



Ontario's Got Talent!

2020-21 Talent Identification & Invitation Process

Introduction

The following document outlines the Provincial Talent Identification and Invitation Process that will be used to develop lists of "potential athletes" to be invited to the provincial programs listed below in Section I.

Questions regarding the process should be sent to mjling@ontarioartisticswimming.ca

SECTION I Birth year classification for 2020-21 Provincial Programs

- **Junior Program** (ages as of December 31, 2021): 2006 (15), 2005 (16), 2004 (17), 2003 (18), 2002 (19)
- **13-15 Program** (ages as of December 31, 2021): 2008 (13), 2007 (14), 2006 (15)
- **12U Program** (ages as of December 31, 2021): 2011 (10), 2010 (11), 2009 (12)

SECTION II 2020-21 Provincial Programs

Junior

- Led by CAS, OAS is a supportive partner in the delivery of Junior HP Programming.
- Athletes who have been named to the Junior Worlds Athlete Pool will be supported by additional individualized technical sessions and additional SS/SM CSIO services pending 2020-21 OHPSI funding.
- OAS will facilitate the sharing of information from the Junior Worlds Athlete Pool with all Junior Coaches/Clubs in Ontario.
- Junior athletes will be monitored through the existing CAS Talent ID Program at 2021 events (TBD). If there are no events, monitoring may be done by video submission to the CAS Talent Scout(s) and Judges (TBD).
- September 2020 Talent Identification and Invitation Process (as outlined in Section III). Maximum number of athletes selected to the program shall be up to a maximum of 20 athletes. Note: not applicable to athletes in Junior Worlds Athlete Pool.
- October Virtual Retreat (October 17-18, 2020 - Schedule TBA)
- 2x CSIO testing/assessments aligned with CAS assessments (Sept/Oct, Nov/Dec)
- 2x Program update session with HP experts for 13-15 and Junior identified athletes and club coaches (December & January)
- In-Person Camp (March 1-2, 2021) – by invitation only based on monitoring results.
- 2021 Provincial Team competition or Talent Development Camp. Process TBA Fall 2020.

13-15

- September 2020 Talent Identification and Invitation Process (as outlined in Section III). Maximum number of athletes selected to the program shall be up to a maximum of 30 athletes.
- October Virtual Retreat (October 17-18, 2020 - Schedule TBA)
- 2x CSIO testing/assessments aligned with CAS assessments (Sept/Oct, Nov/Dec)
- 13-15 athletes monitored through the existing CAS Talent ID Program at 2021 events (TBD). If there are no events, monitoring may be done at virtual events and by video submission to the CAS Talent Scout(s) and Judges (TBD).
- 13-15 routine skill set developed as a monitoring tool for 13-15 athlete pool. The routine skill set is a planned competition event for January 2021 (Lisa A Tech Meet: Jan 22-24). Coaches will submit routine set for specific feedback on height and execution accuracy at the end of November, and athletes will receive feedback following the Lisa A Tech Meet and at the in-person camp.
- 2x Program update session with HP experts for 13-15 and Junior identified athletes and club coaches (December & January)
- In-person camp scheduled to occur by March 31, 2021 - March 1-2, 2021 (immediately following Leslie Taylor Provincial Championships). By invitation only based on monitoring.
- 2021 Provincial Team competition or Talent Development Camp. Process TBA Fall 2020.

12U

- 12U athletes will be monitored through the existing OAS Talent ID Program at 2020-21 events. If there are no events, monitoring will be done at virtual events and/or video submission to the OAS Talent Scout(s).
- Top 3 teams from 2021 Ontario Championships selected to SYNC. If there is no team competition, individual results of a team are compiled to come up with a team score and there is also a team land drill competition (virtual).
- Talent Identified athletes will be invited to a Talent Development Camp - Summer 2021. Maximum number of athletes selected to the program shall be up to a maximum of 40 athletes. Potential for a selected Provincial Team to compete at an international event.

SECTION III Process for invitation to the 2020-21 Provincial Programs (Junior & 13-15)

The 2020-2021 OAS Talent Identification and Invitation Process will consist of a combination of the following four components which will make up the individual **Athlete Portfolio** which must be submitted by 11:59 p.m. on **September 20, 2020**.

1. Coach Nomination

Coaches who are recommending athletes for consideration are required to submit a *2020-21 OAS Talent ID & Invitation Process Athlete Nomination Form* for each athlete they are recommending. Submission by coaches via OAS Dropbox (please see **Appendix I**).

2. Past Results

Athlete results are archived and continually tracked by Ontario Artistic Swimming. Athlete results from provincial, national and international competitions will be considered from the past three competitive seasons: 2019-20, 2018-19 and 2017-18.

3. Athlete Testimonial

Athlete must upload a video no longer than 1 minute in length answering the following questions:

- a) Introduce yourself – name and club
- b) What do you love most about the sport of Artistic Swimming?
- c) What is your greatest strength as an athlete, and if selected how will you contribute this strength to the Ontario Provincial Team Program?
- d) What is one thing you hope to gain from being part of the Ontario Provincial Team Program?

Submission by coaches via OAS Dropbox (please see **Appendix I**).

4. Individual skills assessment (please see **Appendix II** for skill protocols)

Athlete must upload videos of the following skills which will be assessed by a panel of technical experts (CAS Talent Scout(s) and Officials). Submission by coaches via OAS Dropbox (please see **Appendix I**).

	13-15	Junior
Land	1. Burpee Star Jumps on 45s 2. Push-up (Tricep) max 20x to a cadence 3. Bridge (CAS Standard, 1-4 marking scale) 4. Active Needle Kick 5. CAS Core Performance Level 2	1. Burpee Star Jumps on 60s 2. Push-Up (Tricep) max 30x to a cadence 3. Bridge (CAS Standard, 1-4 marking scale) 4. Active Needle Kick 5. CAS Core Performance Level 3
In-Water	1. Ariana complete figure 2. Vertical Position hold (15s) 3. NO arm Body Boost followed by a Barracuda thrust 4. Double arm eggbeater hold (10s facing sideways to camera, 10s facing camera straight-on) 5. 100m freestyle time (submit time for monitoring)	1. Ariana complete figure 2. Vertical Position hold (20s) 3. Double arm Body Boost followed by a Barracuda thrust 4. Double arm eggbeater hold (10s facing sideways to camera, 10s facing camera straight-on) 5. 200m freestyle time (submit time for monitoring)

Using the all of the information collected, a list of “potential athlete invitees” will be developed for each of the programs listed in **Section I**.

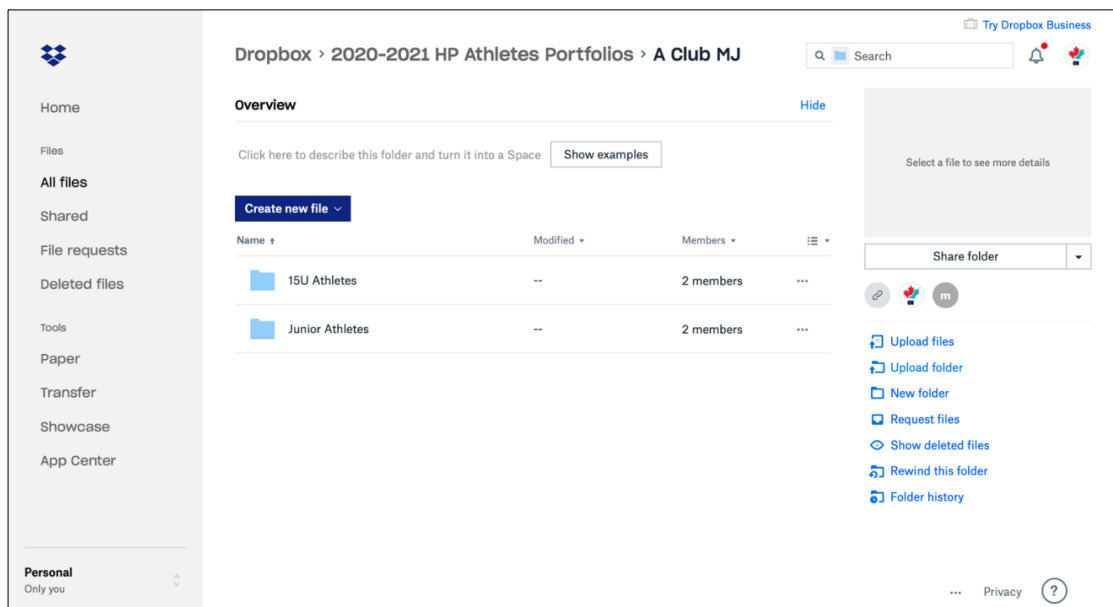
SECTION V 2020-21 Timeline/Key Dates (Subject to Change)

All required information and questions to be sent electronically to: mjling@ontarioartisticswimming.ca

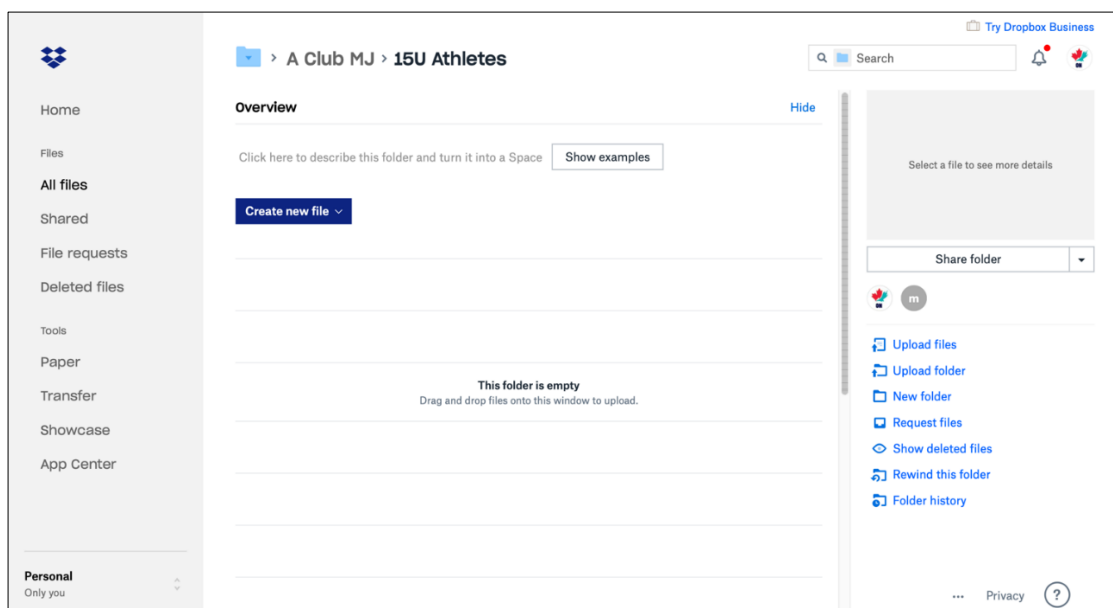
Deadline Date	Event/Program	Description	Form/Information
Friday, July 24, 2020	2020-21 Program Launch	Circulate to community 2020-21 Talent Identification & Invitation Process and program overview through Club Presidents and Head Coaches.	Email communication to Club Presidents and Head Coaches + posted on OAS website.
Thursday, August 6, 2020 at 7:00pm	2020-21 Program Info Session	Open live session (platform TBA) for athletes, parents, and coaches to review and answer questions regarding 2020-21 programming. Presentation will also be done on Club Call.	Link to Information Session will be communicated to Club Presidents and Head Coaches and posted on the OAS website.
Sunday, September 20, 2020 by 11:59 pm	Junior 13-15	Athlete Portfolio due.	Athlete Portfolio: Coach Nomination Athlete Testimonial Skills Assessments
Thursday, October 1, 2020	Junior 13-15	Athlete Selection Announced.	Email communication to Head Coaches & Parents of athletes who were nominated.
Monday, October 5, 2020	Junior 13-15	Online information meeting for selected athletes, parents, club coaches to outline programming following selection.	Email communication to athletes, parents and club coaches with meeting information.
October 17-18, 2020	Virtual Weekend	Virtual weekend for 13-15 and Junior identified athletes and club coaches.	Detailed information will be released with Oct 5 Meeting.
Dates/Format TBA (2 x)	CSIO Testing	CSIO testing dates and follow up meeting dates TBD.	TBA
As per OAS/CAS competition calendar	Ongoing Monitoring and Feedback	Ongoing monitoring and feedback from Talent Scout(s) and Judges.	Dates based on competition calendars.
Monday, December 7, 2020 (5-8 p.m.)	Program Update #1	Virtual program update session with HP experts for 13-15 and Junior identified athletes and club coaches	Online meeting invitation will be sent in advance of the session.
Monday, January 25, 2020 (5-8 p.m.)	Program Update #2	Virtual program update session with HP experts for 13-15 and Junior identified athletes and club coaches	Online meeting invitation will be sent in advance of the session.
March 1-2, 2021	Junior 13-15	In-person Camp – March 1-2, 2021 (by invitation based on monitoring)	Detailed information will be released at Program Update #2 meeting.
Summer 2021	Provincial Teams	Provincial Teams Summer 2021 or Talent Development Camp - 13-15, Junior, 12U	TBA

Appendix I – Head Coach Step-by-Step Dropbox Submission Process

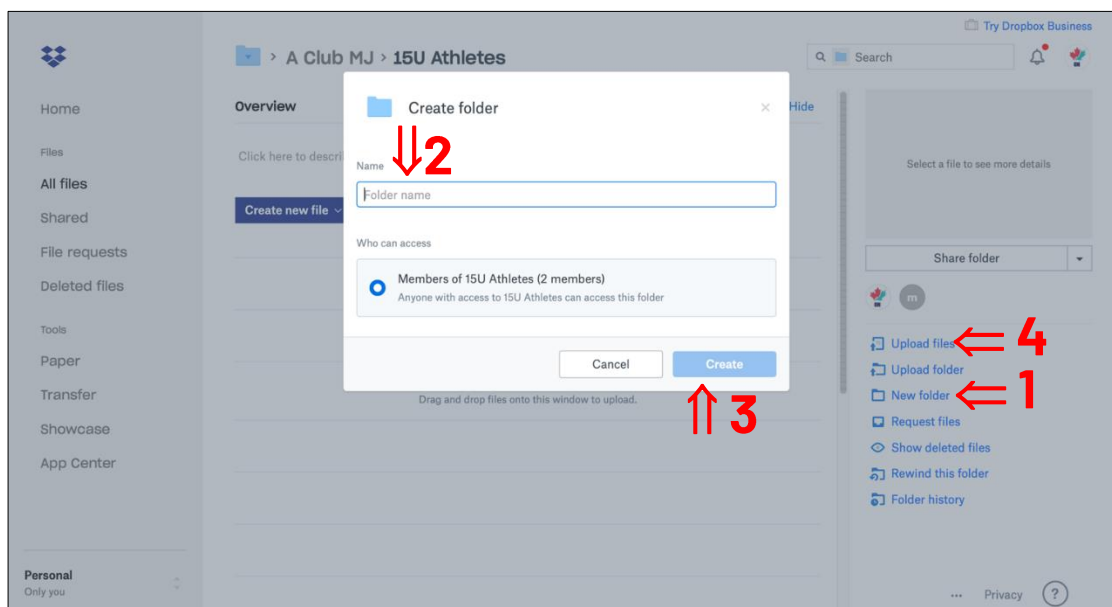
1. The Head Coach will receive a club specific link via email to direct them to their club Dropbox folder.
2. Click the link to take you to your club folder which will have a folder for 13-15 athlete submission and a folder for Junior athlete submissions:



3. Open the specific age group folder for the athlete you need to submit for.



4. On the right side -click on “New Folder” (1) and the “Create folder” window will open.



5. Enter the athlete’s name (2) and click on “Create” (3).
6. Upload (4) all documents for that athlete in their folder.
7. Repeat for each athlete.
8. Questions? Contact Mary-Jane at mjling@ontarioartisticswimming.ca

Protocol for videoing land and water skills:

1. LAND SKILLS:

- a) Spandex shorts, tank top or bathing suit under shorts; hair tied in a ponytail or bun.
- b) Please have your athlete state their full name and club (for each video).
- c) Ensure your athlete is centered and completely visible in the frame.
- d) Ensure area is clear of distractions.

2. WATER SKILLS:

- a) Black figure suit and plain white cap.
- b) Please have your athlete state their full name and club (for each video).
- c) Ensure your athlete is centered and completely visible in the frame.
- d) Ensure area is clear of distractions.



Appendix II – Individual Skills Assessment

LAND SKILLS:

1. Burpee Star Jumps (13-15 = 45s, Jr = 60s)

(assessment as per CAS assessment protocols)

Objective: To maintain a sustained height during the burpee vertical jumps; achieve repeated maximal height in the Star jump; achieve vertical alignment precision, sharp arm & legs movement and precision in squats throughout the test; and to perform as many jumps as possible in the time allotted – 45 seconds for 13-15 or 60 seconds for Junior.

Procedure:

- Burpees were chosen because they require the coordination of the upper and lower body, with a marked emphasis on joint and segmental extensions.
- The addition of the STAR jump is to replicate the maximal extension, height and precision required in artistic swimming.
- The timing of the STAR jump is every 4th jump to replicate a typical placement of power movement within a choreography.
- The maximal height achieved for the Star jump is highly correlated to lower-body maximal power.
- The average of the burpee jumps for each 15sec interval, highly correlate to the power sustained and is indicative of power endurance or capacity output over 60 seconds.
- In addition, assessment of the quality of the movement throughout the test, also measured every 15 sec interval indicates the ability to maintain proper form and execution. This aspect mimics the consistency of the routine.

Video link:	https://youtu.be/cChiv7465aU
Proper squat position: (each time athlete does a deep squat)	https://youtu.be/LeaCLM7T2A0 (reference: Le Rêve Casting Audition video http://www.lerevecasting.com)
Anatomical video of squat: (* push-up movement is NOT part of our test)	https://youtu.be/SCsU4DWcUvI (reference: Muscle & Motion Strength Training educational video's https://www.musclemotion.com/free-trials/)
Other examples with Star Jump: (not perfect quality: squat positions and/ or vertical alignment and/ or sharp movements)	https://youtu.be/OfZjSR8gT_g

Assessment:

- Number of jumps performed will be counted
- STAR Jump quality assessed by a qualified coach on a scale of 0-2 for a total of 6 for each 15 second interval:

- Vertical body alignment
- Arms, hands, knees and feet sharp full movements
- Deep squat position – heel to bum

2. Push-up (Tricep) to a cadence (13-15 = max 20x / Jr = max 30x)

(assessment as per CAS assessment protocols)

Objective: To complete 20 (13-15) or 30 (Junior) repetitions with quality movement on the cadence of 60bpm.

Procedure:

- Note: Flutter boards(s) or other similar equipment/board required.
- From plank position, arms should bend at elbow level with elbows staying close to the body (45 degrees). Hands below the shoulder.
- Horizontal alignment of head (ears), shoulders, hips, knees and ankle joint.
- Legs should remain straight and together; face should remain looking at the ground.
- Body descends and remains parallel. Elbows will have a 90° angle or more. Chest must touch the flutter board under chest. Height of flutter board will be ½ the height between their wrist and elbow.
- Down (flexion) on one cadence, up (extension) on the next to a cadence of 60 bpm.

Video link: <https://youtu.be/NMBIriELqAg>

Assessment:

- Number of repetitions with quality movement will be counted
- Push-Up Quality (out of 1.0)
 - Head to ankles horizontal alignment (knees extended & no sagging @ hips) – 0.25
 - Depth (chest touches flutter board) – 0.25
 - Tempo – 0.5
- Stopping Criteria
 - Incorrect alignment (knees bend; hips sag; shoulders rise before hips on press up),
 - Does not bring chest to flutter board
 - Unable to follow tempo

3. Bridge (CAS Standard, 1-4 marking scale)

Objective: To assess flexibility and extension.

**Note: Please refer to Bridge Progressions Resource Document for training support.*



Procedure:

- Athletes start position lying on back, heels to bum, legs together and hands prepared beside the head under the shoulders.
- Push up to bridge position for 2 full 8 counts keeping feet and hands in starting position.
- Feet and legs must be together and extended.
- Cervical spine must remain neutral (natural curve of the spine), with the head hanging straight down (no "turtle" heads).
- Ears aligned with shoulder in vertical alignment.
- Hands must be below the shoulders with arms (determined by upper arm) in a position of 12 o'clock.
- Body should come over hands and legs should extend. The energy should push through the shoulders.
- Fingers should point to heels and elbows should be extended, but not hyperextended.
- Hold for 2 full 8 counts.

Assessment:

- Quality assessed out of 4.0:
 - Legs in full extension and together (1.0)
 - Ears aligned 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)

4. Active Needle Kick

Objective: To assess flexibility and extension.

Procedure:

- Metronome speed set at 120 bpm.
- Begin kneeling on ground.
- 8 counts to assume start position - arms straight, palms flat on the ground with finger tips facing forward, standing leg vertical and fully extended, kicking leg in full extension at, approximately 30 degrees behind standing leg, toe pointed and in contact with the floor.
- Torso is straight and in line with the head with eyes gazing downward toward the floor - angle of approximately 45 degrees.
- 5x kick to full range, with toe returning to start position at approximately 30 degrees.
- Start first kick on count 1 (*note demonstrator timing in video is incorrect*), last kick will be on count 9. Cadence of one movement per beat.
- On the 5th kick - hold the maximum range split with hips, knee and foot of the vertical leg square with maximum extension for 2 sets of 8 counts.
- Torso is straight and in line with the head - the eyes shift to look at the leg (head position adjusts). The chest and head are close to the standing leg as possible.
- Minimal turnout is allowed (1 o'clock or less).
- Both knees are fully extended. Top leg ankle full plantar flexion.
- Turn to other direction and repeat skill on other leg.
- Make sure to have the leg that is performing the kick closest to the camera.

Video link: <https://www.dropbox.com/s/hf4fzcohn5j5k8x/Needle%20Kick%20Video.mp4?dl=0>

Assessment:

- Quality assessed out of 10:
 - Top leg is at vertical(180°) for each kick(4)
 - Top leg is at vertical(180°) or greater for hold (4)
 - Bottom leg remains extended and on vertical line(0°) throughout(1)
 - Both knees and top ankle are fully extended throughout(1)

5. CAS Core Performance (13-15 = Level 2 / Jr = Level 3)

Objective: To assess strength, endurance, brain training: ability of core/trunk to handle perturbations, multi-planar stability.

Procedure:

- Please refer to CAS Core Progressions PDF document (video links embedded for all exercises).
- Start with Level 1, try all ten exercises for 15 seconds, and rest between each when needed.
- Progress to 20, then 25, and finally 30 seconds. Again, only resting when needed.
- Once you can complete every exercise for 30 seconds consecutively (a 5 min routine with no rest), progress to Level 2. Follow same progression to Level 3 (Jr only).
- For 13-15, requirement for video submission is Level 2, every exercise for 30 seconds consecutively (a 5-minute routine with no rest)
- For Junior, requirement for video submission is Level 3, every exercise for 30 seconds consecutively (a 5-minute routine with no rest)

Assessment:

- Endurance - athlete is able to perform every exercise for 30 seconds consecutively (5-minute routine with no rest).
- One point for each exercise executed for the entire duration (30s) with quality/without losing technique. Total out of 10. Quality standard is as per video demonstration.

WATER SKILLS:**1. Ariana complete figure (13-15 and Junior)**

Objective: To assess in-water flexibility.

Procedure:

- A Walkover Back is executed to a Split Position. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A Walkout Front is executed.



Assessment:

- Surface Arch
 - FINA Scale in 0.5 increments
- Split Position
 - FINA Guiding Scale for Splits (FINA Manual p.46)
- Rotation through middle split
 - Split angle scale (9.5) $180 = 3 / (8.5) 170-179 = 2 / (7.5) 160-169 = 1$
 - Alignment – inside of each leg aligned on opposite sides of horizontal line (Y/N)
 - Lower back arched with hips, shoulders and head on a vertical line (Y/N)
- Split Position
 - FINA Guiding Scale for Splits (FINA Manual p.46)
- Figure Score
 - Expanded Marking Scale for Figures (FINA Manual p.42-43)

2. Vertical Position hold (13-15 = 15s, Jr = 20s)

Objective: To assess athlete's ability to execute a Vertical Position.

Procedure:

- Metronome speed 180 bpm
- Start in eggbeater facing the wall - hold 8 counts
- Counts 1-8: go under and assume a touch position
- Count 1: extend legs to vertical position and hold for 6 sets of 8 (13-15) and 8 sets of 8 (Junior)
- Vertical Position - Body extended, perpendicular to the surface, legs together, head downward. Head (ears specifically), hips and ankles in line.
- Exit out of vertical optional

Assessment:

- Expanded Marking Scale for Figures (FINA Manual p.42-43)
- FINA Guiding Scale for Height (FINA Manual p.44-45)

3. No arm Body Boost followed by a Barracuda thrust (13-15 and Junior)

Objective: To assess the athlete's ability to execute power movements with height and accuracy.

Procedure:

- Metronome speed 180 BPM
- 1,2,3,4,5,6,7,8 eggbeater (facing the wall)
- 1 - prep for body boost (collarbone height), hold 2,3,4
- 5 - body boost to maximum height, arms glued by sides hold count 6
- 7 - drop to mid-chest height
- 1 - under, 2 hold
- 3 - under water tuck
- 5 - extend legs to V position under water hold 6,7,8
- 1 - toes break surface
- 3 - thrust with full arm press (at the maximum height)
- 5 - start dropping

- 7 - mid-shin height
- 1 - under

Assessment:

- No arm Body Boost
 - FINA Guiding Scale for Height (FINA Judges Manual p.44-45)
- Barracuda
 - Expanded Marking Scale for Figures (FINA Manual p.42-43)
 - FINA Guiding Scale for Height (FINA Judges Manual p.44-45)

4. Double arm eggbeater hold - 10s facing sideways to camera, 10s facing camera straight-on (13-15 and Junior)

Objective: To assess the athlete's ability in eggbeater height and stability.

Procedure:

- Metronome speed 180 BPM
- 1,2,3,4,5,6,7,8 eggbeater (facing the wall) – on count 7 bring arms into fists by shoulders
- Count 1 – Sharply extend arms up in line with ears, palms facing in, hold for 4 sets of 8 counts
- Count 1 – ¼ turn to face camera, and hold for an additional 4 sets of 8 counts

Assessment:

- FINA Guiding Scale for Height (FINA Judges Manual p.44-45)
- Arms fully extended on the vertical line
- Body vertical with ears, shoulders, ribs and hips stacked
- Lats fully engaged, pulling shoulders away from the ears (long neck line)
- Stability (no wobbles)

5. 100m (13-15) or 200m (Jr) freestyle time (submit time)

Objective: To assess speed.

Procedure:

- Athletes start from in the water.
- Athlete starts with one hand on the pool deck, the other arm is on the water surface facing the direction of the pool lanes, body in a tuck position, two feet touching the wall.
- Starter says: Ready... Whistle.
- At whistle, athlete pushes from the wall.
- Flip turn or two-hand touch obligatory. At the end of each lap: athletes complete a flip turn or two-hand touch, followed by two-foot push-off (similar to breast-stroke turn in competitive swimming), dolphin or flutter kick during streamline push-off permitted.
- Time will be recorded when athlete completes a one hand touch on side of pool.

Assessment:

- Time submitted will be used for data collection and monitoring purposes.

Movement Preparation CORE PROGRESSIONS

CIRQUE DU SOLEIL



SKY-CENTRE-SIDE-CENTRE (SLOW PACE)

Start position: Sit on floor, knees bent to 90, toes to sky, then lift heels off ground. Hands cupped at belly-button (Centre), as if holding bowling ball. Pause momentarily in each position.

Movement: Centre, Sky (overhead), Centre, Side (twist left), Centre, Sky, Centre, Side (twist right), Centre. Repeat in steady & controlled pace.



SKY-CENTRE-SIDE-CENTRE (FAST PACE)

Start position: Assume Sky-Centre-Side-Centre position.

Movement: Repeat sequence quickly but in a controlled manner: Sky (overhead), Centre, Side (twist to left), Centre, Sky, Centre, Side (twist to right), Centre.



BENT-KNEE TO 'V'

Start position: Assume Sky-Centre-Side-Centre CENTRE position.

Movement: Extend both arms above head (SKY), while extending both knees from 90. Pause for 1 sec. Return to start position. Repeat in a steady, controlled manner.



Level I

FRONT PLANK

Start position: Lie face-down on floor. Prop self up using forearms and toes as points of contact. Elbows below shoulders. Feet are shoulder-width apart. Shoulders aligned with hips and ankles - straight like a board.

Movement: Static hold.



Level II

BENT KNEE V SIT with HEEL CUP

Start position: Assume Sky-Centre-Side-Centre CENTRE position.

Movement: Use cupped right hand to rotate and reach to gently touch right heel. Return to start position. Repeat on left side. Continue in a steady, controlled manner.



Level III

SUPERMAN DYNO (FAST PACE)

Start Position: Assume front plank. Feet wider than normal.

Movement: Similar to Superman Dyno Slow, except now complete more explosively (dynamically) and without pause between repetitions.



UP-UP-DOWN-DOWN (SLOW PACE)

Start position: Assume front plank position.

Movement: Press left forearm off ground by extending left elbow, so supported by left hand (UP). Repeat on right side (UP). Return to start plank position (DOWN R then DOWN L). Repeat at slow pace in control.



UP-UP-DOWN-DOWN (FAST PACE)

Start position: Assume front plank.

Movement: Complete same sequence as Up-Up-Down-Down (SLOW PACE). However, now, complete each rep quickly, but still in control. Also try to alternate which arm goes UP first.



SUPERMAN CRUNCH

Start Position: Assume Front Plank. Extend left arm as in Pointers (level 1). Place feet slightly wider than normal.

Movement: Touch left elbow to right knee, at position just above belly-button. Return to start position. Complete 2 reps, then repeat on opposite side. Continue pattern.



POINTERS (SLOW PACE)

Start Position: Assume front plank. Feet slightly wider than normal.

Movement: Shift weight support to left arm. Extend right arm to point forward. Hold 1/2 sec. Return to start position. Shift weight to right. Repeat on opposite arm. Controlled.



SUPERMAN DYNO (SLOW PACE)

Start Position: Assume front plank. Feet slightly wider than normal.

Movement: Extend right arm to point forward, while raising left foot just off ground. Pause 1 sec. Now, dynamically, switch your arms and feet ("jump"). Pause and Repeat.



STAYIN ALIVE

Start Position: Assume Front Plank. Feet slightly wider.

Movement: Extend right hand and then diagonally to side (2 o'clock), while pointing left foot diagonally (8 o'clock) to opposite side. Pause 1 sec. Return to start. Repeat for other side (left hand and right foot).



SUPERMAN

Start Position: Assume front plank. Feet wider than normal.

Movement: Start by doing a right arm pointer, then lift left foot off (1"). Return to start front plank position. Perform left arm pointer with right foot off. Repeat pattern.



SIDE PLANK ROLLOVERS with HEEL TO SKY

Start position: Assume Side Plank Right.

Movement: From side plank, raise left foot (keep leg straight, push heel to sky) so ankle is slightly above shoulder, as if spreading legs apart. Slowly return foot to start position. Do 2 reps. Roll to left side and repeat.



STAR PLANK with HEEL TO SKY

Start position: Assume Star Plank Left.

Movement: From star, lower right leg (keep straight) so ankle taps left ankle, as if clicking heels. Return to start position. Complete 2 reps. Then roll to right side and complete 2 reps of heel to sky. Repeat in a steady, controlled pattern.



SIDE PLANK RIGHT

Start position: Lie on right side with legs straight. Prop self up onto right elbow & forearm. Shoulders, elbows, hips, knees, and ankles all aligned. Raise left hand to sky or keep hand to side.

Movement: Static hold.



STAR PLANKS

Start position: Assume Side Plank Left. Prop self onto left hand (not elbow). Shoulders, elbows, hips, knees, and ankles aligned. Raise right hand and leg to sky, so body resembles a star.

Movement: Static hold. Switch to right side half way.



STAR PLANK DYNOS

Start position: Assume Star Plank Right.

Movement: Hold for 1 sec, then, dynamically, "jump" on to left side and assume star plank left position. Hold for 1 second. Continue in quick, yet controlled pattern. Progress from a quick roll-over to a real jump.



SIDE PLANK LEFT

Start position: Lie on left side with legs straight. Prop self up onto left elbow & forearm. Shoulders, elbows, hips, knees, and ankles all aligned. Raise right hand to sky.

Movement: Static hold.



STAR PLANK ROLLOVERS (SLOW PACE)

Start position: Assume Star Plank on right side.

Movement: Hold for 1-2 sec, then roll on to left side and assume Star Plank Left position. Hold for 1-2 seconds. Repeat in a steady, controlled pattern. You will go through a 4 point position during the roll (both hands & feet on ground).



TABLE TOP RUSSIAN KICKS DYNO

Start position: Assume Table Top.

Movement: Complete same sequence as Table Top Russians (Slow). However, complete each rep dynamically ("jump") and without pause between reps. As if doing a Ukrainian or Georgian dance.



SIDE PLANK ROLLOVERS

Start position: Assume side plank right position with free hand held high.

Movement: Roll on to left side by placing left elbow to where right elbow is on ground achieving a plank left position. Hold momentarily. Repeat in opposite direction.



TABLE TOP HEEL TO SKY

Start position: Assume Table Top.

Movement: Raise right leg (keep straight) to sky, as if kicking a ball from the air, then lower to tap heel on floor. Return to start position. Perform movement for left leg. Repeat in steady, controlled manner.



STRETCH CLOCKS

Start Position: Assume Clock Right. However, move hands slightly more forward (above head) than in Level 2.

Movement: Complete Clock Right (Slow) movement for 360 degrees (one revolution), then switch to Clock Left (Slow) for 360.



TABLE TOP

Start position: Lie face-up on floor. Place hands below shoulders, with hands in most comfortable position. Place feet (ankles) below knees. Raise hips and back off ground, so stomach and legs create a flat "table".

Movement: Static Hold



CLOCK RIGHT (SLOW PACE)

Start Position: Assume front plank. Move hands slightly more forward than normal (just above head).

Movement: Move right hand to 2 o'clock position and left leg to 8 o'clock position. Then, bring left arm to right arm and right leg to left leg. Rotate around steady & controlled.



JUMP CLOCKS

Start Position: Assume Clock Right position but with hands above head.

Movement: Rotate right about 5-15 degrees with a total body "jump" movement. Continue jump rotations for one revolution. Then reverse direction and jump left.



TABLE TOP RUSSIAN KICKS (SLOW PACE)

Start position: Assume Table Top position.

Movement: Extend right knee and point toe, so supporting on right & left hands and left foot. Hold 1 sec. Return to start table top position. Extend left knee. Repeat in a steady, controlled manner.



CLOCK LEFT (SLOW PACE)

Start Position: Same as Clock Right.

Movement: Move left hand to 10 o'clock position and right leg to 4 o'clock position. Then, bring right arm to left arm and left leg to right leg. Rotate around steady & controlled.



SLAM AND TWIST

Start position: Lie on back with legs on bench. Hips and knees at 90 degrees. Hold hands to ears with elbows wide.

Movement: Sit-up quickly, slam chest to thighs. Lower trunk midway back to floor. Slam up again. Lower trunk midway again. Twist trunk, 3 times each to right and to left (stay tall). Return to start position with head back on ground. Repeat.



PROGRESSION:

Start at Level I, try all ten exercises for 10 seconds, rest between each when needed.

Progress to 15, then 20, then 25, and finally 30 seconds. Again, only resting when needed.

Once you can complete every exercise for 30 seconds consecutively (a 5 min routine), progress to next level.

Suggested frequency is once daily, 3 to 5 times per week. A maximum of twice daily, 7 days per week.