

TWISTING PRESENTATION

Date: March 25, 2004

Coach: Mitch Geller, National Team Head Coach

Present: Evelyne Boisvert, Bev Boys, Nancy Brawley, Barb Bush, Linda Cuthbert, Taunya Hayley, Lily Leblanc, Tim Marks, Gord Peterson, Heather Turner

Philosophy of Judging

Role of judge differs in different levels of competitions:

1. Domestic – integration with coaching priorities; to reinforce and evaluate the technical objectives (techniques required for performance later on)
2. National – familiar with international diving because responsible for identifying best athletes to represent the country
3. International – support, influence and presence regarding where the sport is going in addition to knowledgeable judging

There was discussion on the path for international development. One suggestion was to have a junior international roster in which national roster judges would be permitted to judge. An illustration was provided that there were 46 judges at World Cup and only 18 were selected to judge at the Olympics and some countries were surprised not to be selected (such as Germany).

Twisting

Twisting dives are visually very complicated.

Diving has moved to multiple twists with multiple somersaults. Some difficulties where divers are not finishing their twists early enough (i.e. in 5152, divers don't come out early enough to get the twist going and be able to pike down to finish the dive). It is important to finish the twist prior to concluding the applicable somersault.

If can't get into the twist soon enough or twist too slow.

With multiple s.s. and multiple twists, wobbly s.s means the diver is still twisting and then a good possibility the diver will start to twist again when the diver comes out.

To initiate twist, diver has to get "tilted" in order to get twist started. Whatever is used to start the twist, the reverse must be done to stop it. Where there is more action coming out of a dive than initiating a twist, the result is the diver actually undertwists because it causes them to twist back from the way they started.

The easiest to keep square is a twist that starts later on. Example 5154D unless too late checking out.

When twisting backward, generally have to jump in the direction of the twist. Often, divers jump in the opposite direction and that can cause wobble in the twist.

Armstand twisters – can twist off the tower which makes it difficult to stop the dive or the twist. Need to understand the kip for a back armstand – best start is using a cut-thru. When do you arch – may be better to start before start to fall.

Armstand front twisters are too much work for a dive that doesn't look all that difficult – so divers don't get the credit for a difficult dive such as 6142 because it looks like 5132.

Inadvertent twists on dives are not penalized that much internationally.

Suggestions for Future Topics

Mitch would like to talk about compulsory dives (i.e. 201B or 301B) at a later date. There seems to be a lack of appreciation for the nuances that make compulsories good.