

7 Ss

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

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

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 (hands 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 & then pull
 - splash all the way out
 - raindrops
- Side - regular
 - overarm
 - dolphin overarm
- Elementary Back
- HYBRID** - any combination
 - Standard = Breast, Side, B, F
 - for specific routines
- Underwater swimming
- TANDEM SWIMMING**
 - Chase
 - Side-by-side
 - Plain strokes: F, B, ...
 - Rolling F, B, F, B, ...
- HYBRIDS
- More than 2...

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**
 - SPLIT OYSTER
 - Kicking whole time
 - Open & Close
- DOLPHIN (D)**, plain
 - 1/2 TWIST
 - Eight (∞)
 - Foot First
 - Bent Knee
 - Ballet Leg
- SURFACE DIVE (SD)/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: R, L, Double
- SOMERSUB: R, L, Double
- 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
-  **MERMAIDING**    
 - MONOFIN; body skin with fin**
 - dolphin kick**
 - over & under barrels**
 - somersaults, marlins, dolphins, ...**

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