



LEARN TO TRAIN (stage 3) : 9-10 yrs old

START #: _____

ATHLETE NAME: _____ AGE/YR: _____

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

LAND SKILLS (69 pts possible) - TOTAL SCORE

1 BACK LAYOUT ON TWO FOAM ROLLERS

- Head (specifically ears), hips and ankles in horizontal line 1 0
- Body extended with neutral spine; abdominals and glutes are engaged 1 0
- Legs together and in full extension 1 0
- Total out of 3 :**



2 BALLET LEG ON LAND

Right ballet leg

- Head, shoulders, horizontal leg are in contact with the floor 1 0
- Vertical thigh (ballet leg) maintain 90° with the horizontal line 1 0
- Both knees and both ankles are fully extended as per Canadian standard 1 0
- Total out of 3 :**



Left ballet leg

- Head, shoulders, horizontal leg are in contact with the floor 1 0
- Vertical thigh (ballet leg) maintain 90° with the horizontal line 1 0
- Both knees and both ankles are fully extended as per Canadian standard 1 0
- Total out of 3 :**

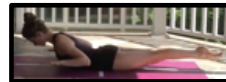
3 BACK BEND or BRIDGE

- Legs in full extension and together 1 0
- SSO will not require back bend data submission
- Head with shoulder in vertical alignment 1 0
- Upper arm in 12 o'clock position 1 0
- Hold for 2 full counts of 8 1 0
- Total out of 4 :**



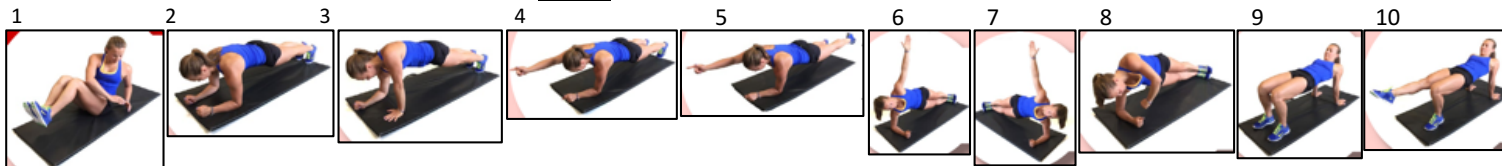
4 FRONT LAYOUT ON LAND

- "Canoe" position achieved with lengthened lumbar spine 1 0
- Neutral cervical spine (no chin poking out) 1 0
- Legs and feet together and extended as per Canadian standard 1 0
- Total out of 3 :**



9 CORE ROUTINE: complete Level 1 - 20sec each exercise with no rest

- 1 - Sky-Centre-Side-Centre (slow pace) for 20 sec 1 0
- 2 - Front Plank for 20 sec 1 0
- 3 - UP-UP-DOWN-DOWN (slow pace) for 20 sec 1 0
- 4 - Pointers (slow pace) for 20 sec 1 0
- 5 - Superman for 20 sec 1 0
- 6 - Side Plank Right for 20 sec 1 0
- 7 - Side Plank Left for 20 sec 1 0
- 8 - Side Planks Rollovers for 20 sec 1 0
- 9 - Table Top for 20 sec 1 0
- 10 - Table Top Russian Kicks (slow pace) for 20 sec 1 0
- Total out of 10 :**



5 PRONE SHOULDER HYPER FLEXION WITH DOWEL

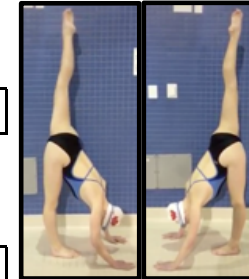
- > 60 cm Stick to floor 5
- 50 cm - 59 cm 4
- 40 cm - 49 cm 3
- 30 cm - 39 cm 2
- 20 cm - 29 cm 1
- <19 cm 0



Total out of 5 :

6 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 :**

7 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 :**



8 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) :



12.5 m FRONT FLUTTER

Timer 1= _____

Timer 2 = _____

Average time = _____

12.5m PROPELLOR

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 12.5m 1 0

Height

- dorsum of foot stay dry (at the surface) for entire 12.5m 1 0
- face stays dry (at the surface) for entire 12.5m 1 0
- anterior hips stay dry for entire 12.5m 1 0