

HIGH PERFORMANCE PATHWAY PROGRAM PURPOSE

To prepare WA athletes for selection into National Teams.

The Artistic Swimming WA Performance Pathway Program is a development program to prepare athletes for Youth, Junior and Australian National Team selection.

The HPPP 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 HPPP supplements and complements club training.

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

GUIDELINES

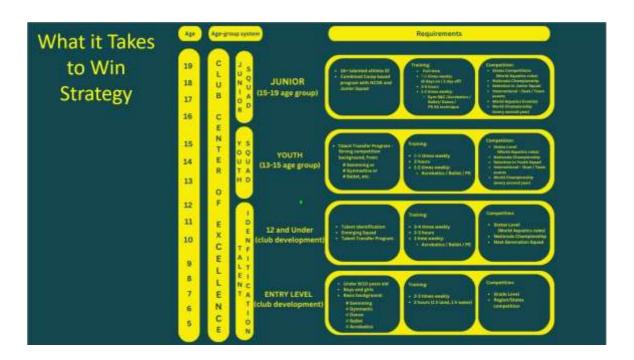
- 1. The HPPP will be overseen and directed by the High-Performance Pathway Program Committee as approved by the Board of Artistic Swimming WA.
- 2. Entry to the Artistic Swimming WA HPPP is via an Expression of Interest (EOI) and a selection process.
- 3. All HPPP candidates must be members of and train at a club affiliated with Artistic Swimming WA. The club is where most of the the athlete's training is to be done. Club training should enable the athlete to meet the standards of the HPPP. The athlete represents their club at State and National competitions.
- 4. HPPP sessions are skill specific and aimed towards trialing for the relevant National Team and ultimately, Australian National Team selection.
- 5. Once accepted into the program, consistent attendance at HPPP training sessions and training camps is required. While ASWA understands that family and school commitments will occasionally conflict with HPPP 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 HPPP.
- 6. The High-Performance Coaches are appointed by ASWA.
- 7. The cost of the HPPP is made possible through the financial support of Hancock Prospecting and DLGSC.

ATHLETE RESPONSIBILITIES AND PROGRAM COSTS

Successful selection into the High-Performance Pathway Program is important recognition for athletes with ambition to reach the elite level of artistic swimming in Australia. It is a privilege to receive quality athlete centered and holistic training at minimal cost to support progress along the High-Performance Pathway towards the elite level. 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 HPPP and are successful, understand that they have also
chosen to make HPPP 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 HPPP
athletes to compete in team routines for their club wherever possible as a priority over other routines.

- HPPP athletes are required to wear the HPPP uniform to training sessions, training camps and any other events when representing the ASWA HPPP.
- 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 HPPP 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 HPPP training sessions.



HIGH PERFORMANCE PATHWAY PROGRAM TRAINING SESSIONS

2 Weekly Training Sessions

- Tuesdays (Only 2 per month form 4.30-7.30 pm HPC Stadium)
- Saturdays (Every Saturday 1:30-5:00 pm HPC Stadium)
- An extra optional morning training session may be added later during the season with consideration of school commitments

Intensive Training Camps

The purpose of the intensive training camps is to prepare athletes physically and mentally for national team training camps. The intensive camps will follow a similar schedule and training load to national team camps. The training camps will also incorporate specialist workshops. All camps will be held in Perth and the dates for the training camps are as follows:

- August 1st 3rd
- September 26th 28th
- October 24th 26th
- November 28th 30th
- February 13th 15th

TRIALS INFORMATION

Selection trials for the 2025/2026 season will occur on the 28th of June 2025 at HPC Stadium

1. EOI forms to be completed before the 30th of May through this link:

https://forms.office.com/r/Py9MiKqgyr

- 2. Athletes who have completed the EOI form will be sent an email with information about the selection date and location.
- 3. All athletes and parents are required to attend the information session on the 25th of May 3:00-5:00PM. Location TBC.
- **4.** ASWA will run a Trials Preparation Program prior to selections to help athletes prepare.
 - a) Time: 2.00-5.30pm
 - b) Location: HPC
 - c) Dates: 31st May, 7th June, 14th June, and 21st June.
- 5. ASWA will provide a document for athletes/coaches detailing the recommended preparation for each skill.
- **6.** The selection process will consist of the following criteria:
 - a) Parent and athlete interview with the HPPP committee (no weighting into the trials)
 - (booking a time slot: <u>Interview Booking Sheet</u>)
 - b) Selection Criteria detailed in this document based on the Australian National Selection Criteria

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 appropriate training for the trials.

PARENT/ATHLETE INTERVIEW

The athlete and at least one parent will be interviewed by the HP coaches and a member of the HPPP Committee. The purpose of the interview is to understand the athlete's individual long-term goals, commitment to the sport and capacity to meet the requirements of the program. The interview will also be an opportunity for the athlete and their parents to ask questions about the program and to understand the requirements and expectations. This interview does not hold any weight in the overall ranking of athletes participating in trials.

INTERVIEW DATES:

• 31st May: 12.00-1.30

• 7th June: 12.00-1.30

Booking Sheet is below, please fill spots from latest first:

Interview Booking Sheet

AUSTRALIAN NATIONAL SQUAD SELECTION CRITERIA

To ensure continuation from the state to national level, athletes will perform the Australian National Squad Selection Criteria. Athletes' progress on these criteria will be continually assessed throughout the season. The selection criteria consist of 3 phases:

Phase 1a: Flexibility 15%

Phase 1b: Strength 15%

Phase 2: Swim 200m IM 10%, Synchro Medley 20%

Phase 3: Technical testing (Figures for Youth and technical elements for Junior)

PHASE 1A

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 flexibility component of the trials includes 7 tests over 4 categories:

- Back: Bridge position.
- > Splits: Upside down splits on a yoga stand right, left, and middle split.
- > Balance: Needle.
- > Extension: Pike position and Leg/Feet Extension on the floor.

BRIDGE POSITION

Test 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. Hold the position for 8 counts (metronome speed: 50 BPM).

- > Athletes must fulfill all criteria described to receive the listed point(s).
- ➤ Athletes will be assessed based on 5 judging criteria.
- > A total of 10 points are available.

Point Scale	Criteria
2	Feet together
2	Straight legs in full extension
2	Elbows in full extension with upper arm in 12 o'clock position
2	Head alignment (in line with back and shoulder)
2	Hold for 8 counts (metronome speed: 50 BPM)





Test Description:

Athletes are to perform Left, Middle and Right Splits (in that order) upside down using a headstand unit. When directed, athletes are to rotate legs from Left to Middle to Right Splits as instructed by the delegated official. Throughout all position holds and transitions, athletes are to maintain their legs in full extension with their feet pointed. When in the split position, legs must be evenly balanced on each side. The body is vertical with a limited back arch. In each position, the hold will be for a minimum of 5 counts (metronome speed: 50 BPM).

Scoring Criteria:

- Athletes must fulfill all criteria described to receive the listed point(s).
- ➤ Athletes will be assessed based on 5 judging criteria.
- ➤ A total of 34 points available Points for the Criteria are awarded only if all three splits meet the criteria (maximum of 4 points to be gained)
 - The points for the Split Degrees are awarded per split (maximum of 10 points per split so maximum of 30 points in total to be gained)
- > The leg listed per split refers to the front leg.
- > 4 points (1 point per criteria) will be awarded if the criteria below are met for all three splits.

Point Scale	Criteria
1	Extension - Feet/Ankles/Knees – all fully extended
1	Vertical Alignment - Head/Shoulders/Hips – all in line
1	Even Spilt (both legs are on the same level)
1	Square Line *

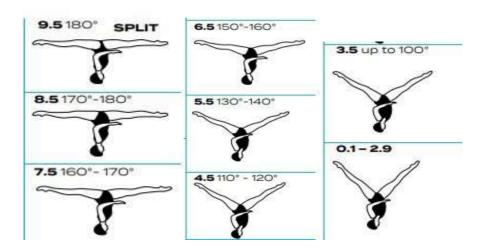
> 10 points per each split will be awarded based on the below (Points for Split Degrees

Point Scale	Split Degrees
1-10	As per the below

^{*} For Right, Left leg Splits = Square Line (not necessarily square hips) and Back Heel Facing Down to the Floor, For Middle Split = Square Line and Heels Facing Up

Split Degrees:

- The Assessor will evaluate the Angle of the Split Positions in reference to the Split angles and scores as designated by AQUA (see below from World Aquatic Basic Positions Height Chart)
- ► Scores will be awarded as per the below, with a maximum of 10 points available (beyond 180 degrees/over split), and a minimum of 1 point (less than 90 degrees). Not a split of 90 degrees will be awarded 2 points.







NEEDLE

Test Description.

Start in a standing position with the left leg back and the toes touching the ground. The left leg is to be lifted in balance as high as possible until it reaches a vertical split position. Hold the position for 5 counts (metronome speed: 50 BPM).

Hands are not allowed to be on the ground (they need to be on the side of the upper body). The upper body should be parallel to the ground. In the needle position, the back leg may rotate out no more than 45 degrees.

Scoring Criteria:

- ➤ Total of 8 points available
- > Athletes must fulfill all criteria described to receive the listed point(s).
- ➤ Athletes will be assessed based on 4 judging criteria.
- > For needle position, the following criteria, and points distribution apply.

Point Scale	Criteria - 3 points (1 point per criteria) will be awarded if the criteria below meet for the Needle position
1	Both Knees Fully Extended and Toes Pointed
1	Balance holding Needle for 5 counts (metronome speed: 50 BPM).
1	Back leg rotates out no more than 45 degrees
Point Scale	Degrees – maximum 5 points available (scale based)
5	Accuracy of the position. Upper body parallel to the floor & flexibility. Reaching 180+ degrees
2	Accuracy of the position. Upper body parallel to the floor & flexibility. Reaching >135 degrees
0	Accuracy of the position. Upper body parallel to the floor & flexibility. Reaching a minimum of 90 degrees (T position)

If upper body is not parallel to the floor, or the athlete touches the ground, the athlete will be awarded zero (0) points for the degree measurement. e.g., an angle of 180 degrees with upper body not parallel equals 0 points.



PIKE POSITION ON THE FLOOR & LEG EXTENSION

Test Description.

Sitting on the floor, body in 90-degree position, arms extended above the head in line with the body, legs extended, and toes pointed (flexed during over pike test).

2 tests will be evaluated from this position:

1. Leg extension:

- Maintaining the position with legs and feet together in extension (pointed). Athletes are to have their feet and ankles together. Whilst in this position, knee extension will be assessed. Feet are to remain together. Hold the position for 5 counts (Metronome: 50-BPM).
- ➤ If an athlete cannot lift their heels, they will receive a 0.



2. Over pike position:

- ➤ Maintaining the same position with feet flexed now, the body leans forward while maintaining head and arms in line with the body into an over pike position. Hold the position for 5 counts (Metronome: 50 BPM).
- ➤ Athletes lean toward legs while maintaining head and arms inline and back flat. The athlete must keep legs together, knees straight and feet flexed.



- > Perform the test following the instructions and with the perfect design for each position. A total of 12 points available.
- The athlete will be awarded points for each test as explained in the criteria listed below.

Leg Extension	1
Point Scale	Criteria - 2 points (1 point per criteria) will be awarded if the criteria below meet for the leg extension
1	Knees fully extended and feet together
1	Flat back
1	Legs at 90-degree angles perpendicular with the body
Point Scale	Leg Extension Degrees - maximum 2 points available (scale based)
2	Heels off the ground
0	Heels not lifted off the ground

Leg Extension	
Point Scale	Criteria - 2 points (1 point per criteria) will be awarded if the criteria below meet for the leg extension
1	Knees fully extended and feet together
1	Flat back
1	Legs at 90-degree angles perpendicular with the body
Point Scale	Leg Extension Degrees - maximum 2 points available (scale based)
2	Heels off the ground
0	Heels not lifted off the ground

Over pike position	
Point Scale	Criteria - 2 points (1 point per criteria) will be awarded if the criteria below meet for the over pike position
1	Knees Extended and feet fully flexed
1	Head and arms in line
Point Scale	Over pike position Degrees - maximum 5 points available (scale based)
5	Stomach and chest touching legs
2	45 degree and less (with a straight back)
0	46> degree

PHASE 1B STRENGTH

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

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

The strength component of the trials includes 2 tests:

- ➤ V Sits/ Diver Pikes
- ➤ Burpees with Triceps Push-Ups

Objective of the Test

Measure core, upper body strength, isometric capacities, and endurance with extension.

Test Description

The athlete performs as many V-sits as possible for 30 seconds.

Description of Positions:

- > <u>Supine Position (starting position)</u>: The athlete will set up flat on their back with their head just off the ground, arms extended above their head and hand on the ground and legs just off the floor. The athlete should be fully extended; legs together, knees straight, toes pointed.
- ➤ <u>V position:</u> Body, arms and legs extended assuming a V position with hands touching feet (must touch a point between mid-foot and toes).

Clarification: For the repetition to be counted, the hands must touch the feet (between mid-foot and toes) in the V" position and must touch the ground overhead in the supine position. The feet and head should not touch the ground. The legs and elbows should always be straight. If the legs and/or elbows are not extended at any time during the repetition, it will not be counted.

- > Perform the test in a controlled manner.
- ➤ Athletes must move their arms and legs in synchronization.
- Only repetitions completed accurately will be counted.

Point Scale	Criteria
1	 1 full repetition: starting position to hands touching feet (between mid-foot and toes), and back to starting position.
Each full repetition worth 1 point	 Hands must touch the ground overhead in starting position. Feet and head not touching the floor in between repetitions. Legs extended and together. Arms extended throughout. Controlled movement
	*if any of the criteria is not met, the whole repetition is not counted

BURPEES & TRICEPS PUSH-UP

Objective of the Test

Measure core, upper body, legs strength, explosiveness, and endurance.

Test Description

The athlete performs as many Burpees with triceps push-ups as possible for 30 seconds.

Description of Positions:

<u>Burpees:</u> Start in a standing position, hands at the side. Push hips back, bend knees and lower body into a squat position. Place hands on the floor, directly in front of and just outside of the feet. Jump feet back to softly land on the balls of the feet in a plank position. Show this position (plank position). Following the hold, perform a triceps push-up. Show this position (triceps push-ups). Jump the feet back to land just inside the hands. Reach arms overhead while simultaneously exploding into the air to execute a jump with toes extended. Show full execution of the jump with toes extended. Land and immediately lower back into a squat position for the next repetition.

- ➤ <u>Plank Position:</u> Body in prone position, fully extended: the head, hips and feet in line. Hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on the vertical line. The feet hip distance apart on the balls of the feet. Body should be engaged.
- Triceps Push-ups: Keeping the body in the prone position, fully extended: the head, hips, and feet in line. Hands palm down on the mat, fingertips pointing forward, shoulder-width apart, arms fully extended and on the vertical line. The feet hip distance apart on the balls of the feet. Body should be engaged. Flex the arms to lower the body until the upper arms assume a 90-degree angle, in line with the torso. Elbows should be in proximity with the sides of the torse while in 90-degree position. Chest remains off the ground, head, shoulders, hips, feet maintain alignment. Extend the arms to return to the starting prone position.

- > Perform the test with perfect technique & extension with max number of repetitions possible.
- > Only repetitions completed accurately will be counted (if any of the criteria is not met, the whole repetition is not counted).

Point Scale	Criteria Criteria
Each full repetition worth 1 point	 1 full repetition: starting position then down to squat, jump back to plank position, triceps push up, vertical jump and back to starting position. Plank Position: Body is fully extended, head (ears specifically), hips and feet are in line and on balls of the feet. (Athletes not piked or arched) Tailbone must be tucked and body engaged. Triceps Push Up: Head in neutral position (gaze down, ears in line with shoulders) • Triceps Push Up: At no point should the chest, torso or knees touch the floor. Triceps Push Up: Upper arm and torso are parallel at the lowest point. Squat Position: Hip and knees are at 90-degress in (chest remains up, not angled down) prior to the jump. Jump is executed with legs extended, together and feet extended. (No part of the body should remain on the ground) Jump is executed with arms extended overhead and in line with the shoulders. Jump is properly executed with body extended: wrist, ears, shoulders, and hips are inline. Controlled and engaged. Note: On the triceps push-up; if the athlete doesn't assume a parallel position from the upper arm to the torso on the lowest point that repetition will not be counted. In the squat position prior to the jump; if the athlete does not perform the 90-degree position with chest up and forward that repetition will not be counted. Clarification: After the jump the athlete needs to assume the plank position as fast as they can.

PHASE 2 - 200M IM SWIM/SYNCHRO MEDLEY

During the swim / synchro component of trials, all athletes must wear the following uniform:

➤ Black swimsuit and white cap ➤ Goggles are permitted.

Objective of the Test

To measure the speed, swimming style, and ability of the swimmers.

The Swim component of the trials includes 2 tests

- > 200 m Medley (IM)
- ➤ 100 m Synchro Medley

Test Instructions:

- > Timed for speed.
- ➤ 25m pool or 50m pool divided to 25m.
- > Evaluator/Coach will say "Take Your Mark, Go"
- ➤ Time will begin with "Go."
- ➤ Markers will be placed in the pool at the 12.5-meter mark

SWIM TEST - 200 M MEDLEY (IM)

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 except for breaststroke where two hands must touch the wall.
- > AQUA Swimming rules apply to all strokes.
- > Timed for speed.
- > Penalty for every transition/turn not performed as described an additional 10 seconds will be added to the final time.
- Butterfly Backstroke Breaststroke Freestyle

Scoring Criteria for JUNIOR:

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Point Scale	Criteria	ı
5	2:50 or less	
		Г
3	2:51 – 3.00	
		ĺ
1	3:01 – 3:10	
		Γ
0	3:11 or more	

Scoring Criteria for Youth:

Point Scale	Criteria	
5	3:00 or less	
3	3:01 – 3.10	
1	3:11 – 3:20	
0	3:21 or more	

SYNCHRO MEDLEY - 100 M

Test Description: Measure and display of basic artistic swimming skills, propulsion and endurance.

The synchro medley is executed as four continuous laps displaying propulsion from start of each wall until the finish. Each lap (25m) of the synchro medley will be judged by the selectors based on execution for each component. Eggbeater will also be judged on manner of presentation. All marks will be given based on the AQUA judging system.

Penalty: A 0.5- or 1-point penalty will be applied by the selectors per error/movement not performed as described or incomplete. (I.e.: If an athlete executes the wrong leg or wrong arm at any point during the synchro medley: if an athlete does not complete a lap in full, if an athlete does not back tuck at the exit of the thrust, a penalty will be awarded for each exit missed.)

Scoring Criteria

Each synchro element is considered a scoring component and will receive one score for execution. The AQUA judging scoring system will be applied.

Junior age category completes the following set:

100 m Synchro Medley with Team Technical Required Elements

- Lap 1: 25 m ballet leg combination (12.5 m double ballet leg 12.5m single ballet leg left leg)
 - > Start in the water from the tub position-feet must touch the wall, the athlete lifts the legs to assume double ballet leg, both legs at the same time and then commences travel headfirst. No push off the wall is permitted. When the athlete arrives at the 12.5m mark, the right leg is bent to the flamingo position, then straightened to achieve the left ballet leg position. The headfirst travel is then recommenced to complete the remaining 12.5m to complete the lap. Stop when the head touches the wall
 - ➤ Position Criteria: as per AQUA Manual.
 - The athlete must have their left leg extended vertically.
 - The ballet leg transition must be undertaken within 1m or less.
 - <u>Lap 2:</u> 25m body boost (double arm) / thrust (5 per lap), including Team TRE 1A and Team TRE 5A.
 - ➤ On trust 1 must execute Team TRE 1A (Flying Fish Hybrid Spinning 180° DD 2.5)
 - ➤ On trust 5 must execute Team TRE 5A (Rocket Split Bent Knee Twirl Hybrid DD 2.4)
 - ➤ Body boost and thrusts must alternate body boost followed by a thrust (in that order). Both the body boost and the thrust must be executed on the same spot.
 - > Travel is only permitted in between the 5 sets. Body boost/ thrusts should be evenly spread throughout the lap. For example: 1 set every 5 meters.
 - The athlete is required to exit the thrust by a back-tuck somersault. Athletes are not permitted to touch the floor of the pool at any point.
 - No stopping is permitted, and breaths shall only be taken when executing the body boost.
 - ➤ Body boosts are executed as DOUBLE ARM with straight arms and double kick both arms extended parallel above head at maximum height.

- ➤ A score for the Body Boost and a score for the Thrust will be given (one execution score for Body Boost and three execution score for Thrust: 1 TRE 1A, 2 average 3 thrusts, 3 TRE 5A).
- <u>Lap 3:</u> 12.5 m forward eggbeater double arm → Team TRE 2A → approximately 10 m kick-pull-kickover,

Eggbeater:

- The athlete must face forwards. Eggbeater travelling forward with both arms extended, parallel and on vertical line. No push-off is permitted.
- > A marker will be placed at 12.5m.
- The body should be correctly aligned: head (specifically ears), shoulders and hips on the vertical axis adjacent to the surface.
- ➤ When the athlete arrives next to the marker sink under the water, a half-turn is required under the water, then set the tabletop position on the surface. From the tabletop position, first the right leg and then the left leg lifting to the vertical position.

Team TRF 2A:

- The element starts from the vertical position next to the mark.
- > The athlete must execute the element between the marks.
- > After the element finishes in back layout position set eggbeater and start the next section.

Kick-pull-kick-over:

- The chin and shoulder should always remain above the surface.
- ➤ Approx. 10 m need to be executed with speed and sharpness from the mark until the wall) ➤ "over" to be executed with the fully extended arm through on the vertical line.
- <u>Lap 4</u>: Team TRE 4 → Torpedo Sprint → Team TRE 3A

Team TRE 4:

- Athlete must start the element next to the mark, and after the element finishes in back position, keep going in propeller (torpedo) Propeller (torpedo):
- > Body must remain dry on the surface during the approx. 10 m travelling (middle of the pool)
- > Travelling remains feet first with maximum speed
- ➤ When the athlete arrives at the mark need to execute the right leg kick to the ballet leg then go to the vertical tuck position and immediately commence Team TRE 3A.

Team TRE 3A:

- ➤ Athlete must start the element next to the mark.
- ➤ After the element finishes 10 sec eggbeater next to the mark

Clarification/scoring:

- ➤ Ballet leg, body boost / thrust, eggbeater and Vertical travelling set are all judged on height and alignment as per AQUA manual.
- > Scores will be as per the AQUA criteria (inclusive of a degree of difficulty).
- Elements are to be executed as per the AQUA description.
- ➤ A score for Artistic Impression is awarded for lap 3.

Youth age category complete the following set:

100 m Swim/Synchro Medley

- Lap 1: 25 m ballet leg (left or right leg hold),
 - > Start in the water, from back layout position feet must touch the wall, time starting when the athlete lifting the leg to ballet leg and the athletes starts travelling headfirst. Not push off the wall.
 - ➤ Position Criteria: vertical leg perpendicular to the surface; bottom foot dry; head and body alignment; knee extension; foot extension.
 - The athlete must have their right or left leg extended vertically.
- Lap 2: 25m body boost (no arm) / thrust (3 per lap):
 - ➤ Body boost and thrust must alternate body boost followed by a thrust (in that order). Both the body boost and the thrust must be executed in the same spot.
 - Travel is only permitted between the 3 sets. Body boosts/ thrusts should be evenly spread throughout the lap.
 - The athlete is required to exit the thrust by a back-tuck somersault. No stopping is permitted, and breaths shall only be taken when executing the body boost.
 - ➤ Body boosts are executed with no arm. ➤ An average score for the Body Boost and an average score for the Thrust will be given.
- Lap 3: 12.5 m forward eggbeater, no arm → 12.5 m kick-pull-kick-over, Eggbeater:
 - The athlete must face forwards. Eggbeater travelling forward. No push-off is permitted.
 - ➤ A marker will be placed at 12.5m.
 - The body should be correctly aligned: head (specifically ears), shoulders and hips on the vertical axis adjacent to the surface.

Kick-pull-kick-over:

- > Shoulder and chin all time above the surface.
- ➤ 12.5 m needs to be executed by speed and sharpness.
- > "Over" to be executed with the fully extended arm through on the vertical line.
- <u>Lap 4:</u> 25m Torpedo Sprint → 20s Vertical:

Propeller (torpedo):

> Arms must touch the wall when the back layout position is set up. No push-off is permitted.

- The body must remain dry on the surface during the 12.5 m travelling.
- > Travelling remaining feet first with maximum speed
- ➤ When the athlete arrives at the 12,5m mark, they need to execute a right leg kick to the ballet leg position, followed by a vertical tuck position executed with a 90-degree underwater turn to face the side wall. A vertical position should be assumed before travelling sideways for 12.5 m maintaining a vertical position. (A right or left shoulder forward direction is permitted)

Clarification:

- ➤ Ballet leg, body boost / thrust, eggbeater and Vertical travelling set are all judged on height and alignment as per AQUA manual.
- ➤ A score for Artistic Impression is awarded for lap 3.

PHASE 3 - TECHNICAL TESTS

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

➤ Junior Age Group: Team Technical Elements (TRE) – score from the synchro Medley ➤ Youth Age Group: Figures

Athletes are required:

- To wear a black swimsuit and white cap. Goggles are permitted.
- To perform in the order of the draw. Athletes must be in the marshalling area designated by the referee, one swim prior.

JUNIOR: Team Technical Required Elements (TRE)

Description of Team Technical Requirement Elements

Full descriptions can be found in AQUA 04-AS-Rules-2022-2025-Appendix-II.

How is the test evaluated?

Elements will be judged during the live event by the selectors as AQUA manual during 100 m Synchro Medley.

Scoring Criteria

Scores will be as per the AQUA manual (inclusive of degree of difficulty). Figures are to be executed as per the AQUA description.

YOUTH: figures

Description of Figures

Full descriptions can be found in AQUA 02-AS-Rules-2022-2025-Appendix-1-13-15-figures-CLEAN.pdf

- ➤ Flamingo Bent Knee, Twist Spin (140g DD 2.9)
- ➤ Swordfish Straight Leg Ariana Rotation (407 DD)
- ➤ Barracuda Airborne Split Spin Up 180 (308h DD 2.9)
- ➤ Venus (352 DD 3.0)

How is the test evaluated?

Figures will be judged during the live event by the selectors as AQUA manual.

Scoring Criteria

Scores will be as per the AQUA manual (inclusive of degree of difficulty). Figures are to be executed as per the AQUA description.