



**OAS 2021 Provincial Team
Selection Information Package #2
Updated May 19, 2021**

| Development Training Camps | | |
|---|--|----------------------|
| <p>Pre-Season Development Camp Date: To Be Determined September, October or November 2021 Location: TPASC or depending on re-opening of facilities Age Groups: 11-12, 13-15 & Junior (Our hope is to have an in-water training camp)</p> | | |
| Possible Competitive Events | | |
| <p>At this time OAS is not considering a competitive opportunity. We will assess the situation in late August or early September. IF the opportunity for a competitive event should become available the Provincial Team/Teams will be selected from athletes participating in the Provincial Development Camp.</p> | | |
| Provincial Development Camp | | |
| <p>OAS will continue to monitor all applicable public health, government, and facility regulations and requirements. The final decisions regarding the camp format, will be made by late August.</p> | | |
| Selection Process | | |
| Athlete Assessment | Description | Due Date |
| 1. Selected to the 2020-2021 OGT Program | All athletes that were selected to the 2020-2021 OGT program, do not need to be nominated by their head coach. These athletes are automatically in the final selection pool. | |
| 2. Coach Nomination | In order for a Provincial or National athlete not selected to the 2020-2021 OGT program to be considered, the head coach of their club must submit an athlete nomination form. | May 31, 2021 |
| 3. Dryland Routine Assessment | All selected OGT athletes as well as all nominated athletes must submit a video of the CAS/OAS Dryland Routine (See attached) | June 11, 2021 |
| 4. Final Selection for OAS Training Camp | By Invitation only based on Coach Nomination or OGT Selection, Dryland Routine Assessment and past results as appropriate. No Byes | June 24, 2021 |

SELECTION COMMITTEE FOR VIDEO REVIEW will be comprised of a panel made up of National level judges and CAS Talent ID Scouts



2021 Ontario Provincial Team Athlete Nomination Form

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| Athlete Name: | |
| 2020-21 Club: | |
| Team you are nominating the athlete for: (11-12, 13- 15 or JR) | |
| Coach Nominating: | |
| Coach Email: | |

Please answer the following questions in full using the CAS "Tools to Win" athlete evaluations forms as a reference.

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| 1) Please describe what athleticism strengths this athlete nominee has: |
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| 2) Please describe what artistic swimming skill strengths this athlete nominee has: |
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| 3) Please describe the intangible (behaviours and attitudes) strengths that this athlete nominee has: |
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| 4) What areas do you have targeted for improvement for this athlete? |
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| 5) Further comments on why this athlete is an ideal candidate |
| |

Please submit your nomination form to Provincial Team Ontario
at provincialteam@ontarioartisticswimming.ca

DEADLINE FOR NOMINATION SUBMISSION IS MONDAY MAY 31, 2021
TEAMS WILL BE ANNOUNCED THURSDAY JUNE 24, 2021
LINK TO DROPBOX FOR VIDEO SUBMISSIONS WILL BE
SENT TO HEAD COACHES JUNE 8, 2021

TOOLS TO WIN (GOLD MEDAL PROFILE)

| TECHNICAL | TACTICAL | PHYSICAL | MENTAL/SOCIAL |
|--|--|--------------------|-----------------------|
| Elements & Execution | Artistic Impression | Athleticism | Intangibles |
| Elements | Ability to maintain difficulty of choreography | Flexibility | Podium Habits |
| Height in hybrid figures, eggbeater kicking & boosts | Synchronisation | Coordination | Focus |
| Well-defined and accuracy: Hybrid figures / Strokes | Manner of Presentation | Speed | Mindset/Motivation |
| Flexibility | Ability as a flyer | Aerobic power | Leadership |
| Ability to swim in pattern | | Speed Endurance | Team Player |
| Extension | | Power Endurance | Performance on demand |
| Efficiency & Smoothness and apparent effortless | | Strength Endurance | Resilience |
| Stability and control | | Stamina | |
| Strength, power and energy level | | | |

2021 ONTARIO OPEN CHAMPIONSHIPS

LAND ROUTINE SKILL DESCRIPTIONS



GENERAL INFORMATION

OAS will be using the 2021 CAS Dryland Routine for our 2021 Ontario Open Championships.

Time Maximum 1:15 seconds (+ 5 seconds will be accepted)

- NO minimum time

Please wear a black figure suit OR a competition suit (encouraged) with spandex shorts (bedazzled shorts allowed!).

- Hair must tied back.
- No shoes please: perform the routine barefoot.
- No jewelry if possible.

Choose your own music – 120 to 135 BPM. You are allowed to add the music over the video – this is helpful to ensure there are no unwanted background noises.

The routine must START from a standing position, facing the camera.

- Athletes and coaches are free to use their creativity to choreograph movements and transitions between the elements.
- The routine must END in standing or sitting position, facing the camera.

Dryland Routines will be performed LIVE.

JUDGING

JUDGING WILL FOLLOW THE CAS FORMAT BEING USED AT THE NATIONAL QUALIFIER AND NATIONAL CHAMPIONSHIPS.

50% Elements

Each element will be marked individually and will be weighted equally

50% Impression

For Impression, judges will be looking for:

Choreography: Creative, captivating, innovative, memorable. Variety of moves and positions, arm positions

Music Interpretation: Great use of all the qualities within the music, express both obvious and subtle qualities, memorable moments, strong emotion impact

Manner of Presentation: Unique and special, strong emotional impact, confident and appealing, emotional energy

Difficulty: The quality of being hard to achieve performed outside the elements



JUDGING CONT.

Like a tech routine - elements MUST be performed in the prescribed order.

If the elements are out of order, the element that gets jumped over will be awarded a score of zero, as per FINA Rule AS 18.4.2 - In a technical routine, any change in order results in a zero score for the element not placed in the correct order.

For example, if an athlete performs elements 1-2-4-3-5, they would receive a zero for element. Note that this is not a penalty, it's a score of zero by rule.

No penalties will be given for mis-performed elements: if an element is attempted, it will receive a score.

Conversely, if an element is not attempted at all, it will receive a score of 0.

DRYLAND SKILLS CLARIFICATION

OAS has clarified what is meant by low-risk and issue an exemption for two movements within the Dryland Routines.

The following two moves, which were observed in almost every dryland video submitted to the CAS National Qualifier, **WILL BE ALLOWED**:

- 1) Two-handed Handstand/Walkover
- 2) Two handed Cartwheel

This exemption will apply to all athletes who performed these moves at either of Leslie Taylor Ontario Cup or National Qualifier.

If dryland videos were not submitted but the club or coach will attest that these moves were not trained in a virtual environment, but that in fact the athletes are experienced athletes who came from a background where they had been previously trained outside of our sport, they will also be allowed.

The following moves observed and noted in the review of dryland videos as high risk **WILL NOT BE ALLOWED**:

- 1) Headstand
- 2) One-handed Cartwheels
- 3) No-arms Arial Cartwheel



ELEMENT 1

ARIANA ROTATION

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|--------------------------------------|---|
| Why | <ul style="list-style-type: none"> Identified national priority and component of CAS Recommended Athlete Evaluation Forms. Measures flexibility and extension |
| How | <ul style="list-style-type: none"> Hands* do not touch the floor at any time throughout the element (*see notes). With the athlete's right side to the camera, start from a position of choice on the floor (kneeling, lunge, seated pike, lunge, etc.). Athlete assumes a left leg split position and holds for 8 counts From left leg split complete a 180° rotation through middle split position to a right leg split position, and hold for 8 counts. |
| Notes | <ul style="list-style-type: none"> The element can be performed with hand support (hands can touch the floor) depending on ability of the athlete. Element score will be adjusted accordingly. Same as Ariana in the water – the rotation (and middle split) should be facing towards the judges – therefore rotate towards the camera. |
| Judges will be looking for... | <ul style="list-style-type: none"> → Vertical alignment of ears, shoulders, and torso is maintained throughout → Hips and shoulders are square → Extension of both knees and ankles → Flat splits → Accuracy, Stability, Ease of Performance, Extension, Clarity, Timing |
| Video | Thanks to Senior National team member Rosalie Boissonneault for the example video. |

ELEMENT 2

V-SITS

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|--------------------------------------|---|
| Why | <ul style="list-style-type: none"> Athletic ability which is part of 13-15 skills testing as well as CAS Core Performance, and links to Hanging Pike-Up assessment Measures core and abdominal strength, extension, and pike position |
| How | <ul style="list-style-type: none"> Assume an extended supine position on the floor (land equivalent of an extended back layout position) with the athlete's left side to the camera. With arms remaining extended overhead, raise the trunk and legs at the same time, keeping full extension, to a pike position that is as closed as possible ("tight pike"). Repeat another 3 times for a total of 4 V-Sits. |
| Judges will be looking for... | <ul style="list-style-type: none"> → Legs in full extension and together → Pike position should be as closed as possible → Torso (hips, shoulder, head) aligned & fully extended → Accuracy, Stability, Ease of Performance, Extension, Clarity, Timing |
| Video | Thanks to Senior National team member Audrey Joly for the example video. |



ELEMENT 3

STANDING BALLET LEG SEQUENCE

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| Why | <ul style="list-style-type: none"> Measures balance, flexibility, and core strength Improve execution of Ballet Leg in figures and elements |
| How | <ul style="list-style-type: none"> Start from a Standing Position with the athlete's right side to the camera. Standing Position = standing tall with arms in a T position, with extended posture and core engaged, arms horizontal to the ground, feet forward without moving in a stable and balanced pose. Execute the following movements with the right leg first and then the left leg: Standing Position -> bent knee -> ballet leg forward (90 degrees) -> bent knee -> standing position. Next lift the right leg straight to a ballet leg (or standing crane), slowly open the leg to a side fishtail position and keep moving until reaching a standing knight position, all the while minimizing movement in the upper body, keeping arms in a T position and leg bent at 90 degrees. Return to the Standing Position to complete the element. |
| Judges will be looking for... | <ul style="list-style-type: none"> → Vertical alignment of head (ears specifically), hips and ankles is maintained throughout → Hips and shoulders are square → Extension of both knees and ankles → Accuracy of Bent Knee and Ballet Leg Position (90 degrees) → Accuracy of Knight Position → Accuracy, Stability, Ease of Performance, Extension, Clarity, Timing |
| Video | Thanks to Senior National team member Claudia Holzner for the example video . |

ELEMENT 4

BRIDGE OR COBRA

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|--------------------------------------|---|
| Why | <ul style="list-style-type: none"> Identified national priority to improve flexibility Element assesses back flexibility - critical for accurate surface arch Improve execution of surface arch position in figures and elements |
| How | <p>BRIDGE</p> <ul style="list-style-type: none"> Starting from either standing, sitting or laying on back, with the athlete's left side facing the camera, bend backwards to assume a bridge position in dorsal hyperextension with both knees fully extended, using hands and feet for support. Hold for 2 full counts of 8. <p>COBRA</p> <ul style="list-style-type: none"> Lying prone with the athlete's left side to the camera, keep legs straight and press palms firmly against the floor, below the shoulders. Straighten the arms and lift the chest. Hold for 2 full counts of 8. |
| Notes | <ul style="list-style-type: none"> The element score for bridge will be based only on the quality of the final position. The impression score will take into account the position before the element (standing, sitting or laying), but please note that athletes should make sure to enter into the element safely according to their ability. Bridge is the preferred element but should only be performed if the athlete has no injuries that would make it unsafe, and if the athlete has gone through the learning progressions that ensures it is safe to perform. Performing the cobra element will not necessarily result in a lower element score: emphasis should be on performing the chosen element well. |
| Judges will be looking for... | <p>BRIDGE</p> <ul style="list-style-type: none"> → Feet and legs together and extended → Ears aligned with shoulders in vertical alignment → Fingers should point to heels, elbows in full extension (no hyperextension). → Body should come over hands. → Accuracy, Stability, Ease of Performance, Extension, Clarity, Timing <p>COBRA</p> <ul style="list-style-type: none"> → Feet and legs together and extended with toes pointed → Ears aligned with shoulders in vertical alignment → Hands under shoulders → Hip bones remain in contact with the floor → Accuracy, Stability, Ease of Performance, Extension, Clarity, Timing |
| Video | Thanks to Senior National team member Sydney Carroll for the example video . |



ELEMENT 5

BURPEES WITH STAR JUMP

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| Why | <ul style="list-style-type: none"> • Measures explosiveness and fitness at the end of routine • Part of CAS Athleticism assessment for 13-15/Jr/Sr |
| How | <ul style="list-style-type: none"> • Starting in a push-up position, with athlete's left side facing the camera, body and legs completely extended. • From this position, bring knees under the chest in a squat position with heels close to buttocks and with hands on the floor near the feet. • Without stopping, jump as high as possible, landing with the toes touching the ground while the legs are still extended and then into a deep squat down (heels to buttocks), then kick the legs back to return to the push-up position. • The 4th jump will be a maximal height and explosive STAR jump (arms and legs out in a star position). • End in squat at descent of STAR jump. |
| Notes | <p>For safety, please ensure that the ceiling is high enough to avoid touching it when jumping. If it's not possible to perform in an area where the ceiling is high enough, competitors are allowed to jump with arms in a Y or T position to ensure safety.</p> |
| Judges will be looking for... | <ul style="list-style-type: none"> → Straight vertical line in jump → Buttocks always touches the heels in squat → Sharp arm and leg movements → Jumps exhibit power → Accuracy, Stability, Ease of Performance, Extension, Clarity, Timing |
| Video | <p>Thanks to Senior National team member Andrée-Anne Côté for the example video.</p> |

