a routine. Hybrids, especially long hybrids, require synchronized swimmers to have a high aerobic capacity as well as flexibility, core control, and strength to maintain muscle control throughout the movement.

How do you judge swimming? Stroke Judges walk on the sides of the pool. During backstroke, butterfly and freestyle, be at the 15-meter mark to observe where the swimmer surfaces. Breaststroke and butterfly are best judged by walking abreast or slightly behind the swimmers.

How do you evaluate swimming?

What are synchronized swimmers called? artistic swimming, exhibition swimming in which the movements of one or more swimmers are synchronized with musical accompaniment. The sport developed in the United States in the 1930s. The sport's governing body replaced the name synchronized swimming with artistic swimming in 2017.

What is synchronised swimming now called? Artistic swimming, formerly known as Synchronised swimming, is often described as 'water ballet', because of the dance-like movements swimmers make to music, and its theatrical character.

Can synchronized swimmers touch the floor? Swimmers must perform their routines without touching the floor, using a combination of eggbeater and sculling to move in and out of positions and arm movements. This continual movement builds stamina as athletes engage in a full body workout during every routine.

What is the frog position in swimming?

How do you win in synchronized swimming? After the performance, the swimmers are judged and scored on their performance based on execution, artistic impression, and difficulty. Execution of technical skill, difficulty, patterns, choreography, and synchronization are all critical to achieving a high score.

How do you scull in synchronized swimming?

What is SP3 in swimming? Equates to swimming at race-quality efforts. SP3 (Sprint 3): (Also an anaerobic effort; however, is alactate training, in which CP (creatine phosphate) is the only fuel being used—very little lactic build-up because the repeats are much shorter in length) • This training considered Gold on Urbanchek's scale.

What is a multiclass swimmer? Multi Class swimming refers to the international structure of classifying a competitor according to their ability and therefore providing a fair and even structure for swimmers with disability.

What is Knox artistic swimming? Knoxing is how artistic swimmers create a waterproof hairstyle by using gelatin.

How would you identify a weak swimmer? Weak swimmer They are generally in an inclined position in the water using arms and legs for support. They may be facing a point of safety and attempting to attract attention. They may be able to take clear instructions and the use of an aid in an accompanied or non-contact rescue is suitable.

What do you call someone who doesn't know how to swim? non-swimmer ?nän-swim-m?r. plural nonswimmers. : one who is not a swimmer : someone who lacks the ability or skill to swim.

How can I be a confident swimmer?

Is there strategy in swimming? Swimmers and coaches must work together to craft a strategy suitable to the event and the swimmer's own talents. For some, getting into a rhythm early in a race – taking it out fast – can help a swimmer in the back half. However, a distance swimmer may need to negative split their race to build into their stroke.

How do you track swimming performance? First and foremost, you'll want a swim-friendly watch with GPS capabilities, which will track your strokes, record your pace and count your yardage. This helps you stay on track and consistent with your training. Choosing a watch depends on your training style and end goal.

How do you calculate swimming intensity? Calculating swim TSS The intensity factor for the complete workout is the average pace (69 m/min.) divided by the athlete's functional threshold pace (75 m/min.) or 0.92. To cube IF, multiply it by itself three times (So, in this example, $0.92 \times 0.92 \times 0.92$).

How do you know if you're swimming correctly?

Can artistic swimmers hear the music? Synchronized swimmers can hear the music underwater. The sound is supplied via underwater speakers. Synchronized swimmers do not touch the bottom of the pool during a routine. It is against the rules, and a two-point deduction will be given if they do.

What score do you need to win the artistic swimming Google Doodle? You need at least 13950 score to get the scroll. The highest possible score is 63100, which can be achieved by hitting a perfect on every beat. The game is inspired by many early rhythm games, some notable ones including Dance Dance Revolution and PaRappa the Rapper.

How would you describe a good swimmer? They show commitment, perseverance, courage, humility, accountability and integrity. After pulling aside a couple of swimmers, it was interesting to see how they thought these qualities contributed to their training and overall performance.

From Socrates to Sartre and Beyond: A Philosophical Quest

Question 1: Socrates and the Pursuit of Knowledge

Answer: Socrates, the ancient Greek philosopher, famously declared, "I know that I am ignorant." This paradoxical statement reflects his belief that the pursuit of knowledge is an ongoing process, and that true wisdom lies in recognizing one's own limitations.

Question 2: Plato and the Realm of Ideas

Answer: Plato, Socrates' most famous student, developed the theory of Forms, which posits that there exists a realm of perfect and eternal ideas beyond the physical world. According to Plato, the pursuit of knowledge involves understanding these Forms and aligning one's actions with them.

Question 3: Aristotle and Practical Reason

Answer: Aristotle, Plato's student, emphasized the importance of practical reason in philosophy. He believed that the goal of human existence is eudaimonia, or flourishing, and that this can be achieved through developing virtues and living in accordance with nature.

Question 4: Descartes and the Cogito

Answer: René Descartes, the French philosopher of the 17th century, famously said, "I think, therefore I am." This statement, known as the Cogito, established the

primacy of consciousness and the self as a starting point for philosophical inquiry.

Question 5: Sartre and Existentialism

Answer: Jean-Paul Sartre, the 20th-century French philosopher, developed the philosophy of existentialism, which emphasizes the importance of individual freedom and choice. Sartre argued that humans are essentially free, but also responsible for their actions and the consequences they bring.

The Dead Sea Scrolls Bible: The Oldest Known Bible Translated for the First Time into English

For centuries, scholars have pondered the mysteries hidden within the Dead Sea Scrolls, a collection of ancient texts discovered in the Judean Desert in the 1940s. Among these texts is a partial copy of the Hebrew Bible, known as the Dead Sea Scrolls Bible. Now, for the first time, this ancient script has been translated into English, offering unprecedented insights into the origins and evolution of the sacred text.

What is the Dead Sea Scrolls Bible?

The Dead Sea Scrolls Bible is a collection of Hebrew manuscripts written between the 3rd century BCE and the 1st century CE. These scrolls contain portions of all the books of the Hebrew Bible, except for the Book of Esther. They are significant because they predate the Masoretic Text, which has been the standard Hebrew Bible for centuries.

Why is this translation important?

The English translation of the Dead Sea Scrolls Bible provides scholars and the general public with an opportunity to read the oldest known version of the Bible in their own language. This translation allows for a closer examination of the text's original form and gives insights into the textual variations and interpretations that existed in ancient times.

What are some of the key differences between the Dead Sea Scrolls Bible and the Masoretic Text?

While the Dead Sea Scrolls Bible generally aligns with the Masoretic Text in terms of content, there are some notable differences. For example, the Dead Sea Scrolls include additional passages in the Book of Jeremiah and differ in spelling and punctuation in various places. These variations shed light on the fluidity of the biblical text in ancient times.

How was the translation completed?

The English translation of the Dead Sea Scrolls Bible was a collaborative effort involving scholars from around the world. The team used the latest academic methods and technology to decipher the ancient script and provide an accurate and accessible rendering into English.

What is the significance of this translation?

The English translation of the Dead Sea Scrolls Bible is a major milestone in biblical scholarship. It allows for a deeper understanding of the development of the Bible and its influence on subsequent religious traditions. This translation will undoubtedly fuel further research and shed new light on the history and interpretation of this sacred text.

What age is the first term at Malory Towers appropriate for?

What happens in the first term at Malory Towers? Gwendoline becomes increasingly envious of Darrell's growing popularity and decides to ruin her reputation. She destroys Mary-Lou's favourite pen and smears ink on Darrell's shoes to frame her. Darrell's denials are not believed by most of the other first-formers, who recall her fierce temper.

What is the first term at Malory Towers Blurb? For an archetypal school story, take the following: a heroine starting her first term at boarding school, wavering between fear and excitement; her classmates - some good, some not so good, some yet to reveal their real personalities; a school in a magical setting; its teachers - loved, mocked, respected or feared.

What is the sequence of Malory Towers?

Is Malory Towers suitable for 8 year olds? Malory Towers Collection By Enid Blyton 4 Books 12 Story - Ages 8-11 - Paperback.

Is there any romance in Malory Towers? Later on in the series, Ron and Gwendoline kiss, spotted by Mary-Lou. Their relationship is quite close after that treasuring moment. He loves Gwen.

Who is the disfigured girl in Malory Towers? The recent CBBC adaptation of Malory Towers featured a young actor with a visible difference, Beth Bradfield, in the main cast.

What is the moral of Malory Towers? In Malory Towers, Enid Blyton beautifully illustrates the importance of friendship and loyalty in shaping a person's character. The deep bonds formed between the girls at Malory Towers serve as a source of strength, support, and comfort during both joyful and challenging times.

Is Malory Towers based on a true story? Fatty says: Malory Towers is a fictional school. However, many think the illustrations and the school description could be based on Lulworth Castle, Dorset. Google it and see what you think. June 26, 2013 – Jeni says: I googled it, Fatty.

What age group is Malory Towers aimed at? Malory Towers 12 Book Collection Set By Enid Blyton - Ages 9-14 - Paperback.

What is a famous quote from Malory Towers? You can't possibly do anything if you think you can't. But you can do impossible things sometimes if you think you can.

What school inspired Malory Towers? Its source text, Enid Blyton's First Term at Malory Towers (1946), was the first in a series of six, and very much a product of its time. The clifftop setting was inspired by Benenden School, which Blyton's daughters attended, and which temporarily relocated from Kent to a hotel in Cornwall during the Blitz.

What happened to Sally in Malory Towers season 1? Later on, after Malory Towers, Sally goes to University with Darrell, Betty and Alicia. Whilst there she trains to become a primary school teacher.

Why is Emily not in series 2 of Malory Towers? After Margaret got surgery and became Matron of one of the other Towers, Emily might have switched to that Tower which may explain why she wasn't in series 2.

What happens in last term at Malory Towers? In her final year, Darrell returns to Malory Towers for her final term. She is now Head Girl at the school. After taking the new girls to Miss Grayling's study, the two agree that the only real failure in Darrell's year is Gwendoline. Darrell undertakes to do what she can to set her on a more positive path.

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