



SYNCHROWA

*HIGH PERFORMANCE
CRITERIA*

2020 / 2021

1. HIGH PERFORMANCE SELECTION POLICY

The High Performance Program (HPP) for artistic swimming in Western Australia is a program run by SynchroWA. 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.

The 2020/21 SWA HPP program will focus on athletes born before 2009.

3. GUIDELINES

1. The High Performance Program will be overseen and directed by the High Performance Committee as approved by the Board of SynchroWA.
2. Entry to the SynchroWA High Performance program 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 SynchroWA. 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 trialling 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 High Performance Program will be borne by SynchroWA, excluding any pool entry costs.
8. Continuation of the program will be dependent on funding streams to SynchroWA.

4. HIGH PERFORMANCE SESSIONS

1 Session per week 13/15 Squad

1 Session per week Junior and Senior Squad (together)

1 Session Club Visit per week by HP Coach

5. ATHLETE GROUPS

13/15 Squad
Junior Squad
Senior Squad

6. SWA HP SELECTION CRITERIA

Selection for the 2020/2021 season:

1. EOI forms sent to 13 – 15 and Junior/Senior National Stream swimmers in WA.
(EOI to be returned to the SynchroWA Sports Officer at sportsofficersynchrowa@gmail.com by the 16th of June 2020)
2. Interested swimmers will be emailed the selection date and location.
Selection to be done in JULY 2020
3. The selection process will consist of the following criteria:
 - **Land skills**
 - **Swimming skills**
 - **Synchro skills.**

7. JUDGING OF SELECTION CRITERIA

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

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

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

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 SWA High Performance Committee.

8. SELECTION CRITERIA

PART ONE

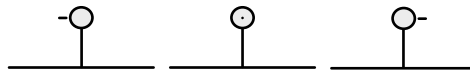
LAND

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.

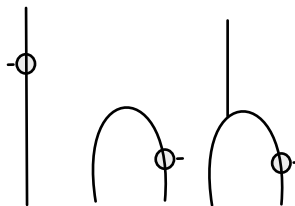
PASSING REQUIREMENT: 3 splits should be as the description.



2. Bridge

From a standing position with both arms stretched, arching the body to a bridge. Hold the bridge for 20 seconds. Then the front leg is lifted (stretched and with toe points) until the foot, hips, shoulders and head are on a vertical line.

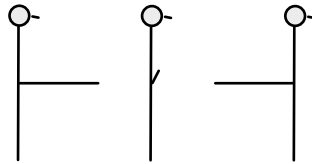
PASSING REQUIREMENT: The arms should be stretched when the athlete arrives in the bridge position. The hands and shoulders should be in the vertical line or behind the head. The leg should be as per the description.



3. 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 at 90° angle (feet pointed), with the other leg remaining on the vertical line of the body. Move to the side maintaining that right angle. Move the leg back with a slight movement of the body forward.

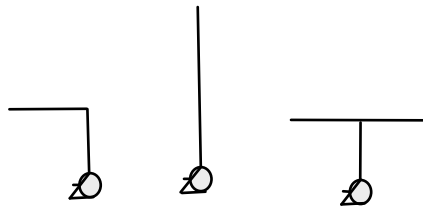
PASSING REQUIREMENT: Hold each position for 12 seconds maintaining the leg height at a 90° angle, with the body vertical and both legs straight.



4. 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 20 seconds.

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 20'' (Pike, Vertical, Split)



5. 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.



SWIMMING / SYNCHRO SKILLS

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. 100 meters kick-pull (under 2'15'')

KPK performed from the water with a push off from the wall. Alternating 4 kicks with one arm in front and 4 kicks with the other arm in front.

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. 25m 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. 10 meters moving forward in a bent knee surface arch position (non-stop travelling head first)

PASSING REQUIREMENTS: Vertical line Priority. The horizontal foot should be at the surface. Arrive to the 10 meters nonstop.

6. 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 behind the ears. The 25m must be performed continuously.

PART TWO

FIGURES / ELEMENTS

<i>13/15</i>	<i>JUNIOR/SENIOR</i>
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.</p> <p>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 - 1st lap 13/15 National Team (2019-2020)

JUNIOR/SENIOR - 1st lap Junior National Team (2019-2020)

* It is the responsibility of the swimmers trialling 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 or plain coloured bathing suit and white cap.

Acceptance onto the High Performance Program is an accolade, and SynchronoWA congratulates all those swimmers who come onto the program. However, SynchronoWA 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 HP 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.