



Pansy Forbes 2 Routine Incentive Award INSTRUCTOR SHEET



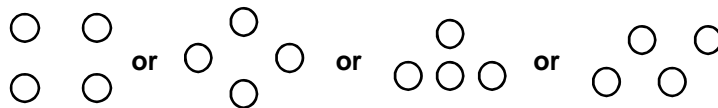
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- * Skills are from Trillium Awards 3 and 4
- * Swimmers should move down the pool, 3/4 to 1 length should be completed

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

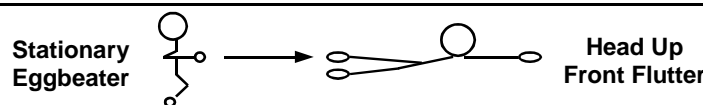
DECKWORK: Begin on deck at edge of pool and create a maximum of 10 seconds of deckwork. Enter the water by jumping or diving (if in deep water) and begin the routine in a first pattern of your choice.

START: Have all swimmers line up in a pattern of your choice facing forward in eggbeater - Hold **Eggbeater** for 8 counts once the music starts.



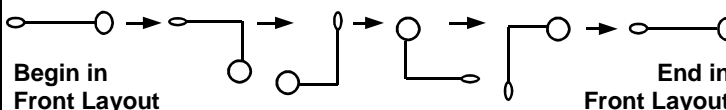
Eggbeater to Front Flutter

- From eggbeater lean forward and **Front Flutter** with head up for 8 counts.



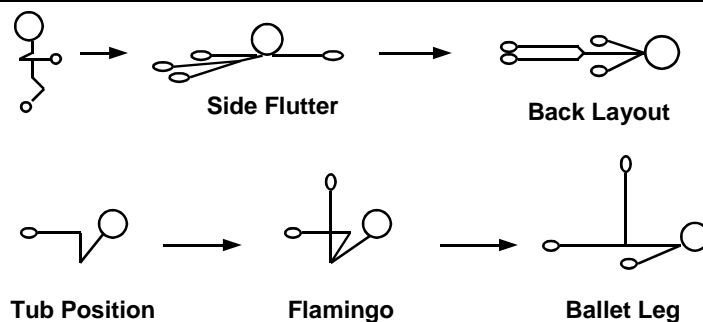
Front Pike Somersault

- From front flutter, stop kicking, place face in water and complete a **Front Pike Somersault**, returning to a front layout after completing the somersault.



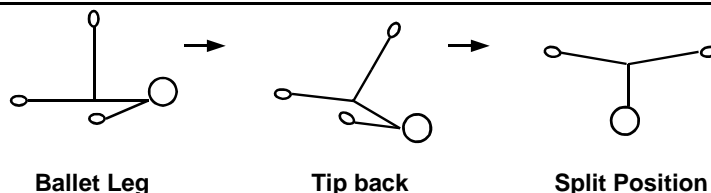
Side Flutter to Flamingo and Ballet Leg

- From front layout sit up into stationary eggbeater facing forward, and eggbeater for 8 counts
- From eggbeater lean to side and side flutter for 8 counts
- From side flutter turn onto back and hold back layout position for 4 counts
- Bring legs into a tub position, and then lift right leg into a **Flamingo position**
- Push left leg out to execute a **Ballet Leg Position**



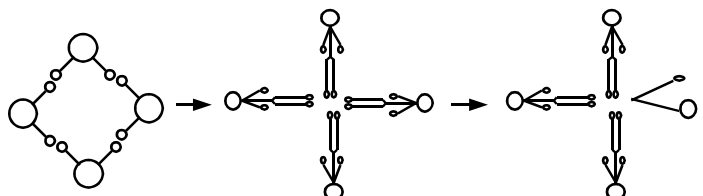
Ballet Leg tip back and Split Position

- From ballet leg let your position tip back so right foot meets the surface of the water, and the left foot stays on surface to assume a **Split Position**
- Bend legs in and tuck out of split position and come up from under the water



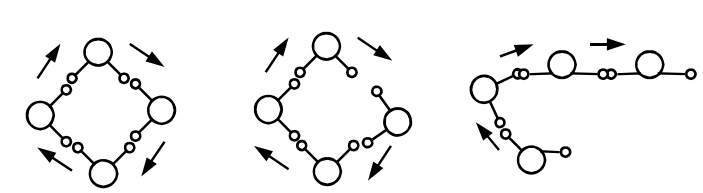
Circle pattern and Back Pike Somersault

- Swim into a circle pattern facing into the circle
- Join hands to show the circle pattern
- Lay back into a back layout position with feet dry
- One at a time start a **Back Pike Somersault** going around the circle (domino effect)



Circle to line pattern change

- Sit up from back layout into eggbeater once all swimmers have completed back pike somersaults
- Join hands in circle
- Side flutter (still joined) to turn the circle
- Break off and move the circle to a line



FINISH: Sit up in a straight line in eggbeater and finish with a pose of your choice.

- * Continue the routine if you have more ideas, create new moves and add artistic ideas!

