



TRAIN TO TRAIN (stage 4) : 13-15 yrs old

START #: _____

ATHLETE NAME: _____ AGE/YR: _____

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

[Red box for total score]

LAND SKILLS (88 pts possible) - TOTAL SCORE

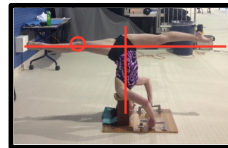
1 TRIPOD HEADSTAND SPLIT RIGHT & LEFT

- Head (ears specifically), shoulders and hips aligned 1 0
- Torso is perpendicular to floor 1 0
- Hips and shoulders square 1 0
- Extension of both knees and ankles as per Canadian standard 1 0
- Complete FLAT split 4 0

SSO will not require headstand data submission

Total out of 8 : []

RIGHT



LEFT

- Head (ears specifically), shoulders and hips aligned 1 0
- Torso is perpendicular to floor 1 0
- Hips and shoulders square 1 0
- Extension of both knees and ankles as per Canadian standard 1 0
- Complete FLAT split 4 0

Total out of 8 : []



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
- Hands palm up, behind legs (barracuda set-up) 1 0

Total out of 4 : []



3 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 : []



4 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

Total out of 3 : []



- 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 3 : []



5 V-SIT - HOLD WITH DOWEL

- Legs in full extension and together 1 0
- 90 degree flexed position at the hips maintained 1 0
- Torso (hips, shoulder, head) aligned & fully extended. 1 0
- Hold for 2 full counts of 8 1 0

Total out of 4 : []

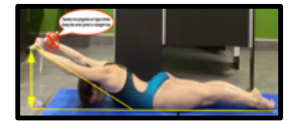


6 PRONE SHOULDER HYPER FLEXION WITH DOWEL

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 : []



7 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
- 12 repetitions are completed with all competencies accomplished 1 0

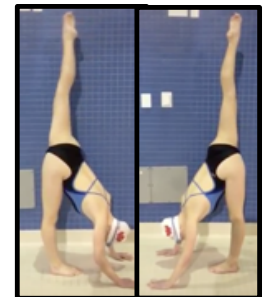
Total out of 4 : []



8 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 : []

9 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 |

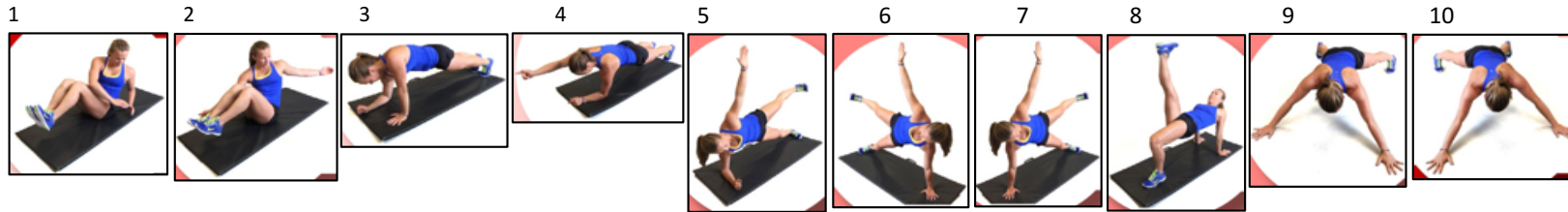
Total out of 7 (for each split) : [] [] []



10 CORE ROUTINE: complete Level 2 - 30sec each exercise with no rest

- 1 - Sky-Centre-Side-Centre (fast pace) for 30 sec 1 0
- 2 - Bent knee V Sit with Heel Cup for 30 sec 1 0
- 3 - UP-UP-DOWN-DOWN (fast pace) for 30 sec 1 0
- 4 - Superman Dyno (slow pace) for 30 sec 1 0
- 5 - Side Plank Rollovers with Heel to Sky for 30 sec 1 0
- 6 - Star Planks for 15 sec each side (total 30 sec) 1 0
- 7 - Star Plank Rollovers (slow pace) for 30 sec 1 0
- 8 - Table Top Heel to sky for 30 sec 1 0
- 9 - Clock Right (slow pace) for 30 sec 1 0
- 10 - Clock Left (slow pace) for 30 sec 1 0

Total out of 10 :



25 m FRONT FLUTTER

Timer 1= _____

Timer 2 = _____

Average time = _____

200M IM

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