

Neptunus

FRONT LAYOUT

- Design: 1) Alignment
-shoulders, hips and ankles on a horizontal line
-head optional, ears included on horizontal line if face is in the water
- 2) Extension
-from the shoulders through the trunk, hips, legs and feet Exception - from the head if face is in the water
- Control: 1) Water line
-upper back, buttocks, and heels at the surface

Common Errors:

1. Buttocks submerged
2. Heels submerged
- 3.

9.5 FRONT LAYOUT TO SURFACE FRONT PIKE

*Front Layout

- Design: 1) Alignment
Of Static Parts
Not applicable
Of Parts in Motion
-head moves vertically downward from the horizontal line at the surface to a vertical line
-trunk moves from a horizontal line at the surface to a vertical line
-hips, legs, and feet move at the surface horizontally until the hips occupy the original position of the head at the start of the action
- Control: 1) Water line
-buttocks, legs, and heels remain at the surface
- 2) Travel
-hips move horizontally to the position originally occupied by the head
-head moves vertically downward

*Surface Front Pike

Common Errors

1. Feet submerged
2. Hips submerged
3. Excessive or insufficient travel~ of hips - do not replace head
4. Head/trunk alignment errors (shoulders/back rounded, head forward)
5. Trunk under/over piked

FRONT PIKE

- Design: 1) Alignment
-heels, thighs, and buttocks on a line
-head and trunk on a line
-hips bent to form a 90 degree angle between the legs and the head and trunk
- 2) Extension
-from the head, through the trunk, to the hips
-from the hips, through the legs and feet

Common Errors:

1. Overpike
2. Rounded back
3. Head out of line

SURFACE

- Design: 1) Alignment
-heels, thighs, and buttocks on a horizontal line
-head, trunk and hips on a vertical line, head downward
- 2) Extension
-from the head, through the trunk, to the hips --from the hips, through the legs and feet
- Control: 1) Water line
-heels, thighs and buttocks at the surface

Common Errors:

1. Overpike
2. Rounded back
3. Head out of line

2.1 SURFACE FRONT PIKE TO CRANE

***Surface Front Pike**

- Design: 1) Alignment
Of Static Parts
-back of thigh and heel of one leg on a horizontal line at surface
-head, trunk and hips on a vertical line
Of Parts in Motion
-one leg moves upward through a 90 degree arc to a vertical line
- Control: 1) Water line
-hips and horizontal leg as close to the surface as possible

***Crane**

Common Errors

1. Foot of horizontal leg too high
2. Overpiked or pulling hips down to start lift
3. Travel foot first at start, backward at completion
4. Vertical alignment errors (tilted, piked, shoulders out)

CRANE

- Design: 1) Alignment
-head, trunk, hips and one leg on a vertical line, head downward
-back of thigh and heel of other leg on a horizontal line
- 2) Extension
-from the head, through the trunk, hips, vertical leg and foot
-from the hip through the leg and foot of the horizontal leg
- Control: 1) Water line
-hips as close to surface as possible

Common Errors:

1. Hips piked
2. Head out of line
3. Horizontal leg not parallel to surface
4. Low water level

2.15 CRANE TO VERTICAL BENT KNEE (NEPTUNUS)

*Crane

- Design: 1) Alignment
Of Static Parts
-head, shoulders, hips, and one leg on a vertical line
-back of one thigh on a horizontal line
Of Parts in Motion
-foot of horizontal leg moves upward to position its toe at the inside of the vertical leg at the knee or thigh
- Control: 1) Water line
-hips as close to the surface as possible

*Vertical Bent Knee

Common Errors

1. Vertical alignment errors (tilted, piked, shoulders out of line)
2. Travel

BENT KNEE

Bent Knee (Vertical)

- Design: 1) Alignment
-head, trunk, hips, and extended leg on a vertical line, head downward
-the toe of the bent leg in contact with the inside of extended leg at the knee or thigh
- 2) Extension
-from the head through the trunk, hips, the straight leg and foot
-through the ankle and foot of the bent leg

Common Errors:

1. Hips piked
2. Head out of line
3. Arch in back
4. Low water level

6.8 VERTICAL: BENT KNEE TO SUBMERGED VERTICAL

*Vertical Bent Knee

- Design: 1) Alignment
Of Static Parts
_Not applicable
Of Parts in Motion
-head, trunk, hips, and extended leg on a vertical line
-toe of the bent leg at the knee or thigh of vertical leg
-the bent leg extends to vertical alongside the vertical leg
-the toe of the extending leg slides along the inside of the vertical leg
- Control: 1) Water lines
-hips as close to the surface as possible at start
-the knee extension is completed as the ankles submerge
-toe submerged at completion of decent
- 2) Timing
-descent and extension of the knee start simultaneously
-knee extension is completed simultaneously as the ankles submerge
-decent continues until the toes are submerged
-uniform and continuous descent from knee extension to submergence of toes

*Submerged Vertical

Common Errors

1. Vertical alignment errors (tilted, piked, shoulders out of line)
2. Uneven descent
-descent stops at end of extension then continues
-slow or minimal descent followed by rapid drop
-water level below ankles before extension is completed
3. Join completed too late or too early
4. Foot of bent leg remains in water or lifted too high above surface during join
5. Travel

VERTICAL

- Design: 1) Alignment
-ears, hips, and ankles on a vertical line, head downward
- 2) Extension
-from the head, through the trunk, hips, legs and feet
- Control: 1) Waterline
-subject to figure specifications

Common Errors:

1. Hips piked
2. Head out of line
3. Low water level