

8 Ss

SYNCHRONIZED SWIMMING SKILLS: SCULLING, STROKES, STUNTS, SUCCESS, & 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/hoops*
- somersaults, marlins, dolphins, ...*

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