

Vault Level 10-9-8 - Comments

Level 10

Yurchenko #1

- ◆ Script available in project on the NAWGJ Website

Yurchenko #2

- ◆ Shoulder angle good
- ◆ From this angle it does not look like she has an early twist
- ◆ Height good
- ◆ Slight leg separation and slightly bent knees in flight in addition to foot form.
- ◆ Could use more opening prior to landing
- ◆ Body posture on landing good
- ◆ Large jump plus small jump on landing

Yurchenko #3

- ◆ Open shoulder angle but leg separation and slightly bent knees on arrival
- ◆ Vault is lacking in flight
- ◆ There are several body posture errors including leg separation and bent legs in all phases of the vault.
- ◆ This gymnast would most likely have the entire .3 deduction in opening prior to landing in addition to body posture errors on landing.
- ◆ In addition, there are direction errors and large steps on landing
- ◆ The vault is also lacking in dynamics.

Level 9

Pike Tsuk #1

- ◆ Slight leg separation and a slightly bent legs on arrival
- ◆ This gymnast gets pretty good height however she has the complete .3 deduction for no opening
- ◆ Deduction for body posture on landing in addition to the .2 deduction for a large step

Pike Tsuk #2

- ◆ Large leg separation on arrival ,slightly lower in height then pike Tsuk number one
- ◆ Just about complete lack of opening in addition to body posture errors and large step on landing.

Yurchenko Pike #1

- ◆ Open shoulder angle
- ◆ Nice height but bent legs lack of opening and slight body posture on landing plus large step plus an additional step. Good distance. Note in the height comparison this gymnast has the best height

Yurchenko Pike #2

- ◆ Open shoulder angle on arrival
- ◆ Shows good height but form errors in bent legs and flexed feet. Deductions for lack of opening and slight body posture error on landing.
- ◆ Slight step on landing.

Yurchenko Layout #1

- ◆ Shows a shoulder angle on arrival
- ◆ Could show a little more height however the layout position is maintained throughout the vault.
- ◆ Large step on landing for the 0.20 deduction

Level 8

Tuck Tsuk #1

- ◆ Leg separation on arrival height deductions for foot form and total lack of opening in addition to body posture errors on landing. Slight hop on landing

Handspring

- ◆ Very nice handspring Vault

Yurchenko Tuck #1

- ◆ Shoulder angle in addition to slight bent arms and legs on arrival,
- ◆ Height and flexed feet during second flight, slight open and body posture on landing deduction.
- ◆ Also, lack of distance in addition to large step
- ◆ **Yurchenko Pike #1**
- ◆ Open shoulder angle plus slightly bent knees on arrival.
- ◆ Height looks okay (goes out of frame for a second)
- ◆ Lack of opening would be the entire 0.30 deduction in addition to 0.20 for body posture on landing.
- ◆ Large jump to the side plus step on landing