

## 2021-2022 OAS HP ACADEMY APPLICATION AND SELECTION PROCESS

**UPDATED AUGUST 23, 2021**

This program opportunity is made possible by Ontario Artistic Swimming (OAS) through the Ontario High Performance Sport Initiative (OHPSI) Program funded by the Ministry of Tourism, Culture, and Sport, of the Government of Ontario.

The OHPSI program was designed to support a comprehensive provincial high performance sport system that allows for sustained success of athletes and coaches at the very highest levels of international sport. The goal of the OHPSI program is to identify and support Ontario athletes who are best capable of achieving future international success on senior national teams in targeted winter and summer Olympic/ Paralympic and Pan/ Para Pan Am Games sports.

### **OAS HP ACADEMY**

The OAS HP Academy provides additional training and support through coaching and sport science expertise that will help selected athletes advance through the CAS High Performance pathway. Through athlete engagement and individualized skill development, the OAS HP Academy is designed to improve performance of our artistic swimmers in Ontario.

### **OBJECTIVE:**

The objective of the OAS HP Academy application and selection process is to select **50 athletes** who will participate in the 2021-22 OAS OHPSI Academy Program.

**DATES:** See **APPENDIX I** 2021-22 Timelines/ Key Dates below

**LOCATIONS:** Virtual, In-person by Region, In-person Province-wide at TPASC

**ATHLETE PARTICIPATION FEES:** Total cost is \$1,250.

See **APPENDIX II** Program Fees below for payment schedule

### **TIMELINES:**

- Athlete Portfolio due October 2, 2021
- Athlete selection announced by OAS October 14, 2021
- Program fee (1<sup>st</sup> installment) of \$500 by October 18, 2021
- Program fee (2<sup>nd</sup> installment) of \$500 by November 5, 2021
- Program fee (3<sup>rd</sup> installment) of \$250 by February 28, 2022

**Athletes who have not submitted their Athlete Portfolio and the required fees by the prescribed deadlines will be removed from the list of eligible athletes.**

### **AGE CATEGORY:**

Athletes are selected in the following age categories:

- 13-15 age category (20 athletes). Age as of December 31, 2022: 2009 (13), 2008 (14), 2007 (15)
- Junior age category (30 athletes). Age as of December 31, 2022: 2006 (16), 2005 (17), 2004 (18)

### **ATHLETE ELIGIBILITY CRITERIA:**

To be eligible for selection, the athletes must:

- Be registered and in good standing with OAS,
- Agree to adhere to OAS policies and rules,
- Have completed the Coaching Association of Canada Safe Sport training,
- Pay any required fees by the prescribed due date,
- Meet the age requirement,
- Be an Ontario resident as of September 1, 2021 and
- Meet Canadian Sport Institute Ontario (CSIO) requirements for OHPSI participants including completion of all required CSIO documentation and forms by the prescribed deadlines.

## PROGRAM OVERVIEW:

### Junior

- Led by Canada Artistic Swimming (CAS), OAS is a supportive partner in the delivery of Junior high-performance (HP) Programming.
- October 2021 Talent Identification and Invitation Process (as outlined below). Maximum number of athletes selected to the program shall be 30 athletes.
- November Virtual & In Person Retreat (November 6-7, 2021 – Schedule TBA)
- 2x CSIO testing/ assessments aligned with CAS assessments (November & March)
- 2x Program update session with HP experts for Junior identified athletes and club coaches (December & February)
- **TBD** - Junior dryland and/or water routine skill set developed as a monitoring tool for Junior athlete pool. 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 Dryland Routine Assessment in December
- In-Person Camp (March 5-6, 2022).

### 13-15

- October 2021 Talent Identification and Invitation Process (as outlined in below). Maximum number of athletes selected to the program shall be 20 athletes.
- November Virtual Retreat (November 6-7, 2021 – Schedule TBA)
- 2x CSIO testing/ assessments aligned with CAS assessments (November & February)
- 2x Program update session with HP experts for 13-15 identified athletes and club coaches (December & February)
- **TBD** - 13-15 dryland and/or water routine skill set developed as a monitoring tool for 13-15 athlete pool. 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 Dryland Routine Assessment in December
- In-Person Camp (March 5-6, 2022).

## **ATHLETE SELECTION PROCESS:**

The 2021-2022 OAS Talent Identification and Invitation Process will consist of a combination of the following three (3) components, which will make up the individual **Athlete Portfolio**.

The complete Athlete Portfolio must be submitted by 11:59 p.m. on **October 2, 2021**. Athletes who have not submitted the complete Athlete Portfolio by the prescribed deadline will be removed from the list of eligible athletes.

### **1. Coach Nomination**

Coaches who are recommending athletes for consideration are required to submit a 2021-2022 OAS HP Academy Athlete Nomination Form (please see **Appendix IV**) for each athlete they are recommending. Submission by coaches via OAS Dropbox (please see **Appendix III**).

### **2. Individual Dryland Skills Assessment** (please see **Appendix V** for skill protocols)

Athlete must produce videos of Dryland Skills, which will be assessed by a panel of technical experts. All Dryland Skills and the Core Performance will be assessed by CSIO experts. Submission by coaches via OAS Dropbox (please see **Appendix III**).

### **3. Individual Water Skills Assessment** (please see **Appendix V** for skill protocols)

Athlete must produce videos of Water Skills, which will be assessed by a panel of technical experts. All Water Skills will be assessed by a minimum of three (3) National Level Judges and a minimum of one (1) CAS Talent ID Scout. Submission by coaches via OAS Dropbox (please see **Appendix III**).

Using the athlete's Dryland and Water Skills assessment total scores, a list of athlete invitees will be developed using highest to lowest ranked order.

## **ATHLETE SELECTION CRITERIA:**

In order to be considered for selection, athletes must meet the attributes described below:

### **Out-of-water Attributes**

- Demonstrates commitment to the daily habits conducive to high-performance
- Demonstrates punctuality including all commitments related to artistic swimming training activity
- Demonstrates respect and positive attitudes towards other athletes, their coaches, support personnel, and all OAS and CAS employees.

### **In-water Attributes**

- Demonstrates athletic and physical abilities: Flexibility, speed, stamina, strength, and power
- Demonstrates effective artistic swimming skillsets and techniques: Execution of routine skills, synchronization, and presentation
- Demonstrates ability to maintain difficulty of choreography
- Demonstrates the ability to work within a team environment and contribute to and enhance team performance
- Demonstrates the ability to perform on demand including resilience and mental toughness

### **Personal Attributes**

- Demonstrates a positive attitude with the ability to contribute to overall team cohesiveness and a positive team culture
- Communicates effectively with teammates, coaches, and support personnel both in and out of the pool
- Is coachable, can take instruction, listen to feedback, and is able to correct
- Is adaptable to change, self-motivated, confident, determined, has high standards and a goal-oriented nature.

## **UNFORSEEN CIRCUMSTANCES:**

If unforeseen circumstances arise that do not allow for this selection process to be implemented as outlined in this document, OAS reserves the right to identify an alternate process or alternate timelines. Should this occur, all Members will be notified of these changes in a timely manner.

### **AUTHORITY FOR SELECTION:**

OAS shall appoint individuals to be responsible for managing the selection of athletes to the OAS HP Academy Program, which shall be known as the Selection Committee. Selection Committee members are responsible for managing the selection process and liaising with selected athletes.

The Selection Committee must be free from actual and perceived conflict of interest as described in the *CAS Conflict of Interest Policy*, which is available on the [CAS website](#). Where conflict of interest may exist, Selection Committee members must identify the conflict and excuse themselves from selection decisions where there is a conflict. Parents of athletes, or other individuals deemed by OAS to have special interest in the selection process, are not permitted to be members of the Selection Committee.

The 2021 - 2022 OAS HP Academy Selection Committee members include:

- OAS Executive Director, Mary Dwyer
- OAS Senior Manager, Sport Development, Mary-Jane Ling
- Member of OAS HP Committee, Kara Heald

### **DISMISSAL:**

An athlete may be dismissed from the 2021 OAS HP Academy if the athlete:

- Is no longer eligible for participation,
- Fails to remain a member in good standing with OAS,
- Fails to meet Athlete Selection Criteria including in-water, out-of-water, and personal attributes (see above),
- Fails to train towards or meet the physical standards expected by OAS (see **Appendix IV**),
- Is unable to perform due to injury, illness or for other medical reasons, as determined by a Medical Professional,
- Fails to behave in a manner that is consistent with the CAS Conduct Policy,
- Exhibits conduct that is detrimental to the image of OAS.

Reasons for removal will be communicated by written letter to the athlete from OAS.

### **REPLACEMENT ATHLETES:**

There will be no replacement athletes.

### **APPEALS:**

Appeals of selection decisions will be heard and decided in accordance the CAS Appeal Policy, which is available on the [CAS website](#).

**UPDATED AUGUST 18, 2021**

**All required information and questions to be sent electronically to: [miling@ontarioartisticswimming.ca](mailto:miling@ontarioartisticswimming.ca)**

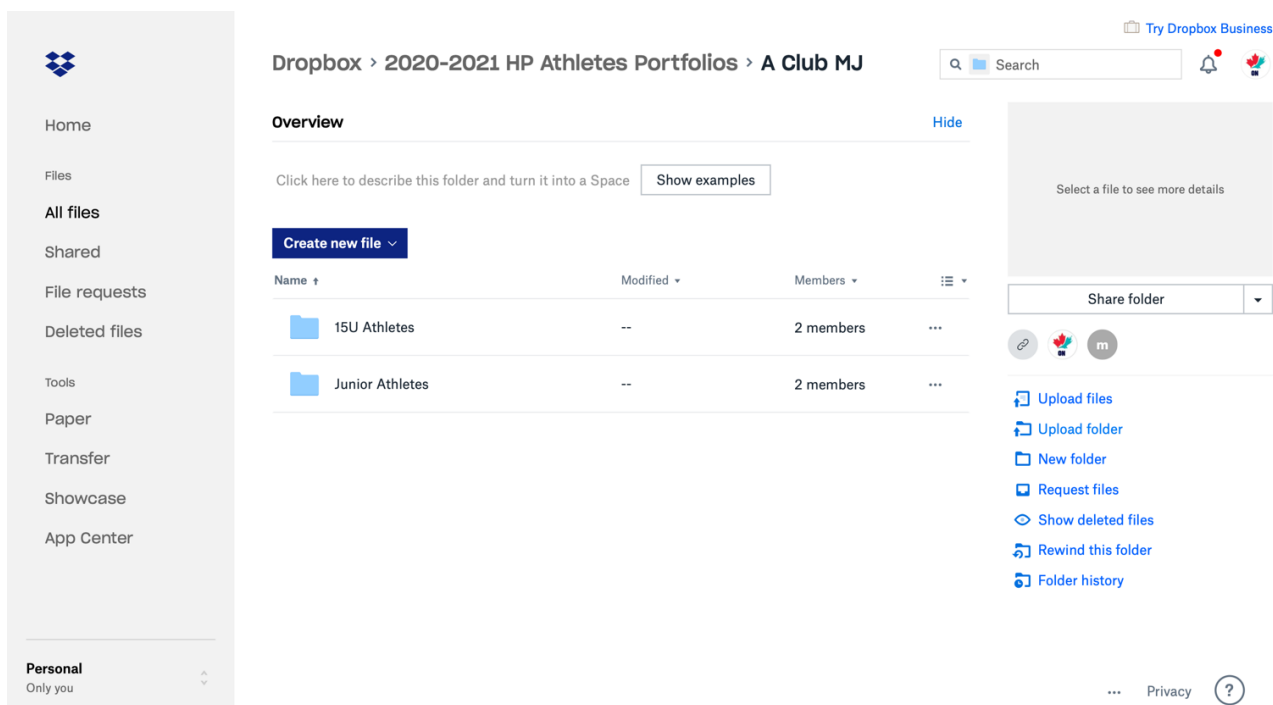
Deadline Date	Event/Program	Description	Form/Information
Monday, July 19, 2021	2021-2022 Program Launch	Circulate to community 2021-2022 Talent Identification & Invitation Process and Program Overview through Club Presidents and Head Coaches.	Email communication to Club Presidents and Head Coaches+ posted on OAS website.
Thursday, August 5, 2021 at 7:00pm	2021-2022 Program Info Session	Open live session (platform ZOOM) for athletes, parents, and coaches to review and answer questions regarding 2021-2022 programming. Presentation will also be done on Club Call. (HP Academy Promo Event)	Link to Information Session will be communicated to Club Presidents and Head Coaches and posted on the OAS website Thursday August 5, 2021 at 9:00am
Sunday, <b>October 2</b> , 2021 by 11:59 pm	Junior 13-15	Athlete Portfolio due.	Athlete Portfolio Coach Nomination Skills Assessments
Thursday, <b>October 14</b> , 2021	Junior 13-15	Athlete Selection Announced.	Email communication to Head Coaches & Parents of athletes who were selected.
Monday, <b>October 18</b> , 2021	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.
Saturday <b>November 6</b> , 2021	CSIO Assessment Junior, 13-15	Dryland Skills and CAS Core Performance	Email testing criteria and athlete schedule to parents & Head Coaches
Saturday & Sunday, <b>November 6-7</b> , 2021	Virtual & In Person Weekend	Virtual & In Person weekend for 13-15 and Junior identified athletes and club coaches.	Detailed information will be released at Oct 18 Meeting.
Monday, December 13, 2021 (5-8 p.m.)	Program Update #1	Virtual program update session with CSIO & HP experts for 13-15 and Junior identified athletes and club coaches	Online meeting invitation will be sent in advance of the session.
Monday February 21, 2022 (5-8 p.m.)	Program Update #2	Virtual program update session with CSIO & HP experts for 13-15 and Junior identified athletes and club coaches	Online meeting invitation will be sent in advance of the session.
Saturday <b>March 5</b> , 2022	CSIO Assessment Junior, 13-15	Dryland Skills and CAS Core Performance	Email testing criteria and athlete schedule to parents & Head Coaches
Saturday & Sunday March 5-6, 2022	Junior 13-15	In-person Camp - March 5-6, 2022	Detailed information will be released at Program Update #2 meeting.

## Program Fees:

Description	Amount	Payment Due	Method of Payment
Registration Fee	\$500	Monday October 18, 2021	Cheque, VISA, Master Card, E-transfer, PayPal  E-transfers at <a href="mailto:oaspayments@ontarioartisticswimming.ca">oaspayments@ontarioartisticswimming.ca</a>  PayPal invoice - subject to 3% administration fee - request invoice from Sue at <a href="mailto:smwall@ontarioartisticswimming.ca">smwall@ontarioartisticswimming.ca</a>  Cheques payable to Ontario Artistic Swimming - Cheques must be received by the payment due date
Program Fee	\$250	Friday November 5, 2021	
March Camp Fee	\$250	Monday February 28, 2022	

## HEAD COACH STEP BY STEP DROPBOX SUBMISSION PROCESS

1. Head Coach will receive a club specific link to your club file.
2. The link will take you to your club file.

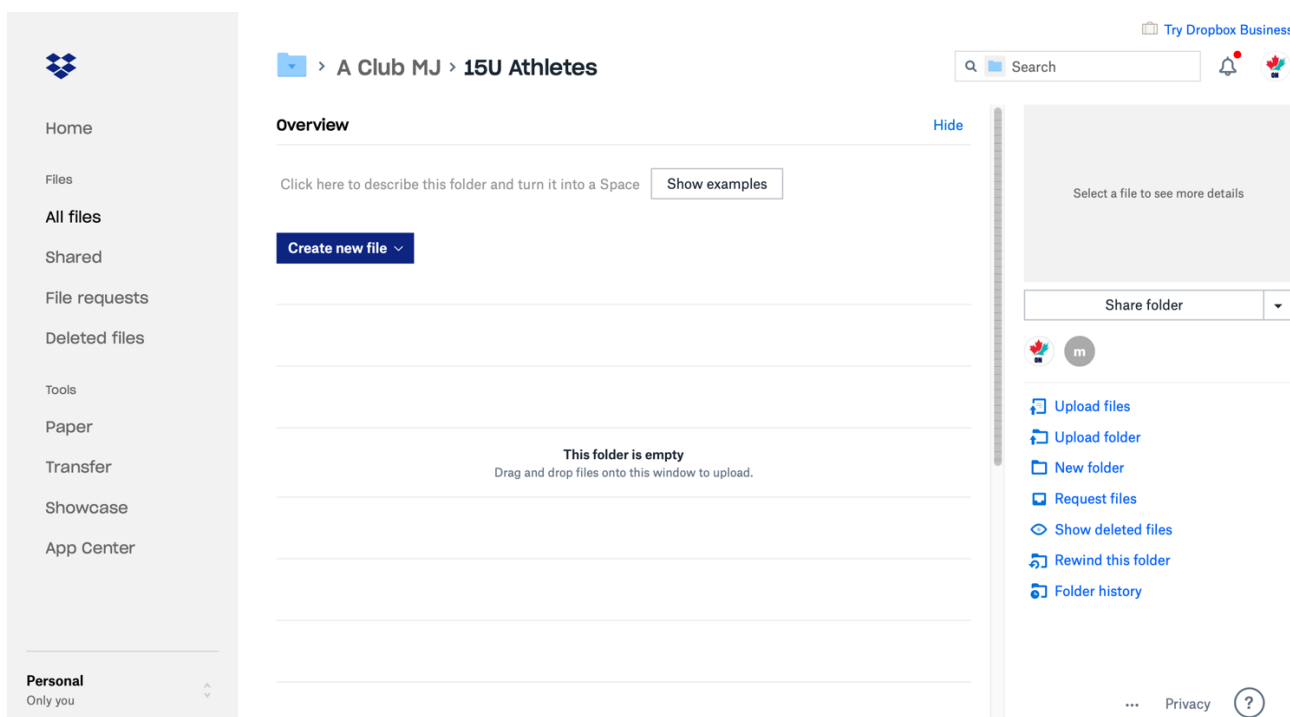


The screenshot shows the Dropbox web interface. On the left is a sidebar with navigation options: Home, Files, All files, Shared, File requests, Deleted files, Tools, Paper, Transfer, Showcase, App Center, and Personal (Only you). The main content area is titled 'Dropbox > 2020-2021 HP Athletes Portfolios > A Club MJ'. Below the title is an 'Overview' section with a 'Show examples' button and a 'Create new file' button. A table lists the contents of the folder:

Name	Modified	Members	
15U Athletes	--	2 members	...
Junior Athletes	--	2 members	...

On the right side, there is a search bar, a 'Share folder' button, and a list of actions: Upload files, Upload folder, New folder, Request files, Show deleted files, Rewind this folder, and Folder history. At the bottom right, there are links for 'Privacy' and a help icon.

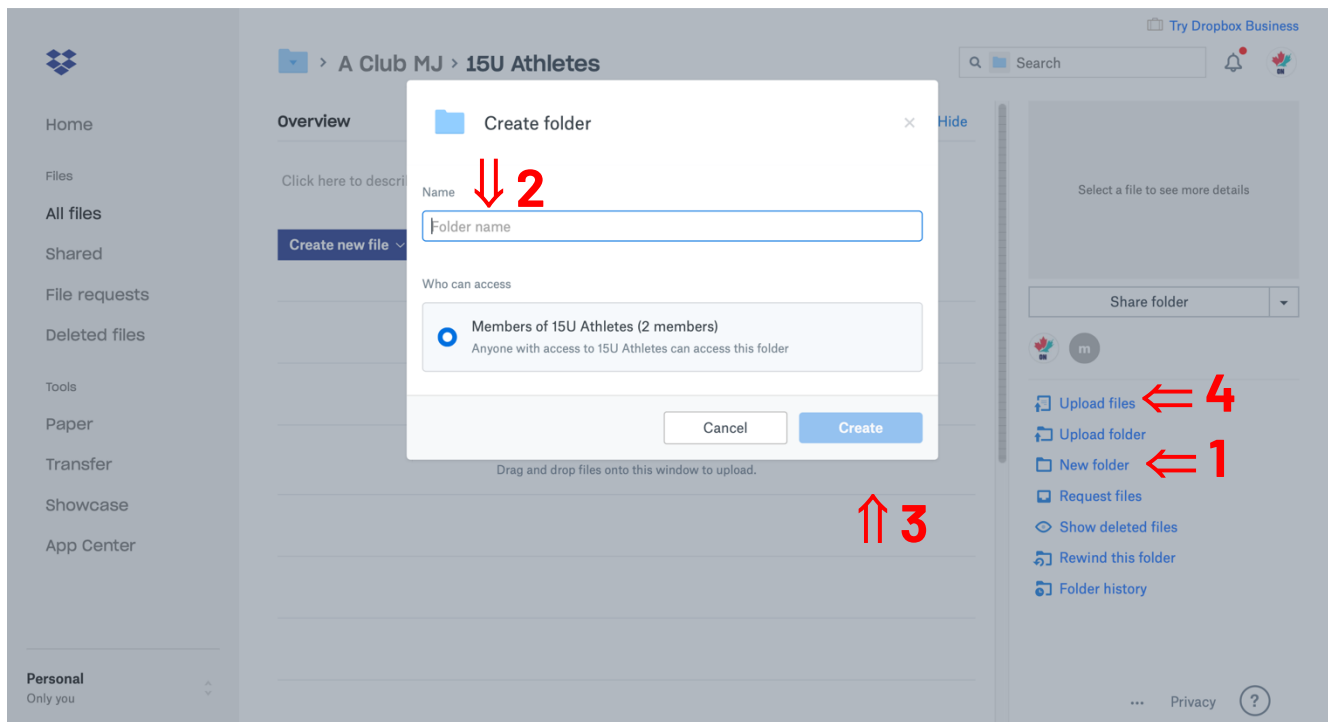
3. Open the specific age group file.



The screenshot shows the Dropbox web interface for the '15U Athletes' folder. The breadcrumb path is 'A Club MJ > 15U Athletes'. The 'Overview' section is empty, displaying the message 'This folder is empty' and 'Drag and drop files onto this window to upload.' The sidebar and right-hand navigation elements are identical to the previous screenshot.



4. On the right side -click on "New Folder" **(1)** and the Create Folder window will open.



5. Enter the athletes name **(2)** and click on create **(3)**.
6. Upload **(4)** all documents for that athlete in her folder.
7. Repeat for each athlete.
8. Any questions contact Mary-Jane at [mjling@ontarioartisticswimming.ca](mailto:mjling@ontarioartisticswimming.ca)

**2021-2022 OAS HP Academy  
Athlete Nomination Form  
(APPENDIX IV)**

<b>Athlete Name:</b>	
<b>2021-2022 Club:</b>	
<b>Athlete Date for Birth:</b>	
<b>Coach Nominating:</b>	
<b>Coach Email:</b>	

*Please answer the following questions in full using the CAS "Tools to Win" athlete evaluation forms as a reference. (See Attachments 1 and 2)*

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

*Please submit your nomination form to Mary-Jane Ling [mjling@ontarioartisticswimming.ca](mailto:mjling@ontarioartisticswimming.ca)*

**DEADLINE FOR SUBMISSION IS SUNDAY OCTOBER 2, 2021, 11:59pm**

**ATHLETE SELECTION WILL BE ANNOUNCED THURSDAY OCTOBER 14, 2021**

	13-15	Junior
<b>Dry Land</b>	<ol style="list-style-type: none"> <li>1. Burpee Star Jumps on 45s</li> <li>2. Push-up (Tricep) max 20x to a cadence</li> <li>3. Bridge (CAS Standard, 1-4 marking scale)</li> <li>4. Active Needle Kick</li> <li>5. CAS Core Performance Level 2</li> </ol>	<ol style="list-style-type: none"> <li>1. Burpee Star Jumps on 60s</li> <li>2. Push-Up (Tricep) max 30x to a cadence</li> <li>3. Bridge (CAS Standard, 1-4 marking scale)</li> <li>4. Active Needle Kick</li> <li>5. CAS Core Performance Level 3</li> </ol>
<b>In-Water</b>	<ol style="list-style-type: none"> <li>1. Ariana complete figure</li> <li>2. Vertical Position hold (15s)</li> <li>3. NO arm Body Boost followed by a Barracuda thrust</li> <li>4. Double arm eggbeater hold (10s facing sideways to camera, 10s facing camera straight-on)</li> <li>5. 100m freestyle time (submit time for monitoring)</li> </ol>	<ol style="list-style-type: none"> <li>1. Ariana complete figure</li> <li>2. Vertical Position hold (20s)</li> <li>3. Double arm Body Boost followed by a Barracuda thrust</li> <li>4. Double arm eggbeater hold (10s facing sideways to camera, 10s facing camera straight-on)</li> <li>5. 200m freestyle time (submit time for monitoring)</li> </ol>

**LAND SKILLS:** All Dryland Skills and the Core Performance will be assessed by CSIO Experts

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

(assessment as per CA.S 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.

<b>Video link:</b>	<a href="https://youtu.be/cChiv7465aU">https://youtu.be/cChiv7465aU</a>
<b>Proper squat position:</b> (each time athlete does a deep squat)	<a href="https://youtu.be/LeaCLM7T2AQ">https://youtu.be/LeaCLM7T2AQ</a> reference: Le Reve Casting Audition video <a href="http://www.lerevecasting.com">http://www.lerevecasting.com</a>
<b>Anatomical video of squat:</b> (* push-up movement is NOT part of our test)	<a href="https://youtu.be/SCsU4DWcUvI">https://youtu.be/SCsU4DWcUvI</a> reference: Muscle & Motion Strength Training educational video's <a href="https://www.muscleandmotion.com/free-trials/">https://www.muscleandmotion.com/free-trials/</a>

**Assessment:**

- Number of jumps performed will be counted
- 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-ups 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:** All Water Skills will be assessed by a minimum of 3 National Level Judges and a minimum of 1 CAS Talent ID Scout

## 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 & 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 & 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-  $\frac{1}{4}$  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

### 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.



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.



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.



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.