



Solo Pin Award

INSTRUCTOR SHEET



The solo pin award may be achieved by an individual swimmer wishing to challenge the skills learned in Trilliums 1-6.

Criteria:

- Must be performed to a piece of music of your choice
- Include deckwork - 10 second maximum
- Solo must complete at least one length of the pool
- Solo may be a maximum of 2 minutes long
- Swimmer must complete the skills listed below and in the order listed from 1-10

The swimmer is to create the movements and transitions to move from skill to skill. Use the skills learned from Trilliums 1-6 to assist in completing the routine. Try and create new movements and have fun creating the solo!

Skill	Description
1. Eggbeater Boost	Boost up out of water with body erect to height at waist or higher. Control the descent until head is underwater.
2. Forward Eggbeater	Shoulders at surface with body upright. Move in forward for 8 counts of the music.
3. Back Layout to Inverted Tuck	From a back layout (face, chest, and feet at surface) legs are drawn in to body along surface with shins close to the surface. Hips are the pivot point, as knees come to chin and Inverted Tuck Position is assumed. Compact tuck with shins close to vertical line and buttocks at the surface.
4. Kipnus	From Inverted Tuck Position legs are extended to a Bent Knee Vertical. The bent knee is extended to join vertical leg before feet submerge.
5. Side Eggbeater	Shoulders at surface, body upright and arms at surface. Move in one direction for 8 counts of the music.
6. Kick-Pull-Kick	Body upright. Arms alternate, one forward, one back with each kick. Complete 4 Kick-Pull-Kicks (2 right, 2 left).
7. Front Pike Pulldown to Crane Position	Front layout on surface, legs and buttocks dry and stable. Forward movement with hips replacing head. 90 degree pike position established and held. Lift one leg to assume a Crane Position. Crane Position at 90 degrees. Raised leg and body vertical.
8. Join to Vertical from Crane Position and Sink	Lift horizontal leg in Crane Position, keeping it straight, to join vertical leg and assume a Vertical Position. Sink underwater in Vertical Position maintaining vertical line.
9. Head Up Breast Stroke	Chin at surface. Accurate arm and leg movements: pull, kick and glide. Travel in straight line. Complete 4 breast strokes.
10. Ballet Leg Single	From a back layout (face, chest, and feet at surface) toe moves along the inside of extended leg. Assume a Sailboat Position. Foot of extended leg remains close to surface as bent leg lifts to assume a Ballet Leg Position.