

Routine Set Test 5-6
New version for the season 2017-2018 (the new parts are red)

Beginning of the music: slow counts for 4x8 + 1-4

Deck:

1-4 Wait in position
5 Arms down
6 Arms side
7 Arms up, 8 hold
1 Right arm down, 2 hold
3 Left arm down, 4 hold
5 Dive in

6-8 + 1-8 swim under water

Element 1 (Body Boost)

1-4 prepare Body Boost
5 Body boost
6 Arms up vertical
7-8 Vertical descent to the wrists

1-4 prepare for Eggbeater
5 Surface in Eggbeat

Change of music, fast counts

1 Kick in Side Flutterkick; 2-4 Side Flutterkick
5 Back stroke with right arm till above the head, keep left arm above the head
1-4 Back layout position with arms over head

Element 2 (FINA Technical Element #3 of the Junior Team Routine)

5 Head under start of Nova, 6-8 arch
1-5 bent right leg to Bent Knee Surface Arch Position
6-8 Keep bent knee surface arch position
1 half twist to vertical position 2-4 hold
5-1 open the legs to Split Position 2-4 hold
5-3 walkout to Arch position 4 hold
4-8 Arch to back Layout, 1-8 hold the back Layout Position

1 Tuck position

5 Straighten right leg to vertical, hold left leg with shin at the surface; 6 hold
7 Straighten left leg to vertical, 8 hold in vertical
1 Lower left leg to table top position, 2 hold
3 Lower right leg to table top position, 4 hold
5 Straighten right leg to vertical, hold left leg with shin at the surface, 6 hold
7 Straighten left leg to vertical, 8 hold in vertical
1 Put legs down at the surface; left leg straight to the side and right leg bent with knee to the chest, 2-3 Tuck under water
5 Surface, 6 hold

7 Bent arms, fists to the shoulders, 8 hold
1 Bring arms up straight, 2 hold
3 Bent right arm in 45° above the head- left arm diagonal to the side turning ¼ to the left side, 4 hold
5 Repeat with left arm turning 1/8 to the left side, 6 hold
7 Repeat with right arm turning 1/8 to the left side, 8 hold
1 Stretch right arm (V-position with both arms), 2 hold
3 Take both arms down elbows to the side, 4 hold , 4 Kick on the back, 6-8 hold
1-8 Hold back layout position sculling headfirst
1 Right Ballet leg through bent knee to diagonal position Head to the left in this movement, 2 hold
3 Lower right leg straight to the surface, 4 hold
5 Turn on right side with side kick, stretch right arm out over right leg, 6-8 hold

Element 3 (Starting in a Front Pike Position, the legs are lifted to a Vertical Position. A Twist Spin 720°/1440° is executed)

1 Bring right arm to the front into front layout position, 2-4 hold
5-8 Pull down into front pike position
1-8 Execute Porpoise to vertical position

Test 5

2x8 Full Twist in vertical position
1-2 1/2 spin
3-4 1/2 spin
5-6 1/2 spin
7-8 1/2 spin (reach the heels)
1-2 1/2 spin
3-4 1/2 spin (underwater)

Test 6

2x8 Full Twist in vertical position
1-2 1/2 spin
3-4 1/2 spin
5-6 1/2 spin
7-8 1/2 spin (reach the heels)
1-2 1/2 spin
3-4 1/2 spin
5-6 1/2 spin
7-8 1/2 spin (underwater)

1-8+1-4 tuck and come up
5 Body boost 6 hold
7 two arms up 8 hold
1-4 vertical descent
5-4 Prepare for a second body boost
5 Body boost 6 hold
7 two arms up 8 hold
1-4 vertical descent, 5-8 + 1-8 prepare Barracuda

Test 5

Element 4 (FINA Technical Element #1 of the Junior Team Routine)

1 Barracuda
3 Bent Knee Vertical Position
5 Spin 180 to vertical position
7 Vertical descent

Test 6

Element 4 (FINA Technical Element #2 of the Elite Duet Routine)

1 Barracuda
3 Flying fish
5 Vertical
7 Vertical descent