

# HIGH PERFORMANCE CRITERIA 2023-2024



Artistic  
Swimming  
WA

## HIGH PERFORMANCE PROGRAM PURPOSE

### **To prepare WA athletes for selection into National Teams.**

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

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

## GUIDELINES

1. The HPP will be overseen and directed by the High-Performance Committee as approved by the Board of Artistic Swimming WA.
2. Entry to the Artistic Swimming WA 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 Artistic Swimming WA. The club is where most of the athlete's 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 Coaches.
6. The High-Performance Coach may be the state appointed coach, or club specific coaches as appointed by the High-Performance Committee.
7. The cost of the HPP will be met by Artistic Swimming WA, and the athlete.
8. Continuation of the program will be dependent on funding streams to Artistic Swimming WA.

## HIGH PERFORMANCE TRAINING SESSIONS

1 x 3.5 hours weekly session for Youth and Junior/Senior swimmers (Saturday 2.00-5.30pm at HBF stadium). This session will comprise of 2 hours of training in the pool and 1.5 hours of land training.

### **Intensive Training Camps**

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

1<sup>st</sup> – 3<sup>rd</sup> July

4<sup>th</sup> – 6<sup>th</sup> August

23<sup>rd</sup> – 25<sup>th</sup> September (Geraldton)

21<sup>st</sup> – 22<sup>nd</sup> October

2<sup>nd</sup> – 4<sup>th</sup> February

## INTERNATIONAL COMPETITIONS

Athletes who are selected for the 2023-2024 squad may be eligible for the opportunity to compete at an international competition within the Australasia region. Duets and solos may be considered for the Singapore Open (End of November), or the Malaysian Open in December.

### Objectives

- To provide, opportunities to WA athletes to compete internationally in solo and duet events.
- To provide funding for staff to accompany athletes.
- To increase international exposure for WA athletes.
- To improve overall achievement and performance standards of the High-Performance Athletes in WA.

### Criteria

- Be a member in good standing of the Artistic Swimming WA HPP during the 2022/23 season.
- Be selected for participation in the program for the 2023/24 season.
- Demonstrated commitment to the High-Performance pathway.
- Have a complete solo or duet routine choreographed by club coaches OR be willing to learn another routine selected by HP coaches.

Further information including costs associated with the competitions will be communicated later this year.

## SELECTION CRITERIA

Selection trials for the 2023/2024 season will occur on the 24<sup>th</sup> June at HBF.

1. EOI forms to be completed before **17/6/23**. Please fill out the form in the link below:

<https://forms.office.com/Pages/DesignPageV2.aspx?origin=NeoPortalPage&subpage=design&id=gCNq73DToUyqtNCj54zeTrkXokgCwktGnrh-nPOIYeZUMEc5NIJMQldSWkNLVjFGTkNURUVZQINaMC4u>

2. Athletes who have completed the EOI form will be sent an email with information about the selection date and location.
3. Athletes who were selected for a national team in the 2022/2023 season and remain in their age group for the 2023/2024 season have a guaranteed place on the Artistic Swimming HP Squad. Athletes are still required to participate in the trials.
4. The selection process will consist of the following criteria:
  - Land skills
  - Swimming skills
  - Synchro skills.

*Athletes must have a club coach in attendance for the trials. Coaches are encouraged to film the athlete's trials to provide feedback. It is important that athletes have prepared with an appropriate amount of training for the trials.*

Acceptance onto the HPP is an accolade, and Artistic Swimming WA congratulates all swimmers who come onto the program. Artistic Swimming WA expects a level of commitment from every athlete to ensure the program is successful and that all athletes benefit and reach their potential. All athletes 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 athlete 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.

## JUDGING OF THE SELECTION CRITERIA

The HPP athletes will be selected by a panel composed of 3 Artistic Swimming WA judges, an Artistic Swimming WA employee with relevant artistic swimming experience and the HP coach/coaches.

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

There is no limit to the number of athletes selected. Selections will be made by the HPP Committee based on athletes who show an acceptable level of performance.

*In the event of any dispute by a athletes, a final decision will be made by the Artistic Swimming WA High Performance Committee.*

### PART ONE

LAND, SWIMMING AND SYNCHRO SKILLS

(35 %)

*Judges: Artistic Swimming WA REP, HP COACH/COACHES AND 1 ARTISTIC SWIMMING WA JUDGE.*

Each skill is marked according to the skills testing criteria.

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

### PART TWO

13 – 15 Age Group

FIGURES – one group of figures will be selected (35%)

JUNIOR/SENIOR

ROUTINE ELEMENTS (35%)

*Judges: 3 ARTISTIC SWIMMING WA JUDGES*

Figures will be scored by judges as per World Aquatics rules.

Routine elements will be judged as execution only as per World Aquatics rules.

### PART THREE

ROUTINE SWIM THROUGH

(30%)

*JUDGES: ARTISTIC SWIMMING WA REP, HIGH PERFORMANCE COACH/COACHES AND 1 ARTISTIC SWIMMING WA JUDGE.*

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

## SELECTION CRITERIA

### PART ONE: LAND, SWIMMING AND ARTISTIC SWIMMING SKILLS

#### 1. Ariana Splits

Criteria	Point Value
<i>All positions:</i> Knees extended and both feet pointed.	1
<i>All positions:</i> Legs evenly split forward and back.	1
<i>All positions:</i> Lower back arched, with hips, shoulders and head on a vertical line.	1
<i>Right leg split:</i> 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.	1
<i>Left leg split:</i> 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.	1
<i>Middle split:</i> 180° angle between the extended legs (Flat split) with inside of each leg aligned on a horizontal line, regardless of the height of the hips.	1

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

Criteria	Point Value
<i>All positions:</i> legs together, and both knees and feet extended	1
<i>Pike position:</i> legs parallel with floor	1
<i>Pike position:</i> Vertical alignment of the full body (perpendicular to the ground)	1
<i>Vertical position:</i> Vertical alignment of the full body (perpendicular to the ground)	1
<i>Split position:</i> legs split evenly front and back, with inside of each leg aligned on opposite sides of a horizontal line	1
<i>Split position:</i> minimum 170° angle between the extended legs (Flat split)	1
Hold each position for 12 seconds	

Note: Athletes will have two opportunities to complete this skill. Athletes can choose to use a headstand unit or perform the skill with no assistance.

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

Pushups: Maintaining the plank position, bend the elbows to lower the body until the upper arm is parallel to the ground, 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 athlete needs to hold the plank position for 30" keeping the body in alignment. At least 9 of the 10 push-ups should be as per the description.

Criteria	Point Value
<i>Front plank:</i> Legs, hips, torso and head extended in one line	1
<i>Front plank:</i> Legs extended and feet together	1
<i>Front plank:</i> Arms vertical from shoulder to wrist (no hyper-extended elbows permitted)	1
Hold plank for 30 seconds	1
<i>Push ups:</i> arms bend until the upper arm is parallel to the ground	1
<i>Push ups:</i> head maintains alignment with the body	1
<i>Push ups:</i> Complete minimum 9/10 push ups as per the description	1

**4. Standing with the leg raised at 90 degrees 12"second hold each direction (front, side and back) without lowering the leg.**

Criteria	Point Value
<i>All positions:</i> Both knees extended and lifted foot extended	1
<i>All positions:</i> Body and standing leg vertical (slight arch in the lower back and slight movement of the body forward in the position where the leg is behind the body)	1
<i>All positions:</i> Horizontal leg is at a 90 angle to the standing leg	1
Hold each position for 12 seconds	1

**5. Bridge**

Starting by standing with arms extended vertically above the head (legs may be apart). Slowly and controlled, bend backwards to form a bridge position, in which the body forms an arch supported by hands and feet. A bridge will be executed with legs extended and together. Lift one leg to meet the vertical line, hold for 12 seconds, then swap legs.

Criteria	Point Value
<i>Start position:</i> Standing with arms extended vertically above the head	1
<i>Bridge position:</i> Hands, elbows and shoulders in vertical alignment	1
<i>Single leg bridge position:</i> foot, hips, shoulders and head are in vertical alignment	1
Hold each position for 12 seconds	1

*Note:* Athletes will have the option to use a 'spotter' to support them during the transition from standing to bridge position.

**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 athlete is able to maintain correct technique for at least 8 'V' sit ups.

Criteria	Point Value
<i>Full exercise:</i> Legs together and both knees and feet extended	1
<i>Start position:</i> Straight back layout, arms extended above the head, legs and arms may touch the ground.	1
<i>V position:</i> hands touch the toes, body and legs make a 'V' shape	1
<i>Layout position:</i> Straight back layout, arms extended above the head, legs and arms may NOT touch the ground.	1
8 v sit ups completed with the correct technique	1

## SWIMMING / ARTISTIC SWIMMING SKILLS

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

Criteria	Point Value
Freestyle kick for the full 50m	1
Hands stay in streamline position for the full 50m (athletes are not permitted to use their hands to scull when breathing)	1
Full 50m completed in under 1 minutes	1

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

Criteria	Point Value
Butterfly stroke and kick for the full 50m	1
Breathing every 2 <sup>nd</sup> stroke	1
Head enters the water before the arms	1
Full 50m completed in under 50 seconds	1

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

Criteria	Point Value
Alternating arms every kick	1
Collar bone dry for the full 50m	1
Both arms stretched on each kick	1
50m completed in under 1.15	1

### 4. 12'5m double ballet let (non-stop)

Criteria	Point Value
<i>Full exercise:</i> Both knees and feet extended	1
<i>Full exercise:</i> legs stay perpendicular to the surface (vertical alignment from hips to feet)	1
<i>Full exercise:</i> Face dry at the surface	1
Complete 12.5m non-stop	1

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

Criteria	Point Value
Arms extended in vertical alignment for the full 25m	1
Chin does not touch the surface for the full 25m	1
Knees stay in front or in line with the hips	1

## PART TWO: FIGURES AND ELEMENTS

<b>13/15</b>	<b>JUNIOR/SENIOR</b>
<p>One figure group selected by High Performance coach/coaches</p> <p>Athletes will have a minimum of 48 hours notice of which figures are to be tested.</p>	<p>Routine Element.</p> <p>Athletes will perform a 1'30" individual routine with all the technical team elements (as per FINA rules) with at least 1 double arm eggbeater and 1 ballet leg(s) sequence and 1 body boost (2 arms).</p> <p>The routine will be performed without music. The athlete should travel during the whole routine.</p> <p>The athlete 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. The routine will be judged as EXECUTION as per FINA rules.</p>

## PART THREE: ROUTINES

13/15 - 1<sup>st</sup> lap National 13/15 free routine until 1.20"

JUNIOR/SENIOR – National Technical routine until 1.20"

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

\* Athletes will wear a black bathing suit and white cap.