

Report Selection Competition Comen Cup 2009.

During last weekend June 13th were take place Youth National Team Selection Competition in Lausanne for the Youth Team (Jugendkader)2009-2010 and Comen.Team 2009.

Participated 60 Athletes from all over the Switzerland, from different clubs as as the girls from Limmat nixen.

(De Valliere Nathalie,Krismer Tanja,Ruckstuhl Simone,Umicevic Mina)

Athletes were perform Figure (Youth 2.figures), Routine (Routine Test 12), Flexibility (Right, Left and Site Over splits with the feet on two elevated platforms. Athletes had to demonstrate the Arch Position as well.

Athletes began with Figure competitions. Limmat-nixen girls did very good job in two first figures. The second and third figures were good. Figure Testing will be count as 35% from overall score.

After the Figure competitions was following the Routine competitions. Girls were performing test 12 routine. Simon was not lucky with start number and she began the competition as number one. It turned out as disadvantage and she got low point even if she swam well. Tanja swam 2nd last what was bit disadvantage for her as she was bid tired what I saw at the end of her routine when she was a bit lower in the last part. All the girls swam the solo routine technically well. Routine Test will be count as 20% from overall score.

During the Routine competitions girls did also the Flexibility test. Best girl in flexibility was Mina. She was great in splits positions as well in arch position. Flexibility Test will be count as 25% from overall score.

The Figures result of the JSM Youth 2 2009 will be count as 20% from overall score.

Lucia Allarova