



SELECTION CRITERIA
10-12 & UNDER ACADEMY
ASWA SEASON 2025-2026

ACADEMY PATHWAY PROGRAM PURPOSE

To hone technique and capacity in basic skills to prepare WA athletes for selection into the ASWA National Stream.

The Artistic Swimming WA ACADEMY Performance Pathway Program is a development program to prepare the 10U and 12U category age groups for the ASWA national stream and eventually to the HP pathway in the future.

The ACADEMY aims to nurture a culture of excellence with a balanced emphasis on personal and performance dimensions that support athletes to reach their full potential. The ACADEMY supplements and complements club training.

The ACADEMY in Western Australia is overseen and heavily subsidised by Artistic Swimming WA through the generous support of **Hancock Prospecting and DLGSC.**

Weekly Training Sessions

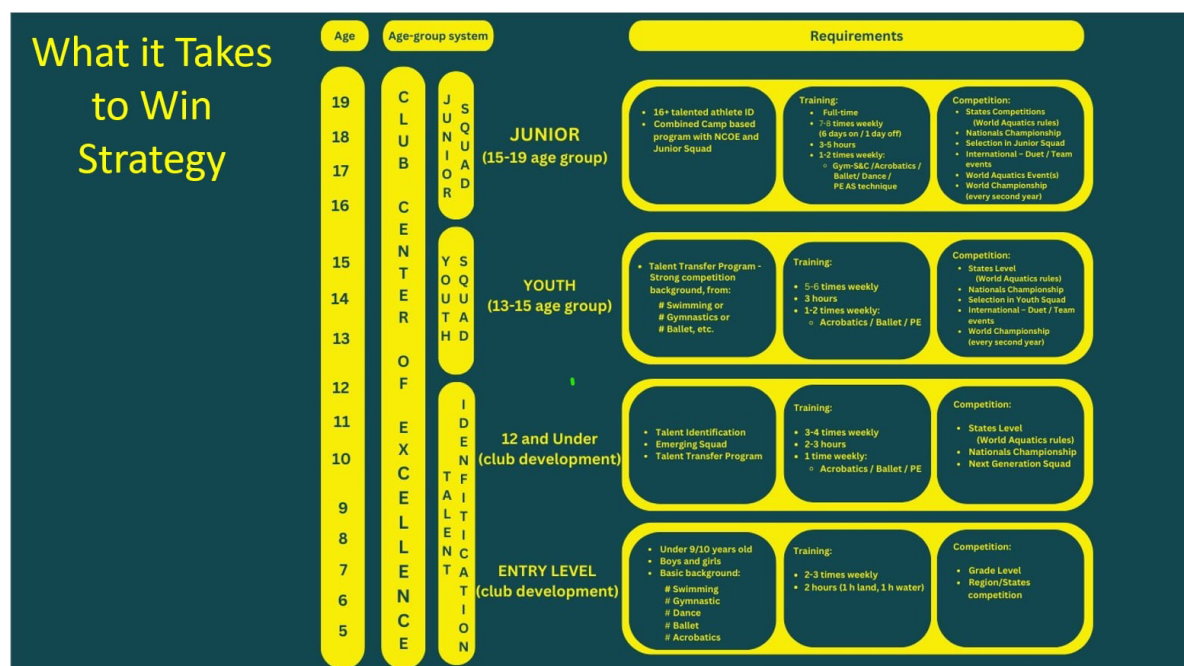
Fridays: 4.30-7.30PM @ HPC stadium

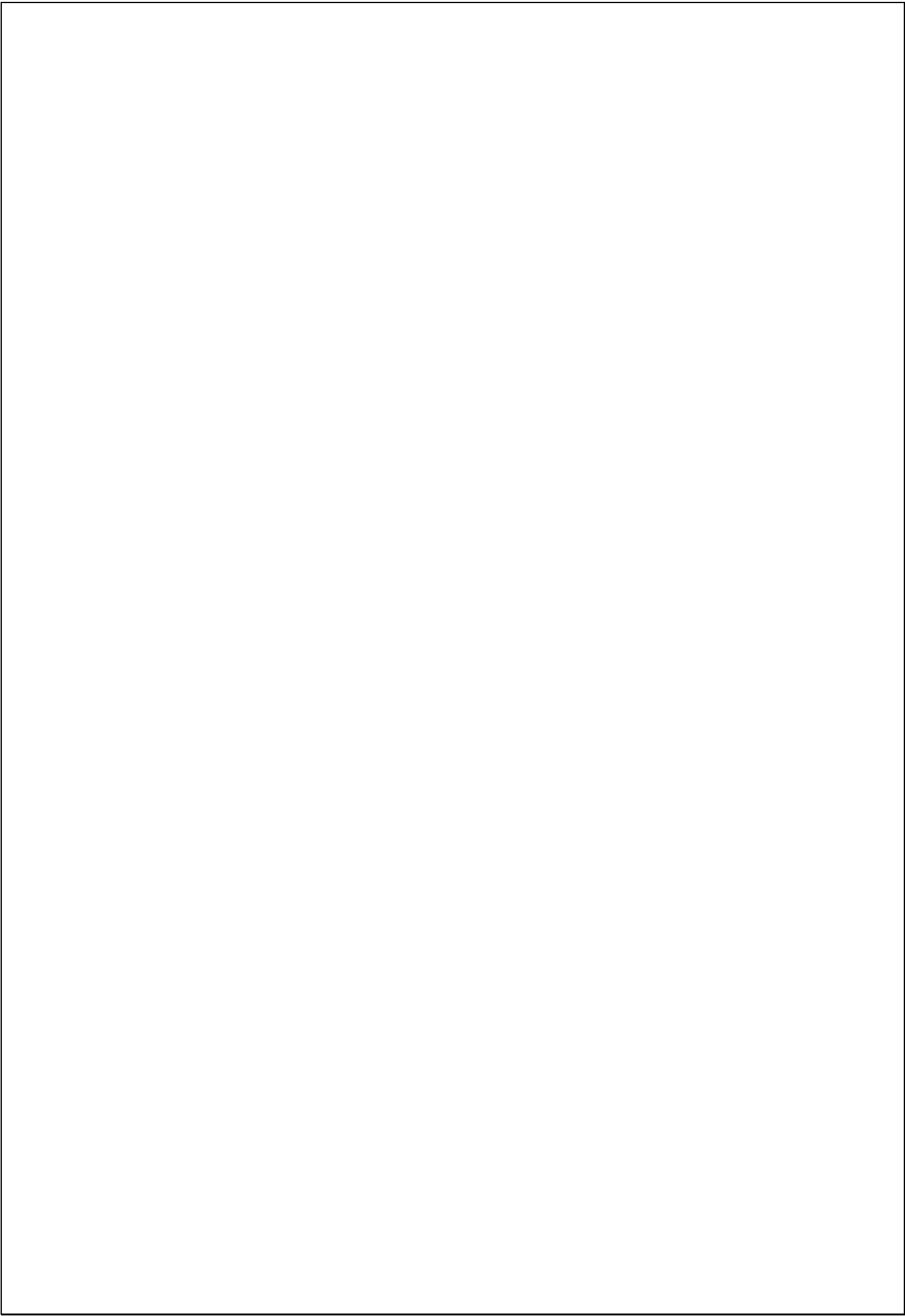
GUIDELINES

1. The ACADEMY will be overseen and directed by the High-Performance Pathway Program Committee as approved by the Board of Artistic Swimming WA.
2. Entry to the Artistic Swimming WA ACADEMY is via an Expression of Interest (EOI) and a selection process.
3. All ACADEMY candidates must 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. ACADEMY sessions are skill specific based to improve the basic technique both on land and in the water.
5. Once accepted into the program, athletes are required to consistently attend ACADEMY training sessions. While ASWA understands that family and school commitments will occasionally conflict with ACADEMY training, all candidates are expected to be transparent about their involvement and other interests that will result in missed training sessions before being accepted into the ACADEMY.
6. The High-Performance Coaches are appointed by ASWA.
7. The cost of the ACADEMY is made possible through the financial support of Hancock Prospecting and DLGSC.

Artistic Swimming WA expects a high level of commitment from each athlete to ensure the program is successful, and so each athlete achieves personal growth and development in line with their goals.

- Athletes who have chosen to trial for the ACADEMY and are successful, understand that they have also chosen to **make ACADEMY training a priority**, in addition to maintaining full commitment to their club training, and representing their club at State and National Championships. It is important for ACADEMY athletes to compete in team routines for their club wherever possible as a priority over other routines.
- ACADEMY athletes are required to wear the ACADEMY uniform to training sessions, training camps and any other events when representing the ASWA ACADEMY.
- 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. All athletes and their parents/guardians will be required to attend an information session on the 25th May 2025 before submitting an Expression of Interest for Selection Trials.
- The ACADEMY is heavily subsidised by ASWA through the generous support of Hancock Prospecting and DLGSC. There is an athlete contribution of **\$75 per month**. The amount of \$5 will be refunded back to the athlete for each training session attended to help cover the cost of pool entry.
- Athletes should follow the Artistic Swimming Australia “What it Takes to Win” Strategy to ensure they are meeting training requirements for the relevant national squads. This training should take place in the athlete’s club and at ACADEMY training sessions.





ACADEMY DATES

EOI forms to be completed before the 20th of May: <https://forms.office.com/r/JuLUCcqM5a>

- **May 20th: EOI DEADLINE**
- **May 25th:** Information Day at Royal Life Saving (4:00-5:00 PM)
- **July 19th:** Trials (Morning, 4-hour session)
- **July 21st:** Results Announcement
- **July 25th:** Program Start Date
- **April 3rd:** Program End Date

Athletes who have completed the EOI form will be sent an email with information about the selection date and location. All athletes and parents are required to attend the information session on the 25th of May.

Athletes must have a club coach in attendance for the trials. Coaches are encouraged to film the athlete's trials to provide feedback.

TRAINING DATES

- **August:** 1st, 15th, 22nd, 29th
- **September:** 5th, 19th, 26th
- **October:** 10th, 17th, 31st
- **November:** 7th, 14TH, 21st
- **December:** 5th, 12th
- **January:** 16th, 23rd, 30th
- **February:** 6th, 20th, 27th
- **March:** 6th, 13th, 20th, 27th
- **April:** 3rd

SELECTION CRITERIA

- The Selection Trials will be judged by the HP Coaches and a member of the HPPP Committee.
- Each test will be given a Pass/Fail.
- Pass is granted when the minimum requirements are met.
- A total of 80% pass is required to be considered for the program.
- Acceptance in the program is at the discretion of the HPPP Committee.

PHASE 1 - LAND

During the flexibility component of the trials, all athletes must wear the following attire:

- Black singlet (tight fitting), or Athletes may wear their black swimsuit.
- Black shorts (tight fitting). Loose shorts are not permitted.
- Hair tied back into a ballerina bun.
- Shoes and socks are not permitted.
- There may not be any club affiliation displayed on the athlete's outfit.

The strength component of the trials consists of 8 tests:

1. Plank – 20sec
2. Wall Squat – 15sec
3. Abs – 15 reps
4. Back Layout – 20sec
5. Ballet Leg – 20sec
6. Front and Back Somersault
7. Cartwheel
8. Handstand against the wall

The flexibility component of the trials consists of 3 tests:

1. Split Positions
2. Bridge Position
3. Pike

STRENGTH

1. PLANK WITH ARMS STRAIGHT (HOLDING FOR 20 SEC)



DESCRIPTION: Assume a front layout position on the floor and with the hands on the floor, push the body up, straighten the elbows and open of the front of the shoulders. Hold the position for 15 seconds.

MINIMUM REQUIREMENTS: Arms straight, knees extended, head and shoulders in line with the hips, no sagging of the spine.

2. SQUAT ON THE WALL (hold for 15sec)

DESCRIPTION: Back against the wall, maintain the 90-degree position at the hips and knees, with the thighs parallel to the floor.



MINIMUM REQUIREMENTS: Hold for 15seconds, maintaining the position as per the description.

3. ABS -15 REPETITIONS

DESCRIPTION: From the back layout position on the floor, with the arms straight beside the body, lift the legs over the body until the feet are touching the floor over the head. Return to the starting position.



MINIMUM REQUIREMENT: Make 10 repetitions, feet must stay together, arms are straight beside the body and on the floor.

4. HOLDING THE BACK LAYOUT POSITION ON 2 STEPS (ONE UNDERNEATH THE HEAD AND ONE UNDERNEATH THE FEET).

DESCRIPTION: Hold the back layout position, with legs in line, feet together, legs extended, and glutes engaged. Arms remain beside the body. Maintain a straight line with the body with the head on one step and feet on another.

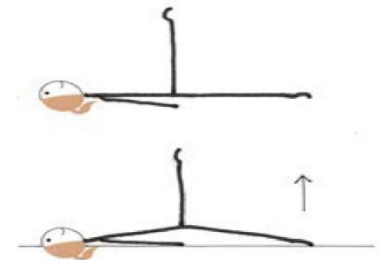
MINIMUM REQUIREMENT: Hold the position for 20sec. Legs are extended and together. Horizontal alignment maintained (no arching or sagging)



5. BALLET LEG HIP LIFT

DESCRIPTION: In ballet leg position on the floor, lift the hips off the floor, shoulders are on the floor, heel of the bottom leg on the floor as well. Hold the position 10sec. Repeat once each leg.

MINIMUM REQUIREMENTS: Maintain vertical alignment of the top leg, keep hips off the floor, maintain extension of the entire body (shoulders down, knees extended, toes pointed).



6. FRONT AND BACK SOMERSAULT

DESCRIPTION:

Front somersault: From a standing position, place hands on the ground, tuck in the head, push forward with the legs.



Back somersault: From a sitting position bring the arms up, back goes backward slowly and hands touch the ground, feet go backwards until they are touching the ground. Chin is against the chest.

MINIMUM REQUIREMENTS: Feet together and pointed in the somersault. Controlled somersaults.

7. VERTICAL HANDSTAND (against the wall)

DESCRIPTION: Hold the handstand position on the wall for 10 sec facing away from the wall.

MINIMUM REQUIREMENTS: Body alignment, feet together, legs extended, elbows straight and shoulder muscles engaged, such that shoulders are down and neck is visible. Hold for 10 seconds.



FLEXIBILITY

1. SPLIT ON THE FLOOR. (RIGHT, LEFT, MIDDLE)

DESCRIPTION: hold 10 sec each split (divide the 3 splits)



MINIMUM REQUIREMENTS: Legs extended, square hips in all splits, body vertical.

2. BRIDGE POSITION

DESCRIPTION: Start by lying on the floor, assume a backbend position (bridge) in which the body forms an arch supported by hands and feet. A bridge will be executed with straight/extended legs.

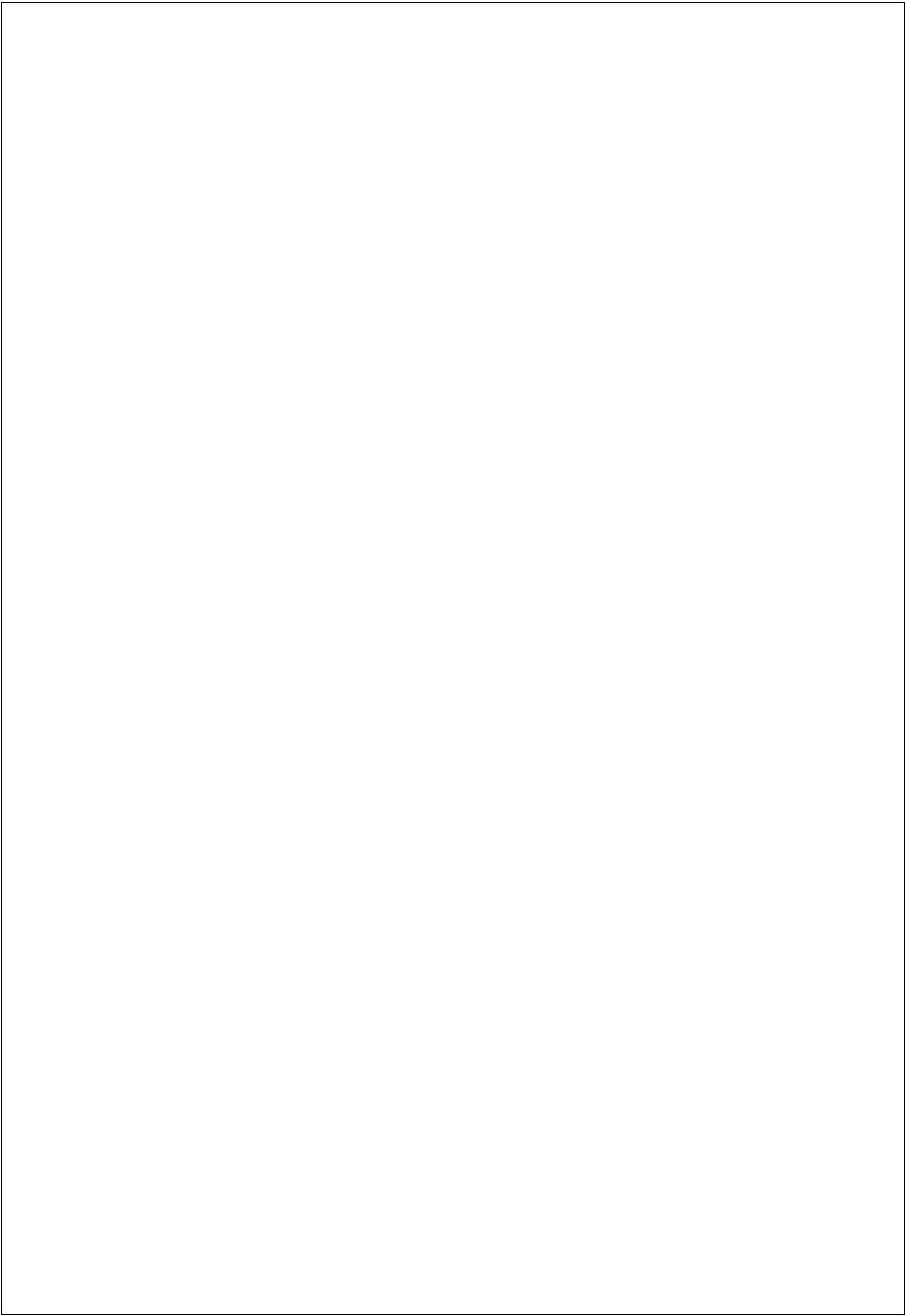


MINIMUM REQUIREMENTS: Hold the position for 15sec, maintaining the position as per the description.

3. PIKE FLEX THE CHEST FORWARD.

- **DESCRIPTION:** In a seated pike position, legs together fully extended, knees extended, bring the chest forward and reach the hands to the toes.
- **MINIMUM REQUIREMENTS:** Touch the feet with the hands, keep the back straight, keep the knees and feet extended. Hold for 10seconds.





PHASE 2: SWIMMING

Test description:

- The swimmer will have to execute and swim as fast as possible.
- Must start from the pool deck with a dive.
- Proper competitive (tumble) turn must be executed for every lap.
- AQUA Swimming rules apply to all strokes.

During the swimming test component of trials, all athletes must wear the following uniform:

- Black swimsuit and white cap
- Goggles are permitted.

10 AND UNDER:

- 75 meters continuous swim (25m Freestyle + 25m Backstroke + 25m Breaststroke)
- 15 meters underwater swim

12 AND UNDER:

- 150 meters continuous swim (50m Freestyle + 50m Backstroke + 50m Breaststroke)
- 25 meters underwater swim

PHASE 3: SYNCHRO LAPS:

The synchro laps component of the trials consists of 4 tests:

- Kick Pull Kick 12.5m & Side Flutter 12.5m
- Front Layout Position 5 sec stationary 5m travelling.
- Torpedo 15m
- Pencil Jump & 10m Eggbeater * Body Boost

1. KICK PULL KICK 12.5m on metronome & 12.5m side flutter kick with arm up

DESCRIPTION in kick pull kick: head out. As one arm extends forward, the other pushes the water backward. During the leg push and extension phase, bring the hands together at chest level while the legs bend. At 12.5 meters, perform an effective leg movement to assume the lateral SL leg position. Keep

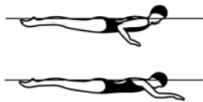


the feet below the surface, ensuring the head, shoulder, and hip are aligned at the surface. At least half of the face should remain dry, with the ear resting on the supporting arm.

MINIMUM REQUIREMENTS:

- **Kick Pull Kick:** The movement must be effective and coordinated between the arms and legs, maintaining a steady pace.
- **Side flutter kick:** The face should rest on the water's surface and be aligned with the body. Maintain vertical alignment with the top arm.

2. FRONT LAYOUT POSITION (5 SEC STATIONARY- 5METERS TRAVELLING FORWARD)

2 FRONT LAYOUT POSITION	
Body extended with head, upper back, buttocks and heels at the surface of the water. Unless otherwise specified, face may be in or out of the water.	

Dolphin scull/reverse torpedo is to be used when travelling.

MINIMUM REQUIREMENT: When the body is moving the technique is maintained. Legs and feet on surface and correct alignment of the body as per AQUA description.

3. TORPEDO 15 Meters

DESCRIPTION Torpedo Scull:

The body is in an extended supine position with the arms stretched overhead behind the head. The palms are in dorsiflexion (rotated outward). The arms are slightly bent. During the outward movement, the elbows extend, and the arms form a 'Y' shape with the body. During the inward movement, without stopping the action, the hands rotate so that the palms face outward and almost touch.



MINIMUM REQUIREMENTS: Complete the 15m distance with all of the body on the surface. The sculling must be fluid all the time, with good body line and extension.

4. PENCIL JUMP + EGGBEATER 5M TO THE RIGHT 5M TO THE LEFT+ BODY BOOST

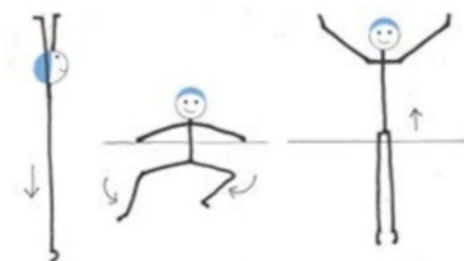
DESCRIPTION:

- **Feet-First Water Entry with Arms Overhead**

Enter the water feet first, keeping the hips, shoulders, and head aligned. The legs should be together, feet pointed, and arms extended overhead, pressed against the ears.

- **Eggbeater Kick Position**

The back should be extended and perpendicular to the water's surface, with the neck elongated, chin up, and shoulders relaxed and lowered. The thighs should be flexed at approximately 90° to the torso, with the knees positioned on a horizontal plane and as far apart as possible. The "kick" is performed alternately, using a circular motion: one leg moves clockwise while the other moves counterclockwise. The arms provide support to improve height and balance. Maintain the position for 10 meters, changing direction after 5 meters. At the end, perform a simple double arm boost.



MINIMUM REQUIREMENTS: Back straight, height in eggbeater must be shoulders dry, correct technique in the body boost kick.

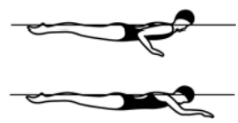
PHASE 4: TECHNIQUE

During the technical test component of trials, all athletes must wear the following uniform:


- Black swimsuit and white cap
- Goggles are permitted.

The Technical component of the trials includes a variety of positions and transitions. Athletes will receive a PASS or FAIL based on their performance of the skill in relation to the AQUA manual.


FRONT LAYOUT POSITION

2 FRONT LAYOUT POSITION	
Body extended with head, upper back, buttocks and heels at the surface of the water. Unless otherwise specified, face may be in or out of the water.	



BACK LAYOUT POSITION

1 BACK LAYOUT POSITION	
Body extended with face, chest, thighs and feet at the surface of the water. Head (ears specifically), hips and ankles in horizontal alignment.	

TUB





15	TUB POSITION	
Legs bent and together, feet and shins at and parallel to the surface of the water with thighs perpendicular. Head in line with trunk. Face at the surface of the water.		

TUCK



9	TUCK POSITION		
Body as compact as possible, with the back rounded and the legs together. Heels close to buttocks. Head close to knees			

BACK TUCK SOMERSALUT


From a **Back Layout Position** the knees, shins and toes are drawn along the surface of the water to assume a **Tuck Position**. With continuous motion the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.

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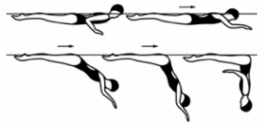
SPLIT

16	SPLIT POSITION	
<p>Legs evenly split forward and back. The legs are parallel to the surface of the water. 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.</p>		
<p>a) Surface Split Position</p> <p>Legs are dry at the surface of the water.</p>		

SURFACE ARCH

13	SURFACE ARCH POSITION	
<p>Lower back arched with hips, shoulders and head on a vertical line. Legs together and at the surface of the water.</p>		

FROM FRONT LAYOUT POSITION TO PIKE

3	TO ASSUME A FRONT PIKE POSITION / A FRONT PIKE POSITION IS ASSUMED	
<p>From a Front Layout Position with the face in the water the trunk moves downward to assume a Front Pike Position. The buttocks, legs and feet travel along the surface of the water until the hips occupy the position of the head at the beginning of this action</p>		

ALTERNATE BENT KNEE

b) Bent Knee Back Layout Position

Body extended in **Back Layout Position**. The thigh of the bent leg is perpendicular to the surface of the water.



DESCRIPTION: Begin in Back Layout Position. Assume a Right Leg Bent Knee Position. Return to Back Layout Position. Assume a Left Leg Bent Knee Position. Return to Back Layout Position.