**Key Terms**

* Muscularity- refers to muscular size, shape, density.
* Conditioning - refers to the level of definition of the muscles.
* Symmetry - refers to the level of symmetry an athlete possesses. Does the top match the bottom, does the back match the front. Both in terms of muscularity and definition.
* X-Frame Ratios - refers to the V-taper or X shape that the body creates. Wide shoulders, narrow waist, big legs.
* Posing/Stage Performance - level of poise, confidence and execution in all the poses and ¼ turns.
* Presentation - refers to the beauty and grooming aspects of the competitor. How a suit, trunks, or shorts fit. The color selection. Makeup, hair, and even quality of the ccn video the athlete submits.
* Individual Walk/Routine - refers to the individual stage walk or posing routine that the athlete submits.

**Division -**  Open Bikini

**Class -**  Class A

**Callout -**  First Callout

**Athletes Involved -**  Janaina Boots, Charlene Muskego, Annie Bieth Jacobs

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Athletes 1 Name - Janaina Boots

Height - 5 ft 5

Weight - 114 Lbs

Age - 41 years

Round 1 - Higher the score the better

Round 1 total score - 675.32 out of 750

Muscularity score - 26 out of 30

Conditioning score - 28.5 out of 30

Symmetry score - 26.5 out of 30

X Frame score - 26.5 out of 30

Posing score - 27 out of 30

Presentation score - 28 out of 30

Walk Routine score - 27 out of 30

Round 1 Feedback :

Judge 1

Beautiful package. Your posing in the walk was much more smooth and confident that your quarter turns. Try to exhibit the same personality during the quarter turns as in your routine. Excellent conditioning, but would like to see more muscularity in the upper body and calves. Beautiful makeup and suit.

Judge 2

Great conditioning and lines. Posing and presentation is very good as well. Need to bring the muscularity up a little more in the arms/shoulders and the calves. This will complete the physique. The only flaw in the posing is the rear pose, this needs to be optimized. If you fix that pose you will score higher in posing and in the Xframe as well. Good confident walk. maybe speed it up a pinch.

Round 2

Final Placing - 1st

Round 2 Total Score - 656.25 Out of 750. Higher the score the better

Round 2 Scoring - This is a ranking system. It combines the rankings for all the judges. Lowest score is the best. For example, if an athlete gets three 1st place votes, the total number will be a 3. This is the best it can be. Where as three 3rd place votes will yield a 9.

**Muscularity Front - lowest number is best**

Arms - 6

Shoulders - 6

Midsection - 3

Quads - 5

Calves - 9

**Muscularity Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Shoulders - 3

Lats - 3

Arms - 5

Calves - 6

**Muscularity Rear - lowest number is best**

Delts - 9

Back - 8

Glutes - 6

Hams - 3

Calves - 7

**Conditioning Front - lowest number is best**

Quads - 3

Midsection - 3

Upper Body - 3

**Conditioning Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Upper Body - 3

**Conditioning Rear - lowest number is best**

Back - 9

Hams - 3

Glutes - 6

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 6

Front Upper Matches Back Upper - 9

Front Lower Matches Back Lower - 3

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 9

Front Upper Matches Back Upper - 9

Front Lower Matches Back Lower - 3

Identical Vertical Halves - 3

**X-Frame Ratios - lowest number is best**

Front - 3

Side - 3

Rear - 9

**Posing - lowest number is best**

Front - 3

Side 1 - 3

Rear - 9

Side 2- 3

Transitions - 3

Walk Front to Back - 6

**Presentation - lowest number is best**

Suit Color and Fit - 8

Makeup/Hair - 6

Tan - 3

Video Presentation - 3

**Walk/ Routines - lowest number is best**

Following Instructions - 3

Style/Flow - 8

Posing Execution - 3

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Athletes 2 Name - Charlene Muskego

Height - 5 ft 7.75

Weight - 125 Lbs

Age - 36 years

Round 1 - Higher the score the better

Round 1 total score - 661.25 out of 750

Muscularity score - 24.5 out of 30

Conditioning score - 27 out of 30

Symmetry score - 26 out of 30

X Frame score - 25.5 out of 30

Posing score - 27 out of 30

Presentation score - 29 out of 30

Walk Routine score - 28 out of 30

Round 1 Feedback :

Judge 1

Great all around package. you nailed alot of things in this video. Presentation and posing were phenomenal. Conditioning very good as well. The area that needs improvement is muscularity. Especially in the legs. If the legs fill out a little more we will get a better muscularity score and better xframe score. great confidence with your poses and walk.

Judge 2

Beautiful package. Your conditioning is very solid but would like to see a bit more muscle all around. Posing is very polished - I'd like to see improvement in the upper half of the rear pose.

Round 2

Final Placing - 2nd

Round 2 Total Score - 434.17 Out of 750. Higher the score the better

Round 2 Scoring - This is a ranking system. It combines the rankings for all the judges. Lowest score is the best. For example, if an athlete gets three 1st place votes, the total number will be a 3. This is the best it can be. Where as three 3rd place votes will yield a 9.

**Muscularity Front - lowest number is best**

Arms - 9

Shoulders - 9

Midsection - 6

Quads - 9

Calves - 6

**Muscularity Side - lowest number is best**

Quad/Ham - 9

Midsection - 6

Shoulders - 8

Lats - 9

Arms - 9

Calves - 9

**Muscularity Rear - lowest number is best**

Delts - 6

Back - 3

Glutes - 9

Hams - 9

Calves - 8

**Conditioning Front - lowest number is best**

Quads - 6

Midsection - 6

Upper Body - 6

**Conditioning Side - lowest number is best**

Quad/Ham - 9

Midsection - 9

Upper Body - 6

**Conditioning Rear - lowest number is best**

Back - 3

Hams - 9

Glutes - 3

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 9

Back / Upper Matches Lower - 9

Front Upper Matches Back Upper - 3

Front Lower Matches Back Lower - 9

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 6

Back / Upper Matches Lower - 3

Front Upper Matches Back Upper - 3

Front Lower Matches Back Lower - 8

Identical Vertical Halves - 3

**X-Frame Ratios - lowest number is best**

Front - 9

Side - 9

Rear - 6

**Posing - lowest number is best**

Front - 6

Side 1 - 8

Rear - 6

Side 2- 7

Transitions - 6

Walk Front to Back - 3

**Presentation - lowest number is best**

Suit Color and Fit - 3

Makeup/Hair - 3

Tan - 8

Video Presentation - 3

**Walk/ Routines - lowest number is best**

Following Instructions - 3

Style/Flow - 3

Posing Execution - 6

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Athletes 3 Name - Annie Bieth Jacobs

Height - 5 ft 3

Weight - 102 Lbs

Age - 38 years

Round 1 - Higher the score the better

Round 1 total score - 659.07 out of 750

Muscularity score - 25.5 out of 30

Conditioning score - 26 out of 30

Symmetry score - 27 out of 30

X Frame score - 26 out of 30

Posing score - 27 out of 30

Presentation score - 27 out of 30

Walk Routine score - 26.5 out of 30

Round 1 Feedback :

Judge 1

very solid package all around. solid presentation and posing. very good transitions. would like to see a little more muscularity in the back and triceps. a little more work on the rear delts as well. would be nice to have a little more conditioning in the quads in the front pose.

Judge 2

Really excellent overall package! Your posing is very polished and highlights your xframe and symmetry. Would like to see some added mass, but conditioning is on point. Watch your front pose, you are a little too turned in the hips. Work on your walk from the curtain to the judges. Beautiful suit color, hair and makeup.

Round 2

Final Placing - 3rd

Round 2 Total Score - 409.61 Out of 750. Higher the score the better

Round 2 Scoring - This is a ranking system. It combines the rankings for all the judges. Lowest score is the best. For example, if an athlete gets three 1st place votes, the total number will be a 3. This is the best it can be. Where as three 3rd place votes will yield a 9.

**Muscularity Front - lowest number is best**

Arms - 3

Shoulders - 3

Midsection - 9

Quads - 4

Calves - 3

**Muscularity Side - lowest number is best**

Quad/Ham - 6

Midsection - 9

Shoulders - 7

Lats - 6

Arms - 4

Calves - 3

**Muscularity Rear - lowest number is best**

Delts - 3

Back - 7

Glutes - 3

Hams - 6

Calves - 3

**Conditioning Front - lowest number is best**

Quads - 9

Midsection - 9

Upper Body - 9

**Conditioning Side - lowest number is best**

Quad/Ham - 6

Midsection - 6

Upper Body - 9

**Conditioning Rear - lowest number is best**

Back - 6

Hams - 6

Glutes - 9

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 6

Back / Upper Matches Lower - 3

Front Upper Matches Back Upper - 6

Front Lower Matches Back Lower - 6

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 9

Back / Upper Matches Lower - 6

Front Upper Matches Back Upper - 6

Front Lower Matches Back Lower - 7

Identical Vertical Halves - 3

**X-Frame Ratios - lowest number is best**

Front - 6

Side - 6

Rear - 3

**Posing - lowest number is best**

Front - 9

Side 1 - 7

Rear - 3

Side 2- 8

Transitions - 9

Walk Front to Back - 9

**Presentation - lowest number is best**

Suit Color and Fit - 7

Makeup/Hair - 9

Tan - 7

Video Presentation - 3

**Walk/ Routines - lowest number is best**

Following Instructions - 3

Style/Flow - 7

Posing Execution - 9

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