

## 7 S's

# SYNCHRONIZED SWIMMING SKILLS: SCULLING, STROKES, STUNTS, & SMILING

(Can you spell them all? Can you do them all?)

th

### SCULLING

- on back (supine) - stationary
  - head first (h-f)
  - foot first (f-f)
  - pivoting
  - torpedo (overhead)
- on front (prone) - stationary
  - head first (h-f)
  - foot first (f-f)
  - pivoting
  - canoe (out in front)
  - barrel

### STROKES

- Front Crawl with head up (F)
    - straight arm
    - bent arm
    - tap, tap, tap
    - swish to F

F,B,F

  - waving
- Back Crawl (B)
  - straight arm
  - bent arm
  - tap, tap, tap
  - swish out to in

in to out
- Corkscrew (F & B combination)
  - Evens: 2,2; 4,4; ...
  - Odds: 1,1; 3,3; ...
- Breast with head up
  - regular
  - dolphin little
  - dolphin big, waterfall
  - splash & pull
  - splash all the way out
  - raindrops
- Side - regular
  - overarm
  - dolphin overarm
- Elementary Back
- HYBRID - any combination
  - Standard = Breast, Side,B,F
- Underwater swimming
- TANDEM SWIMMING
  - Chase
  - Side-by-side

### STUNTS - solo

- ENTRANCES: dive, jump, slide, ...
- TUB(T)
- TUB TURN (TT)
  - TT w/kicking
  - TT w/lifts
- WATER WHEEL (WW)
  - walking water wheel (WWW)
  - WWW w/lifts or kicks
- PINWHEEL (PW) Closed
  - Open
- TUCK SOMERSAULT - Front
  - Back
- KIP (BT extension)
- KIP SPLIT
- KIP 1/2 Twist or Spin
- PIKE SOMERSAULT, Open - front
  - back
- Closed - front
  - back
- ARTICHOKE
- BARRACUDA (BP extension)
- OYSTER/Clam/Cell Phone
  - SPLIT OYSTER
- DOLPHIN (D), plain
  - 1/2 TWIST
  - Eight (∞)
  - Foot First
  - Bent Knee
  - Ballet Leg
- SURFACE DIVE/PORPOISE
  - Tuck (FT extension)
  - Pike (FP extension)
  - Fishtail
  - Kicking
- JUMP-OVER - Pike
- WALK-OVER, frontwards
  - backwards
- BALLET LEGS (BL) - alternating R, L
  - Double
- MARCH (MBL)
  - Roll
  - Marlin
  - Turning
- SUBMARINE
  - SOMERSUB
- CATALINA
  - SUBALINA
  - SUBILARC

- EIFFEL TOWER
  - EIFFEL WALK
  - FLOWERPOT
- ROLL/Log Roll
- MARLIN (1 = set of 4)
  - Windmill
  - Splashing w/kicks
  - 2 arms together swishing
- SHARK (various top arm positions)
  - Rainbow (swish, in water)
  - Jaws (bent elbow)
  - straight arm up
  - waving, "shaka", ...
- S-Sharks
- Shark Eight (∞)
- SWORDFISH
  - (stationary / Rocking Horse)
  - STAG/bent knee
  - straight leg
- CHINESE SPLIT w/1/2 Twist
  - w/BTSomersault

### STUNTS w/multiple swimmers

- PEEL-OFF = one @ a time & in order
- CHAIN DOLPHIN - hook @ neck
  - hook @ waist
- Eight (∞)
- FERRIS WHEEL (connected)
  - fleur-de-lis (rise in center)
  - Foot to Foot
- CHAIN ROLL
- FLOATS - Raft, Accordion, Fan
  - Star
- MONKEY ROLLS in circle
- PLANKS - (head to feet)
  - spin, plank / plank, spin
  - puller splits & pulls
  - sandwich
  - (head to head)
- SANDWICH Plank
- THREAD THE NEEDLE, w/BL
  - w/Torpedo
- CIRCLE SHARK
  - WW or SHARK around partner
  - "S" (1/2 WW)
- LIFTS & THROWS
- ENTRANCES: jump, dive, slide

**SMILE SMILE SMILE SMILE SMILE SMILE SMILE SMILE SMILE SMILE SMILE**

## MERMAIDS HAWAII

410 Magellan Avenue, #1003, Honolulu, HI 96813-1857, 808-864-8122, email: mermaidshi@aol.com 81816