

ONTARIO ARTISTIC SWIMMING

FALL DRYLAND SKILLS ASSESSMENT

INFORMATION PACKAGE # 2

JUDGING NOVEMBER 21-25, 2022

OCTOBER 19, 2022

REGISTRATION

REGISTRATION THROUGH H2O USING THE LINKS BELOW:

Fall Dryland Skills Assessment:

<https://h2oreg.com/#!/events/fall-dryland-skills-assessment>

Fall Dryland Skills Assessment - AWAD Members:

<https://h2oreg.com/#!/events/fall-dryland-skills-assessment-awad-members>

OPENS: Wednesday October 19, 8:00pm **CLOSES:** Sunday October 30, 11:59pm **VIDEOS DUE:** Sunday November 6, 5:00pm

Registration Fee is \$37 per competitive athlete.

Each club whose entry package has not been received or is incomplete by the stated deadline is automatically assessed a fine of \$25.00 late fee per competitors videos to a maximum of \$250.00 per club.

The Dryland Skills Assessment is mandatory for all Competitive Athletes.

JUST A REMINDER

This is an assessment of athlete skills. There will not be any results posted or ranking of athletes.

Athlete assessment information will be sent to the club head coach. There are no awards.

There will be no viewing.

OAS will provide general information such as the high score, average/median score and low score for benchmark purposes.

Swimmers are to be registered for the Dryland Skills Assessment event that corresponds to their age as of December 31 of the calendar year of the competitive season (2023).

AGE GROUP: 10U, 11-12, 13-15, Junior, Senior, AWD-C & AWD -P

Athletes should wear black figure suit with spandex shorts and hair should be tied back (no club-identifying items are to be worn).



VIDEO SUBMISSIONS

Please share your google file to:

Lauren Lindner llindner@ontarioartisticswimming.ca

Labeling Convention

Video files must be labeled with the following information, all separated by underscores, with no blank spaces

Athlete Name: Please list the athlete's full name using no spaces.

Age Group: 10U, 11-12, 13-15, Junior, Senior. Please ensure that the age group listed aligns with the age category they are entered in for this assessment, regardless of what team they swim on.

Club Name: no spaces please!

Figure Name: Bridge/Cobra, Ariana, V-Sit, Standing Ballet Leg

File Extension: Files must have an extension of .mp4, .mov, .mpv, or .mkv to be transferable.

Files without extensions will be asked to be renamed.

Examples:

AliceJones_10U_Remix_Cobra.mp4

EmilyWright_JR_GoCapital_Ariana.mov

SimonWhiteley_11-12_WRASC_StandingBalletLeg.mpv

TaylorSweeney_13-15_Sudbury_VSit.mkv



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.

"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 or with modifications. Please submit the modifications/accommodations using the link below by Sunday November 6, 5:00pm.

<https://forms.gle/KnGcnE7xhwz7CJC58>

If you have any questions please contact me: Mary-Jane Ling
mjling@ontarioartisticswimming.ca



ONTARIO ARTISTIC SWIMMING

**AGE GROUP DRYLAND
SKILLS**

DESCRIPTIONS

ELEMENT 1 ARIANA ROTATION

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	NOT AVAILABLE

ELEMENT 2 V-SIT HOLD 30 SECONDS

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").
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
	NOT AVAILABLE



ELEMENT 3

STANDING BALLET LEG SEQUENCE

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	NOT AVAILABLE

ELEMENT 4

BRIDGE OR COBRA

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	NOT AVAILABLE

