



Pansy Forbes 1 Routine Incentive Award



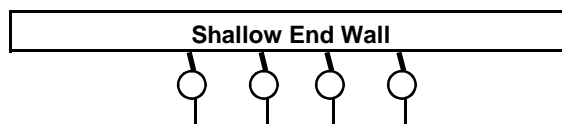
INSTRUCTOR SHEET

www.synchroontario.com

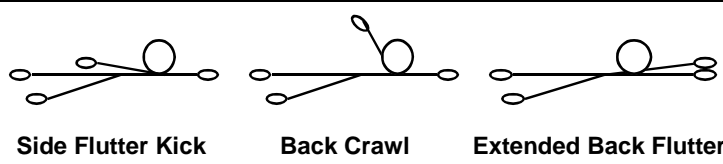
- * Skills are from Trillium Awards 1 and 2
- * Swimmers should move down the pool, 1/2-3/4 of a length should be completed

- * Minimum of 2 swimmers required for routine
- * Continue routine and add artistic ideas!
- * Pick music of your own choice to swim to!

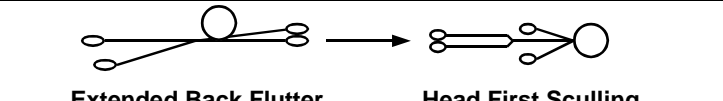
START: **Deckwork is optional.* Have swimmers line up in a straight row facing the same way along the side of shallow end wall with one hand on ledge, and the other arm extended on the surface of the water beside them



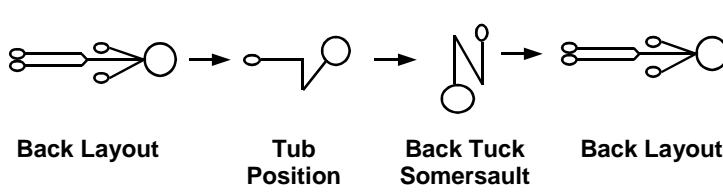
- Side Flutter to Back Crawl to Extended Back Flutter**
- From wall start **side flutter** kick for 8 counts
 - Bring arm that is along body up and complete 4 **Back Crawl** strokes (2 right and 2 left)
 - Join hands and **Extended Back Flutter** for 8 counts



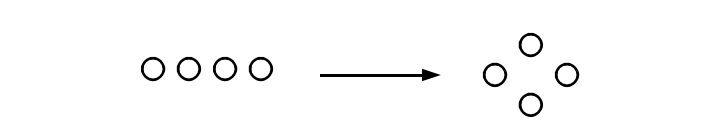
- Extended Back Flutter to Head First Sculling**
- From back flutter pull arms down beside body and **Head First Scull** for 8 counts



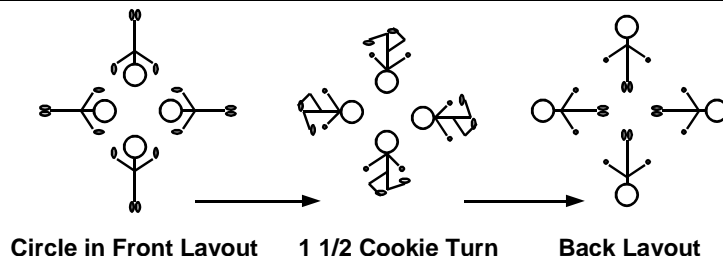
- Back Layout to Tub Turn & Back Tuck Somersault**
- After head first sculling stop in a back layout
 - Pull legs up into a tub position and complete one full **Tub Turn** in the direction of your choice
 - After completing the tub turn, execute a **Back Tuck Somersault**, and return to a back layout position



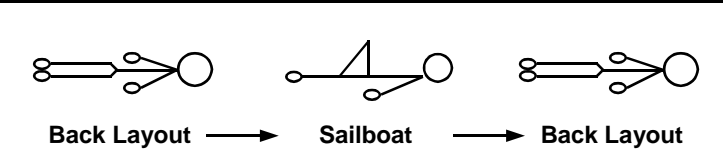
- Back Layout to Front Crawl & New Pattern**
- From back layout kick up right leg and sit up
 - **Front Crawl** into a circle pattern with swimmers facing into the circle



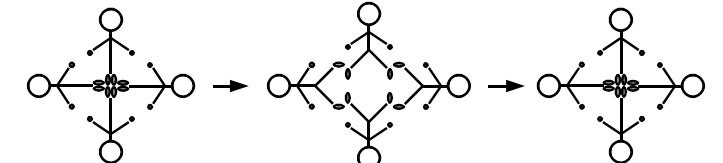
- Front Layout to Cookie Turn and Back Layout**
- When swimmers form the circle - layout into a **Front Layout Position** (heads in the middle of the circle)
 - Flip over into a back layout
 - Pull legs up into a **Cookie Turn Position** and complete 1 1/2 turns
 - Return to a back layout position with feet pointing into the circle



- Sailboat Alternate**
- From back layout (still in the circle) bring the right leg into a **Sailboat Position**, hold for 2 counts, return to a back layout, bring left leg into a sailboat position, hold for 2 counts, and return to a back layout



- Float Pattern**
- **Foot First Scull** so all toes are touching in the middle of the circle
 - Open legs to form a "Star" float pattern
 - Close legs back to a back layout position



FINISH: Pull legs into a tub position, and kick feet to create splash and a grand finale!
* **Continue the routine if you have more ideas, create new moves and add artistic ideas!**

