

Innovation and competition committee report
Submitted by chair of committee Anna Yesipova

The innovation and competition members were able to meet 3 times virtually to discuss the changes that will positively affect the athletes development in our opinion throughout the county. And after extension discussions and a lot of work were able to propose the changes below.

1. To help improve our intermediate program we came to the conclusion that the best way would be to create Intermediate and Advanced Intermediate. The figures and technical elements for 13&Over age groups are a large developmental jump from the intermediate figures. This offers athletes who may start in the sport later a more logical progression through our available programs. By using the same technical elements for routines as the intermediates and the same figures as 12&Under Age Group athletes, this additional division is also provided with minimal additional burden on meet management capacity. See the [conceptual developmental chart](#) for the progression envisioned.
2. Our committee strongly believed that it will be for the best to change figures for Novice and Intermediate to create a better progression as following:

Novice Figures

Bent knee alternate
Blossom
Dolphin
Kipnus

Intermediate 10&U, 11-12, 13-15, 16-19 figures

Compulsory

- i. Ballet leg, single
- ii. Barracuda

Group 1

- iii. Walkover, Front
- iv. Kip, bent knee

Group 2

- v. Walkover, Back
- vi. Tower

Advanced Intermediate 13-15, 16-19 figures

Same as 12&Under age group

3. We proposed to change the first element in Intermediate and Advanced Intermediate to "Tower" to align it better with the proposed above figures.
4. A lot of members were concerned regarding 12&U athletes overloading hybrids with difficulty and athletes safety as well as not developing proper sculling technique. To address this, the committee proposed to restrict rotations 5-9 to count only twice per hybrid. The second change for this age group that we proposed is to have a requirement to pass grade level 3 to attend 12&U Invitational.
5. To address the safety issue at Junior Olympic competition we proposed to waive the Team Technical Routine Acrobatic Movement 2.0 DD Requirement for Junior Olympic Competitions. Junior Olympic competitions have many team routines with less than 7

athletes which doesn't give as many options to create an acro with DD of 2.0 or higher and outs teams at the bigger risk for injury.

We tried to address most of the concerns that members of USA artistic swimming community reached out to us and will happily continue hard work to help the overall progress of skills in the sport.

Thank you to all our committee members for their hard work: Victoria Anderson, Claire Barton, Linda Loehndorf, Anna Montgomery, Monica Velazquez-Stiak, Eloise Krigbaum, Kennah Burdette.