**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 -**  Second Callout

**Athletes Involved -**  Kara Backman, Kimberly Visalli, Amanda Honeywell

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Athletes 1 Name - Kara Backman

Height - 5 ft 4

Weight - 125 Lbs

Age - 44 years

Round 1 - Higher the score the better

Round 1 total score - 636.44 out of 750

Muscularity score - 26.5 out of 30

Conditioning score - 24 out of 30

Symmetry score - 24.5 out of 30

X Frame score - 25 out of 30

Posing score - 25.5 out of 30

Presentation score - 27.5 out of 30

Walk Routine score - 26 out of 30

Round 1 Feedback :

Judge 1

great overall package and alot of potential. Presentation, tan, makeup much better this CCN. Posing and trandisitons also improved. 2nd Side pose is much better than the 1st one on the first 1/4 turn from the front. Back pose improving but still needs some work. need to get those lats open and look comfortable in the process, this will further increase your Xframe score. Muscualrity is very good, but if there is an area to improve it is in the back and the rear delts. The only step backwards this CCN was the conditioning. You were a little harder in the previous event. Increase that conditioning and you are going to be difficult to beat. increased conditioning will also raise your symmetry score. Great suit color.

Judge 2

You have excellent muscle for this division. Increased conditioning will take you a long way, especially in the rear (you were overall more conditioned last CCN)Your posing is good - I'd like to see you optimize the rear pose. The second side pose where your stance is staggered fits you better than the pose with your feet together. Your tan and makeup improved tremendously this time around. Beautiful suit and makeup. great job!

Round 2

Final Placing - 4th

Round 2 Total Score - 558.35 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 - 6

Midsection - 9

Quads - 3

Calves - 3

**Muscularity Side - lowest number is best**

Quad/Ham - 3

Midsection - 9

Shoulders - 3

Lats - 5

Arms - 3

Calves - 5

**Muscularity Rear - lowest number is best**

Delts - 6

Back - 6

Glutes - 4

Hams - 5

Calves - 6

**Conditioning Front - lowest number is best**

Quads - 3

Midsection - 8

Upper Body - 6

**Conditioning Side - lowest number is best**

Quad/Ham - 6

Midsection - 6

Upper Body - 6

**Conditioning Rear - lowest number is best**

Back - 6

Hams - 8

Glutes - 6

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 6

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 - 6

Back / Upper Matches Lower - 9

Front Upper Matches Back Upper - 7

Front Lower Matches Back Lower - 6

Identical Vertical Halves - 3

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

Front - 8

Side - 3

Rear - 4

**Posing - lowest number is best**

Front - 8

Side 1 - 9

Rear - 6

Side 2- 3

Transitions - 9

Walk Front to Back - 9

**Presentation - lowest number is best**

Suit Color and Fit - 6

Makeup/Hair - 3

Tan - 3

Video Presentation - 3

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

Following Instructions - 3

Style/Flow - 6

Posing Execution - 9

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Athletes 2 Name - Kimberly Visalli

Height - 5 ft 5

Weight - 105 Lbs

Age - 45 years

Round 1 - Higher the score the better

Round 1 total score - 632.38 out of 750

Muscularity score - 25.5 out of 30

Conditioning score - 25.5 out of 30

Symmetry score - 24.5 out of 30

X Frame score - 24.5 out of 30

Posing score - 25.5 out of 30

Presentation score - 26 out of 30

Walk Routine score - 26.5 out of 30

Round 1 Feedback :

Judge 1

Solid posing, muscularity and conditioning. Great confidence and execution in your posing - keep working on the rear pose, specifically in getting your lats engaged to show a better taper and wider top half. A bit more conditioning is needed in the glutes. Excellent confidence and style in your walk. Great suit color and makeup.

Judge 2

good muscularity and conditioning for the division. Solid presentation, suit color and fit. Posing and transitions are very strong. The only pose that needs work is the rear pose. The back is not getting wide enough. If the back were wider in this pose your Xframe score would go higher. This would also improve your posing score as well. Hamstrings coming out well, but the glute area still needs some work in terms of conditioning. good confident walk.

Round 2

Final Placing - 5th

Round 2 Total Score - 497.93 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 - 3

Quads - 9

Calves - 9

**Muscularity Side - lowest number is best**

Quad/Ham - 9

Midsection - 3

Shoulders - 9

Lats - 9

Arms - 9

Calves - 9

**Muscularity Rear - lowest number is best**

Delts - 9

Back - 9

Glutes - 9

Hams - 9

Calves - 9

**Conditioning Front - lowest number is best**

Quads - 6

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 - 3

Hams - 3

Glutes - 9

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 9

Back / Upper Matches Lower - 9

Front Upper Matches Back Upper - 9

Front Lower Matches Back Lower - 9

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 3

Front Upper Matches Back Upper - 3

Front Lower Matches Back Lower - 3

Identical Vertical Halves - 3

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

Front - 3

Side - 6

Rear - 9

**Posing - lowest number is best**

Front - 5

Side 1 - 6

Rear - 9

Side 2- 6

Transitions - 3

Walk Front to Back - 4

**Presentation - lowest number is best**

Suit Color and Fit - 5

Makeup/Hair - 7

Tan - 6

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 - Amanda Honeywell

Height - 5 ft 4

Weight - 118 Lbs

Age - 38 years

Round 1 - Higher the score the better

Round 1 total score - 630 out of 750

Muscularity score - 27 out of 30

Conditioning score - 24 out of 30

Symmetry score - 25.5 out of 30

X Frame score - 24 out of 30

Posing score - 25 out of 30

Presentation score - 25.5 out of 30

Walk Routine score - 25.5 out of 30

Round 1 Feedback :

Judge 1

Great muscularity - conditioning needs to be improved (has changed since in-season). Lighting may also be playing a part here. Posing is good but there can be more confidence, especially during transitions and during the walk. During the offseason your goal should be to make the posing look effortless. Very pretty suit and makeup.

Judge 2

had better definition and conditioning during the season. so for next CCN, conditioning needs to be improved. conditioning needs to improve in the hamstring/glute area. good overall muscularity for the division. posing and transitions are good. try to hold the smile more when making the transitions. Back pose needs to be optimized. Moving forward make sure that your conditioning improves, and have better lighting. video quality is grouped in with the presentation score. Smile during your walk as you are moving from spot to spot.

Round 2

Final Placing - 6th

Round 2 Total Score - 443.75 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 - 3

Midsection - 6

Quads - 6

Calves - 6

**Muscularity Side - lowest number is best**

Quad/Ham - 6

Midsection - 6

Shoulders - 6

Lats - 4

Arms - 6

Calves - 4

**Muscularity Rear - lowest number is best**

Delts - 3

Back - 3

Glutes - 5

Hams - 4

Calves - 3

**Conditioning Front - lowest number is best**

Quads - 9

Midsection - 7

Upper Body - 9

**Conditioning Side - lowest number is best**

Quad/Ham - 9

Midsection - 9

Upper Body - 9

**Conditioning Rear - lowest number is best**

Back - 9

Hams - 7

Glutes - 3

**Symmetry Muscularity - 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 - 3

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 - 8

Front Lower Matches Back Lower - 9

Identical Vertical Halves - 3

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

Front - 7

Side - 9

Rear - 5

**Posing - lowest number is best**

Front - 5

Side 1 - 3

Rear - 3

Side 2- 9

Transitions - 6

Walk Front to Back - 5

**Presentation - lowest number is best**

Suit Color and Fit - 7

Makeup/Hair - 8

Tan - 9

Video Presentation - 6

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

Following Instructions - 6

Style/Flow - 9

Posing Execution - 3

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