

# ONTARIO ARTISTIC SWIMMING

**NOVEMBER 2022  
DRYLAND SKILLS**

**DESCRIPTIONS**

# SKILLS

All age groups will be assessed on the following 4 skills

Ariana Rotation  
V-Sit Hold 30 seconds  
Standing Ballet Leg Sequence  
Bridge or Cobra

Skill Descriptions are attached. **Judges use the written descriptions not the videos.** Videos are for general reference only.

"AWD-C and AWD-P athletes will be assessed on the 4 skills following the skill descriptions attached. The skills may be completed following the descriptions, with modifications as needed .

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### ELEMENT 1 ARIANA ROTATION

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

### ELEMENT 2 V-SIT HOLD 30 SECONDS

<b>Why</b>	<ul style="list-style-type: none"> <li>Athletic ability which is part of 13-15 skills testing as well as CAS Core Performance, and links to Hanging Pike-Up assessment</li> <li>Measures core and abdominal strength, extension, and pike position</li> </ul>
<b>How</b>	<ul style="list-style-type: none"> <li>Assume an extended supine position on the floor (land equivalent of an extended back layout position) with the <b>athlete's left side to the camera</b>.</li> <li>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").</li> </ul>
<b>Judges will be looking for...</b>	<ul style="list-style-type: none"> <li>→ Legs in full extension and together</li> <li>→ Pike position should be as closed as possible</li> <li>→ Torso (hips, shoulder, head) aligned &amp; fully extended</li> <li>→ Accuracy, Stability, Ease of Performance, Extension, Clarity, Timing</li> </ul>



### ELEMENT 3

### STANDING BALLET LEG SEQUENCE

<b>Why</b>	<ul style="list-style-type: none"> <li>Measures balance, flexibility, and core strength</li> <li>Improve execution of Ballet Leg in figures and elements</li> </ul>
<b>How</b>	<ul style="list-style-type: none"> <li>Start from a Standing Position with the <b>athlete's right side to the camera</b>.</li> <li>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.</li> <li>Execute the following movements with the right leg first and then the left leg: Standing Position -&gt; bent knee -&gt; ballet leg forward (90 degrees) -&gt; bent knee -&gt; standing position.</li> <li>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.</li> <li>Return to the Standing Position to complete the element.</li> </ul>
<b>Judges will be looking for...</b>	<ul style="list-style-type: none"> <li>→ Vertical alignment of head (ears specifically), hips and ankles is maintained throughout</li> <li>→ Hips and shoulders are square</li> <li>→ Extension of both knees and ankles</li> <li>→ Accuracy of Bent Knee and Ballet Leg Position (90 degrees)</li> <li>→ Accuracy of Knight Position</li> <li>→ Accuracy, Stability, Ease of Performance, Extension, Clarity, Timing</li> </ul>
<b>Video</b>	Thanks to Senior National team member <b>Claudia Holzner</b> <a href="#">for the example video</a> .

### ELEMENT 4

### BRIDGE OR COBRA

<b>Why</b>	<ul style="list-style-type: none"> <li>Identified national priority to improve flexibility</li> <li>Element assesses back flexibility - critical for accurate surface arch</li> <li>Improve execution of surface arch position in figures and elements</li> </ul>
<b>How</b>	<p><b>BRIDGE</b></p> <ul style="list-style-type: none"> <li>Starting from either standing, sitting or laying on back, with the <b>athlete's left side facing the camera</b>, 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.</li> </ul> <p><b>COBRA</b></p> <ul style="list-style-type: none"> <li>Lying prone with the <b>athlete's left side to the camera</b>, 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.</li> </ul>
<b>Notes</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>
<b>Judges will be looking for...</b>	<p><b>BRIDGE</b></p> <ul style="list-style-type: none"> <li>→ Feet and legs together and extended</li> <li>→ Ears aligned with shoulders in vertical alignment</li> <li>→ Fingers should point to heels, elbows in full extension (no hyperextension).</li> <li>→ Body should come over hands.</li> <li>→ Accuracy, Stability, Ease of Performance, Extension, Clarity, Timing</li> </ul> <p><b>COBRA</b></p> <ul style="list-style-type: none"> <li>→ Feet and legs together and extended with toes pointed</li> <li>→ Ears aligned with shoulders in vertical alignment</li> <li>→ Hands under shoulders</li> <li>→ Hip bones remain in contact with the floor</li> <li>→ Accuracy, Stability, Ease of Performance, Extension, Clarity, Timing</li> </ul>
<b>Video</b>	Thanks to Senior National team member <b>Sydney Carroll</b> <a href="#">for the example video</a> .

