



G. GLOSSARY OF TERMS FOR ROUTINES

Accent	A display of different stress, or emphasis, often in contrast to what has gone before. Stress is differentiated by its greater or lesser force.
Amplitude	Greatness of size, magnitude, fullness, copiousness, breadth or range
Asymmetry	Uneven balance or proportion in time, space or energy. Opposite to symmetry: an arrangement marked by regularity and balanced proportions.
Artistic Impression	An effect, image or feeling retained as a result of demonstration of skill and good taste of the swimmer(s).
Boost	A rapid, headfirst rise, with a maximum amount of the body above the surface of the water.
Choreography	The craft of composing and arranging movement into a comprehensive framework.
Complex	Something made up of or involving an intricate combination of elements.
Creativity	The act of being original or imaginative. Process of formulating a fresh and distinctly personal statement.
Difficulty	The quality of being hard to achieve.
Dynamics	The energy or effort of movement, expressed in varying quality, intensity, texture or gradations in tension.
Eggbeater Kick	With the body in a relatively vertical sitting position, the lower limbs move alternately, as the left foot moves clockwise, and the right foot moves counter clockwise. The technique of the eggbeater kick provides continuous propulsive force for swimmers to maintain the high of the head and upper body above the water.
Energy	Vigour in the exertion of power; strength in action; forcefulness of expression. Varying levels of energy can be displayed through the quality and intensity of the movement and the stressed action or accent of certain notes.



Execution	Refers to the performance level of the skills demonstrated.
Extension	The amount, degree or range to which something can be stretched to its fullest length. Use of muscular strength to enhance the stretch.
Flexibility	the ability to bend or flex, pliable; range of motion
Float	Two or more swimmers attached to make a surface formation.
Fluidity	The ability to move with ease, able to flow, seamless.
Focus	The gathering of forces to increase the projection of intent - e.g. Swimmer's sight line. Adds meaning to movement.
Fuzzy	Lacking in clarity or definition.
Highlight	A portion or detail of a routine of major significance or special interest; a memorable moment.
Hybrid Figure	A figure of mixed origin or composition, and other than those described in the rules.
Intensity	Presence of a greater or lesser degree of energy.
Interpretation of Music	A concept of the music expressed by the performance of the swimmer(s). Use of music.
Jump	Same as Stack . But supported person becomes airborne at peak of lift.
Kinaesthetic Awareness	The ability of the individual to know the spatial relationship of the body parts.
Levels	High/Medium/Low - in relation to water surface. In other words, from high boosts or lifts, to underwater.
Lift	When one or more swimmers give support to lift another swimmer(s) above the surface of the water.



Manner of Presentation	The way in which the swimmer presents his/her routine for the consideration of the public and/or judges. Total command of one's performance, amplitude.
Patterns	Refers to formations made by the spatial relationship between members of a team.
Platform	The coordinated effort of team members to form a stable support on which one or more swimmers is lifted to pose or perform other actions. May be static or moving.
Pool Pattern	The pathway the swimmer(s) take(s) through the water.
Power	The amount of strength or force exerted, might, the rate at which work is done, (strength plus speed).
Projection	Communication of meaning or feeling to the audience.
Propulsion Technique	The process by which the body uses arms and/or legs to move through the water. A driving force.
Rhythm	A structure of movement patterns in time. The pulse or beat.
Risk Factor	Skills which expose the swimmer to a chance of a lesser performance.
Rocket	A <i>Thrust</i> to Vertical Position which does not require the legs to be perpendicular to the surface in the Back Pike Position prior to the <i>Thrust</i> .
Routine	A composition consisting of strokes, figures and parts thereof, choreographed to music.
Spatial Design	Interrelationship of swimmers to each other and to the space through which they are moving.
Stability	Resistant to change, especially sudden change; consistent.
Stack	One person supported at or above the surface.
Strength	The state or quality of being strong, physical power.



Stroke	Refers to swimming strokes. A single complete movement which includes a pull and a recovery of the arms(s) accompanied by an appropriate kick.
Style	A personal or characteristic manner of performing or choreographing.
Sustained height	The ability to maintain a constant level of height above the water.
Sustained Movement	A quality of movement that is smooth and unaccented, with no apparent start or stop, but gives a feeling of a continuity of energy flow.
Synchronisation	To swim or execute movements in unison, one with the other and the accompaniment.
Technical Merit	The level of excellence demonstrated by the swimmer's mastery of highly specialized skills.
Tempo	Pace or speed.
Throw	One or more swimmers being catapulted above the surface of the water by actions of other swimmers.
Transitions	Connecting movements which enable the swimmer(s) to change from one movement to another; stroke to figure; eggbeater to layout; etc.
Trite	Used so often that the novelty has worn off. Stale. Stereotyped. Common place.
Variety	Diversity; assortment. The condition of being varied or diverse.