



# SYNCHROWA

## *HIGH PERFORMANCE CRITERIA*

*2021 / 2022*

*Version: July 2021*

## ***1. HIGH PERFORMANCE SELECTION POLICY***

The High Performance Program (HPP) for artistic swimming in Western Australia is a program run by SynchronoWA. The program is supported by Hancock Prospecting, Western Australia Institute of Sport (WAIS) and the Department of Local Government, Sport and Cultural Industries

## ***2. PROGRAM PURPOSE***

**To prepare WA swimmers for selection into National Teams.**

By identifying and engaging Western Australia's best athletes through development and education opportunities, the HPP aims to encourage athletes to achieve their potential and to represent Australia at age group, junior and senior levels.

## ***3. GUIDELINES***

1. The HPP will be overseen and directed by the High Performance Committee as approved by the Board of SynchronoWA.
2. Entry to the SynchronoWA HPP is via an Expression Of Interest (EOI) into a selection process.
3. All High Performance candidates need to be members of, and training at, a club affiliated with SynchronoWA. The club is where the majority of the athletes training is to be done. The athlete represents their club at State and National competitions.
4. High Performance sessions are skill specific and aimed towards trialing for the Australian National Team.
5. Once accepted into the program, attendance is mandatory and any absences must be agreed by the High Performance Coach.
6. The High Performance Coach may be the state appointed coach, or club specific coaches as agreed with the High Performance Committee.
7. The cost of the HPP will be borne by SynchronoWA, and the swimmer – fees will be \$50 per month charged by direct debit. Swimmers attendance to weekly sessions will be monitored by the HP coach. Swimmers with 100% attendance at the end of the month will receive a rebate by Synchrono WA to cover pool entry of up to \$5 per session.
8. Continuation of the program will be dependent on funding streams to SynchronoWA.

#### ***4. HIGH PERFORMANCE SESSIONS***

1x 3hr weekly session for 13-15 swimmers (Tuesday afternoon 4-7pm). This session will comprise of two hours in the pool and one hour on land.

1x 3hr weekly session for junior/senior swimmers (Sunday afternoon at Leisurefit Booragoon 1-4pm). This session will comprise of two hours in the pool and one hour on land.

#### **Intensive Training Camps**

The purpose of the intensive training camps is to physically and mentally prepare athletes for national team camps. The intensive training camps will follow a similar schedule and training load to national team camps.

- 24<sup>th</sup>-26<sup>th</sup> September in Geraldton

- 29<sup>th</sup>-31<sup>st</sup> October at HBF Stadium

- 3<sup>rd</sup>-5<sup>th</sup> December at HBF Stadium

- 10<sup>th</sup>-14<sup>th</sup> January at Beatty Park

#### ***5. ATHLETE GROUPS***

13/15 Squad

Junior Squad

Senior Squad

#### ***6. SWA HIGH PERFORMANCE SELECTION CRITERIA***

Selection for the 2021/2022 season:

1. EOI forms to be completed before 24/7/21. Please fill out the form in the link below

<https://forms.office.com/Pages/ResponsePage.aspx?id=gCNq73DToUyqtNCj54zeTvMwIJKzK5ZAKQN9IROpjQxUQIVGUEI1VFM2T1c3RENGQ0JLVE9DSkxGWC4u>

2. Athletes who have completed the EOI form will be emailed the selection date and location.

3. The selection process will consist of the following criteria:

- **Land skills**
- **Swimming skills**
- **Synchro skills.**

*Swimmers must have a club coach in attendance for the trials.*

PLEASE NOTE: Athletes who trial for the HP program will not be required to repeat the skills at the skills testing event

Acceptance onto the HPP is an accolade, and SynchroWA congratulates all swimmers who come onto the program. However, SynchroWA expects a level of commitment from every swimmer to ensure the program is successful and that all swimmers benefit and reach their potential. All swimmers will be expected to undertake the majority of their training at their own clubs as well as attending every session of the HPP program. If any swimmer is unable to sustain the commitment required for the program, for whatever reason, their place will be forfeited and offered to another swimmer. This is so the cost and resources of the program are used for the best outcomes.

All athletes, and their parents/guardians, will be required to sign an Athlete Agreement which will outline the requirements and expectations at the beginning of each year of the program.

## ***7. JUDGING OF SELECTION CRITERIA***

The HPP swimmers will be selected by a panel composed of 3 SynchroWA judges, a SynchroWA employee and the HP coach.

Swimmers will be selected based on the results of Part One, Two and Three of the selection process.

***In the event of any dispute by a swimmer, a final decision will be made by the SynchroWA High Performance Committee.***

### **PART ONE**

LAND, SWIMMING AND SYNCHRO SKILLS  
(35 %)

***Judges: SYNCHRO WA REP, HP COACH AND 1 SYNCHRO WA JUDGE.***

*Each skill is marked as a PASS/FAIL.*

*Each pass = 1 point.*

The swimmers will be ranked from the points they receive for each skill.

### **PART TWO**

13 – 15 Age Group  
FIGURES – Compulsory (35%)

JUNIOR/SENIOR  
ROUTINE ELEMENTS (35%)

### ***Judges: 3 SYNCHRO WA JUDGES***

Figures will be scored by judges as per FINA rules.

Routine elements will be judged as EXECUTION only as per FINA rules.

### **PART THREE**

ROUTINE SWIM THROUGH

(30 percent)

***JUDGES: SYNCHROWA REP, HIGH PERFORMANCE COACH AND 1 SYNCHROWA JUDGE.***

Swimmers will be ranked based on their strength, sharpness and speed of movements swimming the routine (arms and legs), execution and artistic impression.

## ***8. SELECTION CRITERIA***

### **PART ONE**

#### ***LAND***

#### **1. Ariana Splits**

Knees in extension and both feet pointed.

Legs evenly split forward and back. Lower back arched, with hips, shoulders and head on a vertical line. 180° angle between the extended legs (Flat split), with inside of each leg aligned on opposite sides of a horizontal line, regardless of the height of the hips.

PASSING REQUIREMENT: 2 of 3 splits should be as the description.

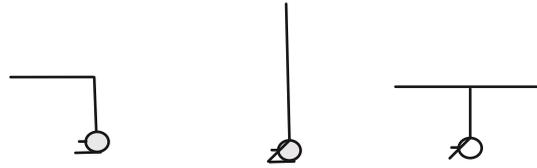


#### **2. Headstand from front pike position.**

From front pike position, with support on hands and head or on forearms and head (forming a support triangle) with the legs together, stretched and feet pointed, the legs are raised to the vertical position, looking for the alignment of the body in the vertical line perpendicular to the ground. Assume a Split position. Hold each position for 12 seconds. The swimmers will have the option to use the headstand unit.

PASSING REQUIREMENT: Swimmers will be given 2 chances to perform this skill. The pike position should be at 90 degrees. The vertical position should be per the description. The swimmer must have a minimum of a 170 degree angle between the extended legs (eg: 1

hand to arrive to a Flat split in the front and back leg). Each position needs to be held for 12''(Pike, Vertical, Split)



### 3. 30 second plank position + 10 triceps push-ups (technique)

Plank position: Front layout with the body aligned (ears-shoulders-knees-ankles), and legs together. The wrists are positioned directly below the shoulders or slightly wider apart, with straight elbows (no hyper-extended elbows permitted). The gaze of the eyes is directly down. Pushups: Maintaining the plank position, bend the elbows to lower the body until the chest touches the floor, then straighten the elbows to return to the starting position. The head remains still at all times. All repetitions to be performed with the correct technique and body position.

The lower back should not be curved beyond its physiological curvature at any time during the exercise.

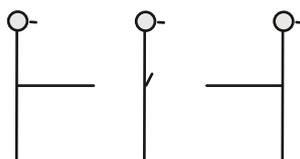
PASSING REQUIREMENT: The swimmer needs to hold the plank position for 30'' keeping the body as per the description. At least 9 of the 10 push-ups should be as per the description.



### 4. Standing with the leg raised at 90 degrees 12''second hold each direction without lowering the leg.

Keep the body vertical and with the possibility of resting one hand. Lift one leg to the horizontal position at 90° angle (feet pointed), with the other leg remaining on the vertical line of the body. Move to the side maintaining the 90° angle. Move the leg back to the arch position, the body may move slightly forward. Hold each position for 12 seconds maintaining the leg height at a 90° angle, with the body vertical and both legs straight.

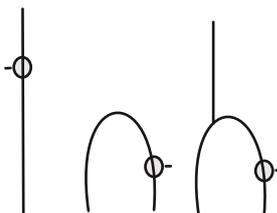
PASSING REQUIREMENT: The raised leg should be straight and at a 90° angle (or a little bit above) for the full exercise. The shoulders and hips should be at the vertical line (Except for the “arch” part where the shoulders can be slightly forward).



## 5. Bridge

From a standing position with both arms stretched, arching the body to a bridge. Hold the bridge for 12 seconds. Then the front leg is lifted (stretched and with toes pointed) until the foot and hips are on a vertical line. The swimmers will have the option to use a spotter to support their back during the transition from standing to bridge. If using a spotter, the athletes coach must be the spotter.

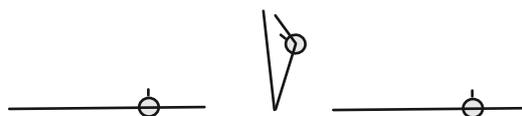
**PASSING REQUIREMENT:** The arms should be stretched when the athlete arrives in the bridge position. The hands and shoulders should be in the vertical line. The leg should be as per the description. Each position is held for 12”.



## 6. 10 “V” SIT UPS *Closing fast and opening slow (technique)*

Beginning in a straight back layout position with arms stretched up and legs together, knees extended, and feet pointed. Legs are permitted to touch the ground in the starting position. Simultaneously, arms, body, and legs are lifted straight to a V position where hands touch the feet. You return to the initial position with your feet not touching the ground. The Closing part to the “V” position should be fast and the opening slow and controlled. You should see the change of tempo between the two parts.

**PASSING REQUIREMENTS:** The feet should be off the floor for the whole exercise. The swimmer is able to maintain correct technique for at least 8 ‘V’ sit ups.



**1. 50 meters freestyle kick (under 1 minute)**

PASSING REQUIREMENTS: Under 1'. The Kick should be freestyle the full exercise. Arms should be in streamline position for the full exercise.

**2. 50 meters Butterfly (under 50'')**

PASSING REQUIREMENTS: Under 50''. The Swimmers must swim only butterfly stroke and kick for the entire 50 meters. The stroke should be executed every 2 kicks, with breathing every second stroke or more. The head should enter the water before the arms.

**3. 50 meters kick-pull (under 1'15'')**

KPK performed from the water with a push off from the wall. Alternating arms every kick.

PASSING REQUIREMENTS: The collar bone should be above the water the full exercise. Both arms should be stretched completely every time a kick is performed.

**4. 12'5m double ballet leg (non-stop)**

Legs tight and extended perpendicular to the surface. Head in line with the trunk. Face at the surface. PASSING REQUIREMENTS: Both legs should be at 90 degrees the full exercise. The head should be above the water the full exercise.

**5. 25 meters double arm eggbeater both arms stretched in line with shoulders. (moving forward)**

PASSING REQUIREMENTS: The chin must not touch the surface of the water. The arms should be vertical. The 25m must be performed continuously.

**PART TWO**

**FIGURES / ELEMENTS**

<b>13/15</b>	<b>JUNIOR/SENIOR</b>
Compulsory figures	<p>Routine Element.</p> <p>Swimmers will perform a 1'30'' individual routine with all the technical team elements (as per FINA rules) with at least 1 double arm egg beater and 1 ballet leg(s) sequence and 1 body boost (2 arms).</p> <p>The routine will be performed without music. The swimmer should travel during the whole routine.</p> <p>The swimmer needs to wear a black or plain coloured bathing suit and white cap. A sample video of the individual technical team element routine will be sent to all clubs.</p> <p>The routine will be judged as EXECUTION as per FINA rules.</p>

**PART THREE**

## ***ROUTINES***

***13/15*** - 1<sup>st</sup> lap 13/15 High performance free routine until 1.20”

***JUNIOR/SENIOR*** – High performance free routine until 1.20”

\* It is the responsibility of the swimmers trialing for the HPP to learn the routines. Club coaches may provide assistance with this. Please contact your club for details.

\* The swimmer needs to wear a black bathing suit and white cap.