**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 FemFit Physique

**Class -**  Class A

**Callout -**  Second Callout

**Athletes Involved -**  Heather Schofield, Kara Backman, Kelsey Genetti

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Athletes 1 Name - Heather Schofield

Height - 5 ft 2

Weight - 110 Lbs

Age - 33 years

Round 1 - Higher the score the better

Round 1 total score - 589.19 out of 750

Muscularity score - 23 out of 30

Conditioning score - 22 out of 30

Symmetry score - 24 out of 30

X Frame score - 23.5 out of 30

Posing score - 24 out of 30

Presentation score - 27 out of 30

Walk Routine score - 24 out of 30

Round 1 Feedback :

Judge 1

presentation is very good. side poses are strong. rear pose has improved. but the front pose is costing you alot of points in posing and xframe. the lats have to be flared more to bring out the Vtaper. and you need to look less like you are shrugging. the bend in the knees is also creating awkward angles. fix this pose and you will be much more competitive in this division. Muscualrity is good, but you need a little more in the upper. especially the mid back and rear delts. The only thing that did not improve this time around was the conditioning. need to bring that back and then some. Femfit puts more emphasis on conditioning so we need to step that up. muscularity poses have improved since last time, good work in that department. still have some work to do but you are tracking in the right direction. very nice side tricep pose.

Judge 2

Conditioning needs to be improved to become competitive in this class. A main focus in your posing should be in displaying your lats in your poses. Without the lats being visible, it hurts your xframe and symmetry scores. Good confidence in your walk- when you get tripped up, try not to let it show in your face, no one knows your routine but you! Beautiful suit and makeup.

Round 2

Final Placing - 4th

Round 2 Total Score - 693.75 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 - 6

Midsection - 3

Quads - 6

Calves - 6

**Muscularity Side - lowest number is best**

Quad/Ham - 6

Midsection - 3

Shoulders - 6

Lats - 6

Arms - 6

Calves - 6

**Muscularity Rear - lowest number is best**

Delts - 3

Back - 9

Traps - 2

Glutes - 3

Hams - 6

Calves - 9

**Conditioning Front - lowest number is best**

Quads - 3

Midsection - 3

Shoulder - 6

Arms - 6

**Conditioning Side - lowest number is best**

Quad/Ham - 6

Midsection - 6

Shoulder - 6

Arms - 6

**Conditioning Rear - lowest number is best**

Back - 3

Hams - 3

Glutes - 3

Calves - 7

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 6

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 - 3

Back / Upper Matches Lower - 6

Front Upper Matches Back Upper - 3

Front Lower Matches Back Lower - 3

Identical Vertical Halves - 3

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

Front Relaxed - 9

Side Relaxed - 6

Rear Relaxed - 6

Front Double Bicep - 3

Rear Double Bicep - 6

**Posing - lowest number is best**

Front Relaxed - 9

Side Relaxed 1 - 6

Rear Relaxed - 4

Side Relaxed 2 - 3

Front Double Bicep - 3

Rear Double Bicep - 6

Ab and Thigh - 3

Side Chest - 3

Side Tricep - 3

**Presentation - lowest number is best**

Suit Color and Fit - 6

Makeup/Hair - 3

Tan - 5

Video Presentation - 3

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

Following Instructions - 3

Style/Flow - 3

Posing Execution - 3

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Athletes 2 Name - Kara Backman

Height - 5 ft 4

Weight - 125 Lbs

Age - 43 years

Round 1 - Higher the score the better

Round 1 total score - 598.18 out of 750

Muscularity score - 25.5 out of 30

Conditioning score - 22.5 out of 30

Symmetry score - 24 out of 30

X Frame score - 24 out of 30

Posing score - 22.5 out of 30

Presentation score - 27 out of 30

Walk Routine score - 23 out of 30

Round 1 Feedback :

Judge 1

Both muscularity and conditioning should be improved to become competitive in this division - but know that you have a great foundation. You were more conditioned last CCN - lets bring that back. Poses can be worked on and that will improve multiple areas. Your tan and makeup improved tremendously this time around. Beautiful suit and makeup. great job!

Judge 2

decent muscularity for this division. presnetation very very good. Tan, makeup all improved from last CC. Conditioning needs to be improved, especially for this division. Rear pose needs to be maximized, the lats are getting very jammed up and it is affecting your Xframe score. Need to be better at flaring lats in the front relaxed pose as well. Side tricep pose is approached much better than the side chest pose. Great back, but just need more detail in the hamstrings and glutes.

Round 2

Final Placing - 5th

Round 2 Total Score - 504.57 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 - 7

Quads - 9

Calves - 9

**Muscularity Side - lowest number is best**

Quad/Ham - 9

Midsection - 9

Shoulders - 3

Lats - 3

Arms - 3

Calves - 3

**Muscularity Rear - lowest number is best**

Delts - 6

Back - 6

Traps - 3

Glutes - 9

Hams - 9

Calves - 3

**Conditioning Front - lowest number is best**

Quads - 6

Midsection - 6

Shoulder - 3

Arms - 3

**Conditioning Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Shoulder - 3

Arms - 3

**Conditioning Rear - lowest number is best**

Back - 9

Hams - 9

Glutes - 9

Calves - 8

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 6

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 - 6

Back / Upper Matches Lower - 9

Front Upper Matches Back Upper - 9

Front Lower Matches Back Lower - 9

Identical Vertical Halves - 3

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

Front Relaxed - 3

Side Relaxed - 3

Rear Relaxed - 9

Front Double Bicep - 6

Rear Double Bicep - 3

**Posing - lowest number is best**

Front Relaxed - 3

Side Relaxed 1 - 3

Rear Relaxed - 9

Side Relaxed 2 - 7

Front Double Bicep - 6

Rear Double Bicep - 3

Ab and Thigh - 6

Side Chest - 9

Side Tricep - 6

**Presentation - lowest number is best**

Suit Color and Fit - 3

Makeup/Hair - 6

Tan - 4

Video Presentation - 3

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

Following Instructions - 3

Style/Flow - 6

Posing Execution - 9

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Athletes 3 Name - Kelsey Genetti

Height - 5 ft 1

Weight - 111 Lbs

Age - 31 years

Round 1 - Higher the score the better

Round 1 total score - 580.93 out of 750

Muscularity score - 23 out of 30

Conditioning score - 22.5 out of 30

Symmetry score - 24 out of 30

X Frame score - 24 out of 30

Posing score - 22.5 out of 30

Presentation score - 24.5 out of 30

Walk Routine score - 22.5 out of 30

Round 1 Feedback :

Judge 1

Really great potential. Work on adding muscle to your upper body and increase conditioning overall. Your posing needs improving but you will get there. Really focus on engaging your lats and opening the back. Very pretty suit and makeup.

Judge 2

Very good structure and potential. However to become more competitive you will need to work on your conditioning and improving your posing. Need to improve the lat flare in order to increase your Xframe score. you need to open up more up top and increase the muscularity up there as well to match your legs. hammer those shoulders and arms.

Round 2

Final Placing - 6th

Round 2 Total Score - 301.68 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 - 8

Quads - 3

Calves - 3

**Muscularity Side - lowest number is best**

Quad/Ham - 3

Midsection - 6

Shoulders - 9

Lats - 9

Arms - 9

Calves - 9

**Muscularity Rear - lowest number is best**

Delts - 9

Back - 3

Traps - 1

Glutes - 6

Hams - 3

Calves - 6

**Conditioning Front - lowest number is best**

Quads - 9

Midsection - 9

Shoulder - 9

Arms - 9

**Conditioning Side - lowest number is best**

Quad/Ham - 9

Midsection - 9

Shoulder - 9

Arms - 9

**Conditioning Rear - lowest number is best**

Back - 6

Hams - 6

Glutes - 6

Calves - 3

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 9

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 - 3

Front Upper Matches Back Upper - 6

Front Lower Matches Back Lower - 6

Identical Vertical Halves - 3

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

Front Relaxed - 6

Side Relaxed - 9

Rear Relaxed - 3

Front Double Bicep - 9

Rear Double Bicep - 9

**Posing - lowest number is best**

Front Relaxed - 6

Side Relaxed 1 - 9

Rear Relaxed - 5

Side Relaxed 2 - 8

Front Double Bicep - 9

Rear Double Bicep - 9

Ab and Thigh - 9

Side Chest - 6

Side Tricep - 9

**Presentation - lowest number is best**

Suit Color and Fit - 9

Makeup/Hair - 9

Tan - 9

Video Presentation - 3

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

Following Instructions - 3

Style/Flow - 9

Posing Execution - 6

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