



GENERAL ATHLETIC and SYNCHRO SKILLS SCORE SHEET



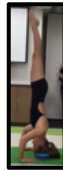
TRAIN TO TRAIN (stage 4) : 11-12 yrs old

START #: _____

ATHLETE NAME: _____ AGE/YR: _____

Circle the deductions/ score for each category. Points possible are noted for each event

LAND SKILLS (78 pts possible) - TOTAL SCORE



1 TRIPOD HEADSTAND

- Head (ears specifically), shoulders, hips and ankles aligned 1 0
- Vertical body position is perpendicular to floor 1 0
- Ribs drawn into abdominals; Abdominals & Glutes engaged 1 0
- Knees fully extended & Ankles fully plantar flexed (as per Canadian standard) 1 0

SSO will not require headstand data submission
Total out of 4 :

2 STANDING BACK PIKE POSITION (Barracuda set-up)

- Legs together 1 0
- Knees fully extended as per Canadian standard 1 0
- Stomach, chest and face touching legs 1 0

Total out of 3 :



3 90 DEGREE BACK PIKE POSITION

- Legs at 90 angle perpendicular with the body. 1 0
- Legs together 1 0
- Knees fully extended & Ankles fully plantar flexed (as per Canadian standard) 1 0

Total out of 3 :



4 BACK BEND or BRIDGE

- Legs in full extension and together 1 0
- Ears aligned with shoulder in vertical alignment 1 0
- Elbows in full extension (no hyperextension) with upper arm in 12 o'clock position 1 0
- Hold for 2 counts of 8 1 0

SSO will not require back bend data submission
Total out of 4 :

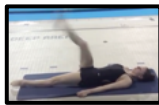


5 BALLET LEG SPEED SKILL (lower segment)

- Right ballet leg**
- Horizontal knee & ankle extension throughout as per Canadian standard 1 0
 - Vertical knee achieves full extension with each repetition 1 0
 - Completes 1 repetition per count for 2 full counts of 8 1 0

- Left ballet leg**
- Horizontal knee & ankle extension throughout as per Canadian standard 1 0
 - Vertical knee achieves full extension with each repetition 1 0
 - Completes 1 repetition per count for 2 full counts of 8 1 0

Total out of 6 :



6 V-UPS

- Legs in full extension and together 1 0
- 90 degree flexed position attained each repetition 1 0
- Torso (hips, shoulder, head) aligned & fully extended. 1 0
- 10 repetitions are completed with all competencies accomplished 1 0

Total out of 4 :



7 PRONE SHOULDER HYPER FLEXION WITH DOWEL

- distance from dowel to floor
- > 60 cm Stick to floor 5
 - 50 cm - 59 cm 4
 - 40 cm - 49 cm 3
 - 30 cm - 39 cm 2
 - 20 cm - 29 cm 1
 - <19 cm 0

Total out of 5 :



8 PUSH-UP (Tricep)

- Ears, shoulders, hips, knees, ankles in horizontal line 1 0
- Body descends close to floor and remains parallel 1 0
- Legs in full extension and together 1 0
- 10 repetitions are completed with all competencies accomplished 1 0

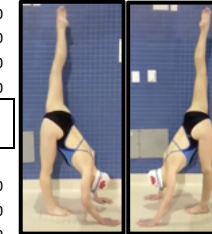
Total out of 4 :



9 NEEDLE - RIGHT

- Left Leg is at 12 o'clock 4 0
- Right leg is at 6 o'clock 1 0
- Both knees and top ankle are fully extended as per Canadian standard 1 0
- Hold for 2 full counts of 8 1 0

Total out of 7 :



NEEDLE - LEFT

- Right Leg is at 12 o'clock 4 0
- Left leg is at 6 o'clock 1 0
- Both knees and top ankle are fully extended as per Canadian standard 1 0
- Hold for 2 full counts of 8 1 0

Total out of 7 :

10 ARIANA ROTATION

- | | L | C | R |
|---|-----|-----|-----|
| Vertical alignment of ears, shoulders and torso | 1 0 | 1 0 | 1 0 |
| Hips and shoulders square | 1 0 | 1 0 | 1 0 |
| Extension of both knees and ankles as per Canadian standard | 1 0 | 1 0 | 1 0 |
| Complete FLAT split | 4 0 | 4 0 | 4 0 |

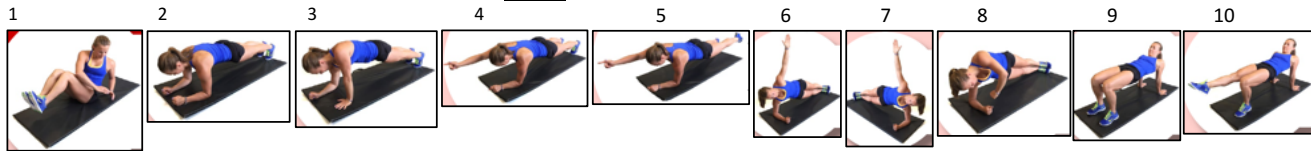
Total out of 7 (for each split) :



11 CORE ROUTINE: complete Level 1 - 30sec each exercise with no rest

- 1 - Sky-Centre-Side-Centre (slow pace) for 30 sec 1 0
- 2 - Front Plank for 30 sec 1 0
- 3 - UP-UP-DOWN-DOWN (slow pace) for 30 sec 1 0
- 4 - Pointers (slow pace) for 30 sec 1 0
- 5 - Superman for 30 sec 1 0
- 6 - Side Plank Right for 30 sec 1 0
- 7 - Side Plank Left for 30 sec 1 0
- 8 - Side Planks Rollovers for 30 sec 1 0
- 9 - Table Top for 30 sec 1 0
- 10 - Table Top Russian Kicks (slow pace) for 30 sec 1 0

Total out of 10 :



25 m FRONT FLUTTER

Timer 1= _____

Timer 2 = _____

Average time = _____

100m IM / OR 200M IM (athletes participating at Espoir)

Timer 1= _____

Timer 2 = _____

Average time = _____

25m PROPELLOR/ TORPEDO

Timer 1= _____

Timer 2 = _____

Average time = _____

Checklist for coaches to use in training

- Flat sculling motion used with wrists bent well back 1 0
- Upper arms stationary 1 0
- Elbows are held at 45deg in "Y" position 1 0
- Extension**
- toes, knees, hips in full extension 1 0
- shoulders full flexion 1 0
- legs stay together (side by side) for entire 25m 1 0
- Height**
- dorsum of foot stay dry (at the surface) for entire 25m 1 0
- face stays dry (at the surface) for entire 25m 1 0
- anterior hips stay dry for entire 25m 1 0



SYNCHRO SPECIFIC SWIM SCORE SHEET



TRAIN TO TRAIN : 11-12 yrs old

START #:

ATHLETE NAME: AGE/YR:

Circle the deductions/ score for each category. Points possible are noted for each event

50m SYNCHRO SPECIFIC SWIM (104.5 pts possible)

Score box

Time bonus: if under 2min15sec 2 0

1 Eggbeater (right)

Table with columns for category, description, and score. Categories include Body position and Height.

2 Vertical Position

Table with columns for category, description, and score. Categories include Body position & Sculling and Height.

3 Kick Pull Kick

Table with columns for category, description, and score. Categories include Body position and Height.

4 Ballet Leg

Table with columns for category, description, and score. Categories include Body position and Height.

5 Fishtail Position (either leg)

Table with columns for category, description, and score. Categories include Body position & Sculling and Height.

6 Boost

Table with columns for category, description, and score. Categories include Body position & Timing and Height.

7 Rocket

Table with columns for category, description, and score. Categories include Body position & Timing and Height.

8 Eggbeater (left)

Table with columns for category, description, and score. Categories include Body position & Height and Height.

SSO will not require Synchro Specific Swim data to be submitted



START #: _____

ATHLETE NAME: _____

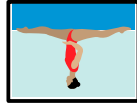
AGE/YR: _____

Circle the deductions/ score for each category. Points possible are noted for each event

LATERAL SPLIT IN WATER (assessed during figure competition at the panel)

Body position

- Full Extension of the legs throughout 1 0
- Vertical alignment of the body 1 0
- Horizontal alignment of legs on centre line 1 0
- Legs are dry at the surface. 1 0
- Hips square 1 0
- Back leg knee cap facing the ceiling 1 0



Height

- Complete FLAT split 4 0

Total out of 10 :

SURFACE ARCH POSITION IN WATER (assessed during figure competition at the panel)

Body position

- Hip joints on a horizontal line 1 0
- Shoulder joints on a horizontal line 1 0
- Hips and shoulders joints 'square' & parallel to one another 1 0
- Head (ears specifically) in line with shoulders 1 0
- Full extension of knees and ankles 1 0
- Thighs and feet at the surface 1 0
- Hips 0-10° under the surface 1 0



Total SURFACE ARCH out of 7 :

SSO will not require water flexibility data to be submitted