**Judges Event Feedback Form**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** Nathan Gostin | **Comp:** Judges Cup (Roswell) | **Date(s):** 11/12/17 | **Event:** VT |

|  |
| --- |
| **Highlights:**  LV 4: Most guys stick. Obviously this is good.  LV 5: Most stick.  LV 6: Runs definitely show improvement over level 5, acceleration through the board fairly prominent. |

|  |
| --- |
| **Typical Deductions:**  LV 4: Arms MUST come up in straight jump. Archiness in flight. General form deductions.  LV 5: Arms MUST grab legs. Almost everyone hits board with feet behind, and has much too far of a travel and not enough height.  LV 6: Position on table often archy with closed shoulders.  LV 7: Similar to lv 6. |

|  |
| --- |
| **Data:**  Average scores sitting somewhere around 9.2 for levels 4-6. High around 9.8, low around 8. No one got all 3 virtuosity.  Level 7 average was closer to 8.6, seeing as they start at a 9.  Optional vaults were either Tsukaharas or front handsprings. |

|  |
| --- |
| **Additional Comments:**  For compulsories, work on virtuosity points, especially in level 4 and 5. This is what’s going to win the competition for you, not just a perfectly clean straight jump. Accelerate through the board, hit with feet in front, and show significant rise. For level 6 and 7; work on the block. Pushing off of the table is crucial to progression, and again, will give you a better chance for a virtuosity bonus, and therefore a better chance at the podium. |