

Report:

The Junior European Championship in Tampere and Junior World Championship in Budapest.

During this season, Hungarian nation team had a lot of trainings, performances, camps and of course competitions. All of those parts made a huge impact of the preparation to the main competition of the season- European and World championship. Season which started in the September with our first stage of the preparation where we had a lot of swimming and condition trainings, following with the creation new routines, working with different professionals in the water and gym as well. Follow up with different competitions in the different levels, national and international competition.

In the season 2017-2018 team competition in the two national competition, Orka Cup, and Hungarian Championship. We had two junior international competition- MEC cup, and Belarus Open, as well we competed in four FINA World Series- in Budapest, Slovakia, Greece, Spain.

Girls got a lot of experience this year they became more confident and stronger mentally with our scared feelings.

During the school year, we had a good schedule for the girl, national team training from 16:00-20:00 weekdays, and weekend - Saturday from 9-13, Sunday off. The trainings were intensive, the rich our goals and get to the top 12 we have to practice hard and intensive.

The goals for us were reachable this year- we planned to be in the finals in the European Championship, and get ahead of some opponents such as Austria, Germany, Slovakia, Czech.

For the world championship our goal and dream was to get to the final as well, and be better with our performance and improve the scores.

Combination was full different parts, with solo, duet and trios, lifts, etc. It was created in the different speed level. The Hungarian national team improved a lot in the fast movements, and quick traveling and covering the pool areas, and this big improvement was notice by professionals, and judge's scores as well. In the combination, routine were many hybrids, which counted as a difficulty, with the double legs up, and changing patterns during the upside down parts. In the routine were many spins, including the long spins, with five rotations – which is one of the most difficult parts in the combination. There were many parts where the whole team, were represented. There were many lifts, and there were combine lifts- where the lift came by one another. The combination was the most successful routine for the whole season. The girl's

performance was good, and they tried to improve many small details, which made the combination team look that good.

Free team routine was made by Anastasia Ermakova, was full of creation, the best part of the creation was a lot of movement during the hybrids, changing the patents every time- which made the routine difficult. The hybrids of the routine were long, and diverse with all the movements.

There were three lifts in the routine, many movements in the groups of four and two, interesting to the eye creation. The speed in the second part was in the higher level-, which made a huge impact on the scores because it is much more difficult to swim on the speed in the second part of the routine. Girls enjoy this routine, and they move quickly and sharp.

The national team this year improves in the high of the lifts; however, the variety of the movements must be diverse. The high of the lifts is better, girls are much stronger with the explosive power, and many girls in the team worked higher of the water, and the level in the verticals was in the good level.

We still need to work on the eggbeater level, and the sharpness of all the movements. Tech team routine this year was a routine in junior level: the rules are the same as for the seniors, the routine must have two lifts, one acrobatic and one double lift, five main elements, and line, circle, cadence. Girls improved in the technical level in many aspects, such as extended heights, fast turning- during the rotation, the height of barracudas, splits were more flat on the surfers of water.

Free duet: Anastasia Ermakova made free duet, and it was very strong routine, very dynamic and difficult routine. In the routine were eight hybrids, connection part, two lift- one with legs up, and the second with body out of the water. Many spins and one of the hybrid was a combine turn. This the fastest routine which we represented. There were double arm egg biter and pool coverage was very good in the girl's performance.

Technical duet: was also new discipline in the junior level, in the duet, there were five required elements. Janka and Veron showed excellent improvements in elements, the heights and technical execution of the routine was in the good category. In the routine were nice eggbeater parts, even though the time limit of the routine is short. We must improve in the presentation on the routine, be sharper and girls need to be more confident in what they are doing. However, the improvements were very good.

Solo free: Veronka made a solo free routine, and she did an excellent work and improved amazingly through the whole season. She had amazing height in the barracudas and in the routine there was four of the barracudas- which counting as a difficulty in the judges point of view. Veronka had an extended height during the routine, and there were many spins. She has nice arms sections, such as double arms in the second part of the solo. She should improve in the traveling during the movements, like in hybrids and get strength by the last section of the routine. However, Veronka made unbelievable work in the season, and improved in all the aspects.

Tech solo: was performed by Dávid Janka. It was the most difficult/ mentally for Janka. She made great work during the years, and this season, and most of her elements were very good. She was stable and much extended. The presentation of the routine was good, especially at the European championship, Janka was very good in the artistic impression and judges really liked her. However, with the mistake in the element Janka could not get the scores she could deserve for the performance. After that, she was always afraid to make this element. Barracuda by the end of the routine was her weakest part (mentally), separately Janka can make it perfectly. We need to work more, with the mental part and learn to perform at the competition.

Solo free: Szabó Veronka

Solo Tech: Dávid Janka

Duet free: Dávid Janka, Hungler Szabina, Szabó Veronka

Tech duet: Dávid Janka, Szabó Veronka, Hungler Szabina

Combination, free team, tech team – Dávid Janka, Hungler Szabina, Szabó Veronka, Gács Boglárka, Apáthy Anna, Szabó Anna Viktória, Gersternkorn Mira, Kassai Dóra, Kassai Kamilla, Péntek Lili, Kleinhappel Réka, Welker Zsuzsa

Junior LEN European Championship in Finland (Tampere 25-2nd July)

In the junior level in the 2017-2018 season Hungarian national team made a big step forward, it all the presented routines. We represented seven of the nine possible disciplines except of the mix duet.

This season we had all the new routines: combination, free team, tech team, free duet, tech duet, free solo and tech solo. The new routines were much different even compare with last years which were presented in Budapest for the seniors world championship.

Results:

Team free	10 th with the scores of 75.800
Technical team	10 th place with scores of 74.5672
Combination	7th place with the scores 76.0033
Free duet	12 place with the scores of 75.6670
Technical duet	12 th place with the scores of 74.5280
Free solo	11 th place with the scores of 77.0101
Technical solo	17 th place (with the zero in the combine spin element) – 71.2587

Junior World Championship in Budapest 16th -22nd of July

The world championship was the very successful for the Hungarian national team, and organization of the championship was nice and warm, and helped to the girl show their best performance in the from the home crowd. We competed in the seven of the nine disciplines. Girls showed all the hard work they did though the whole year, and it was great and strong performances with the big future.

Results:

Combination	10th place with the scores of 78.200
Free team	14 place with the scores of 77.3009
Technical team	14 place with the scores of 75.1143
Free duet	16 th place with the score of 77.6333
Tech duet	14 th place with the score of 77.7058

Free solo 14th place with score of 76.9668

Technical solo 19th place with the scores 73.8896

National team:

Apáthy Anna (2003)	BHSE
Csöppű Dalma (2002)	Medúza 21 SE
Dávid Janka (2001)	Római Szinkronúszó SE
Farkas Linda (2003)	BHSE
Gács Boglárka (2003)	BHSE
Gerstenkorn Mira (2002)	BHSE
Hungler Szabina (2001)	Aqua Szinkronúszó SE
Kassai Dóra (2000)	Medúza 21 SE
Kassai Kamilla (2000)	BHSE
Kleinhappel Réka (2002)	BHSE
Péntek Lili (2000)	H2O Synchro SE
Sárkány Tamara (2003)	Medúza 21 SE
Szabó Anna Viktória (2003)	H2O Synchro SE
Szabó Veronka (2000)	Aqua Szinkronúszó SE
Valenta Réka (2002)	BHSE
Welker Zsuzsa (2001)	Budaörsi SC

Head coach: Natalia Tarasova

Assistant coach: Árkovics Petra