



WE MOVE AS
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**2022-2024 SENIOR NATIONAL
TRAINING SQUAD**

2022 JUNIOR NATIONAL TEAM

2022 JUNIOR NATIONAL ELITE CAMP

**SELECTION EVENT
SKILLS TESTING PROTOCOLS**

February 16, 2022



2022 – 2024 Senior National Training Squad

Through the evaluation process we will select athletes who will be eligible for the 2022-2024 Senior National Training Squad.

All selected athletes must commit to full-time training at the National Training Center by fall 2022 (exact date to be determined), or be actively participating in an artistic swimming collegiate program.

2022 Junior National Training Squad/Team

Through the evaluation process we will select athletes who will be eligible for the 2022 FINA Junior World Championship. The exact number of female athletes will be determined the High Performance Manager or Designee in consultation with the National Team Coaching Staff and selected FINA Judges.

All selected athletes must commit to full-time training at the National Training Center by May 1st. All selected athletes must join full-time training at the National Training Center by July, 2022. The exact start date of Summer full-time training will be determined the High Performance Manager.

2022 Junior National Elite Camp

Through the evaluation process we will select up to 10 female athletes who will be invited to attend the National Elite Camp. Camp will be from July 19th – July 23rd, arrival on July 18th, departure on July 24th in Las Vegas, Nevada.

More information to be posted soon.

Full details for National Training Squad Trials process can be found [here](#).

SKILL TESTING RULES



IMPORTANT: Athletes participating only in the Junior National Team Trials only will need to have completed Grades Level 5. Athletes participating in Senior National Team Trials are required to complete Grades Level 6.

All athletes must wear a black swimming suit and white swimcap for the water testing, and tight black shorts and tight black tank top for the land testing. There may not be any club affiliation displayed on the athlete's outfit.

Athletes will need to bring a yoga mat.

The draw numbers may be written on the caps or the athletes' bodies.

Athletes will only be evaluated by two (2) FINA Judges, National Team High Performance Manager and 2 National Team Coaches.

The AAC Athlete Representative and VP Olympic International will be in attendance for oversight.

The evaluation system is based on the NT skill testing protocol as follows.



Selection Important Dates



Dates: April 10th & April 11th, 2022

Location: Spire Institute, Geneva, Ohio

Registration Open: March 1st – March 31st, 2022

Registration Fee for Athletes: \$150.00

Late Registration: April 1st – April 5th (no registrations accepted after April 5th)

Late Fee: \$25 per person



SUMMARY OF SKILL TESTING



Phase 1A – National Skills Testing Competition:

Land Skill #1 – Flexibility and body control

- Leg Kick with Needle Hold

Land Skill #2 – Strength & Speed Sequence

- Burpees, Push-ups, V Sit-ups

WATER – Swim & Synchro Laps

Swimming: 100 yard synchro laps

Phase 1B – Individual Routine Swim: Routine as decided by NT Coaches & HPM.

Routine will be swum individually one time.

Coaches Observations: Throughout the day National Team Coaches will evaluate the athletes for preparedness, attitude and competitiveness.

Up to a maximum of 16 athletes, in rank order, shall advance to Phase 2A.

Phase 2A – Group Swim:

Eligible athletes will compete in a Routine competition, which will consist of 1 group technical routine swim. All athletes from Phase 2A shall advance to Phase 2B.

Phase 2B – Trials Interview:

Eligible athletes will participate in an in-person interview conducted by the National Team Coaching Staff.

Final Score: The final score will be calculated using the following percentages:

Phase 1 - Final Score 60%

Phase 2A - Group Swim 30%

Phase 2B - Trials Interview 10%

Entire Playlist for Trials can be found [HERE](#).





PHASE 1A – LAND TEST



FLEXIBILITY ASSESSMENT



Flexibility – Front & Side Kicks 180 Degrees, Back Kick 90 Degrees & Needle

Test Description

The athlete performs 10 sharp kicks to a 180-degree angle to the front, 10 kicks to the side & 10 kicks to the back. Athletes will perform both legs, starting with the right leg and finishing with the left leg. After finishing the back kick, athlete is to perform a Needle balance holding the leg up for 5 seconds with maximum flexibility. Only one attempt is allowed per position per athlete.

Description of Positions:

Front Kick: Start in a standing position with the leg extended and toe touching the ground behind the vertical leg, one hand on the wall, and the other arm directly out to the side and rounded. With the standing leg extended, the kicking leg is kicked up to a 180-degree angle and returned down. *Note:* The kicking leg, will pass the vertical leg during the swing back motion. Both legs should remain extended throughout. If an athlete performs any kick with knees bent, a zero on body alignment & extension will be assigned.

Side Kick: Same description but executed to the side.

Back Kick: Same description but executed to the back to a 90-degree angle. Clarification: On the back kick upper body slightly forward-leaning orientation is permitted.

Note: The leg kick set will start with the right leg front, side and back, needle with right leg up and finish with the left leg front, side and back and needle left leg up. Test finishes when both feet are flat on the ground, hands at the sides.

Needle: Start in a standing position with the leg back and the toes touching the ground. The leg is to be lifted in balance as high as possible until it reaches a vertical split position. Hands are not allowed to be on the ground. The upper body should be parallel to the ground. In the needle position, the back leg may rotate out no more than 45 degrees.

Video: Click [HERE](#)

Scoring Criteria:

Perform with body alignment and extension at all times, perfect technique and posture.

Possible Points for Flexibility Assessment:

12 points, plus 4 bonus points.

How is the test evaluated?

Two to three evaluators per athlete.

FLEXIBILITY ASSESSMENT



Scoresheet – Front & Side Kicks 180 Degrees, Back Kick 90 Degrees & Needle – Right Leg

Area	Description of requirement	Max Score
FRONT KICKS (Right) Points for each criteria must be achieved perfectly for duration of 10 kicks Number of points possible: 1 (0 or 1)	Body Alignment and Extension: head, shoulders, hips, vertical leg and foot aligned and extended. Accurate height between 12 and 1 o'clock achieved for all kicks	1
	Any part not aligned or extended, or kick between 1 o'clock and more.	0
SIDE KICKS (Right) Points for each criteria must be achieved perfectly for duration of 10 kicks Number of points possible: 1 (0 or 1)	Body Alignment and Extension: head, shoulders, hips, vertical leg and foot aligned and extended. Accurate height between 12 and 1 o'clock achieved for all kicks	1
	Any part not aligned or extended, or kick between 1 o'clock and more.	0
BACK KICKS (Right) Points for each criteria must be achieved perfectly for duration of 10 kicks Number of points possible: 1 (0 or 1)	Body Alignment and Extension: Upper body lean forward not past 45°, vertical leg and foot aligned and extended. Accurate height above 3 o'clock achieved for all kicks	1
	Upper body lean lower than 45° and any part not aligned or extended, or kick between 3 o'clock or more.	0
ISOLATION Number of points possible: 1 (0 or 1)	Upper body control with minimum movement	1
NEEDLE Right Leg Up Number of points possible: 2 (0, 1 or 2)	Balance holding Needle for <u>5 seconds</u>	1
	Accuracy of the position. Upper body parallel to the floor & flexibility. Reaching a minimum height between <u>1 o'clock or less.</u>	1
BONUS POINT NEEDLE Right Leg Up	Body Alignment and Extension: vertical leg and foot aligned and extended. Upper body parallel to the floor. Height at 12 o'clock. Held for 5 seconds.	2

FLEXIBILITY ASSESSMENT



Scoresheet – Front & Side Kicks 180 Degrees, Back Kick 90 Degrees & Needle – Left Leg

Area	Description of requirement	Max Score
FRONT KICKS (Left) Points for each criteria must be achieved perfectly for duration of 10 kicks Number of points possible: 1 (0 or 1)	Body Alignment and Extension: head, shoulders, hips, vertical leg and foot aligned and extended. Accurate height between 12 and 1 o'clock achieved for all kicks.	1
	Any part not aligned or extended, or kick between 1 o'clock and more.	0
SIDE KICKS (Left) Points for each criteria must be achieved perfectly for duration of 10 kicks Number of points possible: 1 (0 or 1)	Body Alignment and Extension: head, shoulders, hips, vertical leg and foot aligned and extended. Accurate height between 12 and 1 o'clock achieved for all kicks.	1
	Any part not aligned or extended, or kick between 1 o'clock and more.	0
BACK KICKS (Left) Points for each criteria must be achieved perfectly for duration of 10 kicks Number of points possible: 1 (0 or 1)	Body Alignment and Extension: Upper body lean forward not past 45°, vertical leg and foot aligned and extended. Accurate height above 3 o'clock achieved for all kicks.	1
	Upper body lean lower than 45° and any part not aligned or extended, or kick between 3 o'clock and more.	0
ISOLATION Number of points possible: 1 (0 or 1)	Upper body control with minimum movement	1
NEEDLE Left Leg Up Number of points possible: 2 (0, 1 or 2)	Balance holding Needle for 5 seconds	1
	Accuracy of the position. Upper body parallel to the floor & flexibility. Reaching a minimum height between 1 o'clock or less.	1
BONUS POINT NEEDLE Left Leg Up	Body Alignment and Extension: vertical leg and foot aligned and extended. Upper body parallel to the floor. Height at 12 o'clock. Held for 5 seconds.	2



Strength & Speed Sequence

Objective of the Test

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

Test Description

The athlete performs a combination of legs, core and upper body strength moves in the following order within 1 minute: Burpees, Push-ups, roll to your back for V-Sit Ups. Start in a standing position, hands by the side. Number and duration of each is defined below.

Description of Positions

Burpees: Push hips back, bend knees and lower body into a squat. Place hands on the floor, directly in front of and just outside feet. Jump feet back to softly land on the balls of the feet in a plank position. Following the hold immediately perform a push-up. Jump feet back to land just inside the hands. Reach arms overhead and explosively jump up into the air. Land and immediately lower back into a squat position for the next rep. Clarification: In the squat position before the jump, the athletes' hip must be lower than the head. (After the jump athlete needs to go to plank as fast as they can) Note: If on the push-up the athlete doesn't reach the straight line from upper arm to the torso on the lowest point and/or perform the squat before the jump with hips higher than the head the repetition will not be counted.

Biceps Push-ups: Keeping the body in the prone position, flex the arms to lower the body until the upper arms are in line with the torso. Extend the arms to return to a straight body prone position. Hands and elbows should be wide and in line with the shoulder to assume a 90-degree angle with the upper arm.



Strength & Speed Sequence

V Sit-Ups:

Supine Position (back layout): Lay down with feet and head off the floor at all times and hands must touch the ground. **V position:** Body, arms and legs extended assuming a V position with hands touching toes (not the ankles)

Clarification: For the repetition to be counted, the hands must touch the toes in the “V” position and touch the ground overhead in supine position. Feet and head should not touch the ground. The legs and elbows should be straight at all times, if the legs and/or elbows are unextended at any time during the repetition, it will not be counted.

Video: Click [HERE](#)

Skill	How Many
Burpees	10
Biceps Push-Ups	10
V Sit-Ups	10

Scoring Criteria:

Perform test with perfect technique & extension with max number of repetitions possible

Possible Points for Strength Assessment:

8 points possible

How is the test evaluated?

Up to three evaluators per athlete per skill.

STRENGTH ASSESSMENT



SCORESHEET – STRENGTH SEQUENCE

Area	Description of requirement	Max Score
BURPEES Points for each criteria Number of points possible: 2 (0, 1or 2)	Performed 10 repetitions correctly	2
	Performed between 5 to 9 repetitions correctly	1
	Performed only 4 or less repetitions correctly	0
BICEPS PUSH-UPS Points for each criteria Number of points possible: 2 (0, 1or 2)	Performed 10 repetitions correctly	2
	Performed between 5 to 9 repetitions correctly	1
	Performed only 4 or less repetitions correctly	0
V SIT-UPS Points for each criteria Number of points possible: 2 (0, 1or 2)	Performed 10 repetitions correctly	2
	Performed between 5 to 9 repetitions correctly	1
	Performed only 4 or less repetitions correctly	0
TIMES Points for each criteria Number of points possible: 2 (0, 1 or 2)	Completed in 1 minute or less	2
	Performed between 1min and 1min 15sec	1
	Completed in 1min 16sec or more	0



PHASE 1A – WATER TEST



SWIMMING ASSESSMENT



100 Yard Synchro Laps

Objective of the Test

Measure speed swimming, basic synchro skills and endurance.

Test Description

Starting Position: in the water with one hand & both feet on the wall. Test Instructions: Evaluator will say “Take Your Mark, Go”

100 yard Synchro Skills in a sequence - nonstop.

- **Lap 1:** 25-yard butterfly to the 20-yard mark. No-arm Body Boost with a 90° turn at the top, set and perform Sr Team Element #1. Swim underwater to the end of the lap.
- **Lap 2:** Travel in Double Arm Eggbeater to the 12.5-yard mark, perform a Boost from the surface and a partial Back Tuck Somersault to a Tabletop Position. Extend one leg at a time or both legs simultaneously to a Vertical Position and perform Sr Team Element #2. Surface, complete the lap with kick-pull-kick-over stroke.
- **Lap 3:** Lay on the back with arms overhead, perform Sr Team Element #3. Torpedo until the 20-yard mark and perform a partial Back Tuck Somersault. Simultaneously kick out and surface into a Back Layout Position moving headfirst down the pool and perform Sr Team Element #4.
- **Lap 4:** 25 freestyle sprint no-breath wall-to-wall, perform no-arm Body Boost, set and perform Sr Team Element #5.

Clarification:

- Eggbeater travelling forward with arms extended, parallel and on vertical line (Lap 2).
- Athlete can choose to raise one or two legs to reach the double leg vertical when setting the Element #3. (Lap 3)
- No breath may be taken after pushing off the wall to the freestyle (Lap 4). A penalty will be recorded to the time score if the athlete breathes in this section.
- Freestyle sprint to be executed wall to wall. Time will stop when the swimmer touches the wall.

Video: Click [HERE](#)

Scoring Criteria:

Perform test correctly with perfect technique & extension.

Possible Points for Swimming Assessment:

20 points possible.

How is the test evaluated?

Two to three evaluators per athlete.

SWIMMING ASSESSMENT



100 Yard Synchro Laps

Area	Description of requirement	Score Given
ELEMENT #1 HEIGHT Per FINA Description Number of points possible: 2 (0, 1 or 2)	Waist (8.5 or higher)	2
	Top of pelvis (7.5 – 8.4)	1
	Below top of pelvis (7.4 or less)	0
ELEMENT #1 ALIGNMENT & EXTENSION Number of points possible: 2 (0, 1 or 2)	Head, shoulders, hips, vertical leg and foot aligned and extended. Body perpendicular to the surface.	2
	Any part not aligned or extended	0
ELEMENT #2 DOUBLE LEG VERTICAL HEIGHT Number of points possible: 2 (0, 1 or 2)	Mid-thigh or higher during the twist 360° (7.6 or higher)	2
	Mid-thigh to low-thigh during the twist 360° (7.5 – 6.5)	1
	Low-thigh to above kneecap on the twist 360° (6.4 or lower)	0
ELEMENT #2 ALIGNMENT & EXTENSION Number of points possible: 1 (0 or 1)	Head, shoulders, hips, vertical leg and foot aligned and extended. Body perpendicular to the surface.	1
	Any part not aligned or extended	0
ELEMENT #3 SURFACE ARCH BENT KNEE POSITION STABILITY/CONTROL & ACCURACY Number of points possible: 2 (0, 1 or 2)	Total control, no bouncing and complete accuracy of position	2
	Some lack of control, bouncy, bent knee up to 15° off perpendicular or hips, shoulders and head slightly off vertical line.	1
	Total lack of control, bouncy, bent knee 16°-30° off perpendicular or hips, shoulders and head completely off vertical line.	0

SWIMMING ASSESSMENT



100 Yard Synchro Laps

Area	Description of requirement	Score Given
ELEMENT #3 WALKOVER CONTROL & STATIONARY Number of points possible: 2 (0, 1 or 2)	Total control, on the spot until surface arch position	2
	Some lack of control, bouncy or small travelling	1
	Total lack of control, travelling feet first	0
ELEMENT #4 ACCURACY & CONTROL OF FISHTAIL POSITION Number of points possible: 3 (0, 2 or 3)	Total control, no bouncing and accuracy of position	3
	Some lack of control, bouncy or vertical leg up to 15° from perpendicular	2
	Total lack of control, bouncy or vertical leg 16° or more from perpendicular	0
ELEMENT #4 DOUBLE LEG VERTICAL HEIGHT Per FINA Description Number of points possible: 2 (0, 1 or 2)	High-thigh or more (8.5 or more)	2
	Mid-thigh to high thigh (7.5 – 8.4)	1
	Mid-thigh or lower (7.4 or less)	0
FREE STYLE SPRINT TIMES Number of points possible: 2 (0 or 2)	Equal to/more than 18:01	0
	Between 17:01 and 18:00	1
	Equal to/less than 17:00	2
ELEMENT #5 HEIGHT Per FINA Description Number of points possible: 2 (0, 1 or 2)	Waist (8.5 or higher)	2
	Top of pelvis (7.5 – 8.4)	1
	Below top of pelvis (7.4 or less)	0
Note:	Deduction of 1 point for each breath taken on the Lap 4 (no breathing section)	-1



Coaches Observation by National Team Coaches

Description

Throughout the day National Team Coaches will evaluate the athletes for preparedness, attitude and competitiveness.

Before the routine swim, National Team Coaches will teach the last hybrid and evaluate athletes for the ability to learn fast, focus during the process, coachability and interaction with other swimmers (teamwork).

The observation has a 20% weight on phase 1A+1B scores.

Scoring Criteria:

Motivation, Mindset, Team player, Commitment, Attitude

Possible Points for Coaches Observation:

40 points.



PHASE 1B – ROUTINE ASSESSMENT



ROUTINE ASSESSMENT



Description of Routine:

Pre-learned routine as posted, second to last hybrid will be learned on-site the day of Trials and last strokes performed by each athlete own choreography.

Scoring Criteria:

Maximum height, body posture, accuracy of elements, propulsion, synchronization of the movement on the right counts and music, sharp movements throughout the performance and charisma.

Possible Points for Routine Assessment:

- 10 points possible for Elements
- 45 points possible for Non-Elements
- 5 points Deckwork – Confidence & Originality

How is the test evaluated?

2 FINA Judges & National Team Coaches will evaluate:

- Height & Propulsion
- Clarity & Sharpness
- Manner of Presentation
- Technical Elements
- Synchronization (with the music)

Tech Routine in Water: Click [HERE](#)

Tech Routine Expressions: Click [HERE](#)

Tech Routine Landdrill from side 1: Click [HERE](#)

Tech Routine Landdrill from side 2: Click [HERE](#)

Tech Routine Music: Click [HERE](#)

SCORESHEET – Each Element is worth 10 points

Element	FINA SCORING CRITERIA
1	0 to 10.0
2	0 to 10.0
3	0 to 10.0
4	0 to 10.0
5	0 to 10.0

ROUTINE ASSESSMENT



SCORESHEET – ROUTINE, NON-ELEMENTS (Note: scoring continued on next page)

Area	Description of requirement	Max Score
ROUTINE STROKES HEIGHT Number of points possible: 3 (0, 2 or 3)	Height at 8.5 or above - Guiding Scale for Height in FINA Manual (Mid-bust or higher)	3
	8.4 -7.5	2
	7.4 or lower	0
ROUTINE STROKES BODY POSTURE Number of points possible: 3 (0 or 3)	Body posture - long neck, shoulders down and rolled back.	3
	Lack of good posture	0
ROUTINE STROKES SHARPNESS Number of points possible: 3 (0 or 3)	Sharp and precise movements	3
	Lack of sharpness	0
1ST HYBRID Number of points possible: 6 (0 or 3 for accuracy, sharpness, isolation – 0 or 3 for Height)	Accuracy of movement. Clarity of all hybrids. Good isolation of legs. Sharp movements	3
	Lack of accuracy. No Clarity. Poor control on isolation movements. Lack of Sharpness	0
	Height: single leg, suit dry, double leg above 8.5 height	3
	Height: single leg not suit dry, double leg below 8.5 height	0
HYBRID TAUGHT ON-SITE Number of points possible: 2 (0 or 2 for accuracy, sharpness, isolation)	Accuracy of movement. Clarity of all hybrids. Good isolation of legs. Sharp movements	2
	Lack of accuracy. No Clarity. Poor control on isolation movements. Lack of Sharpness	0
LAST HYBRID Number of points possible: 6 (0 or 3 for accuracy, sharpness, isolation – 0 or 3 for Height)	Accuracy of movement. Clarity of all hybrids. Good isolation of legs. Sharp movements	3
	Lack of accuracy. No Clarity. Poor control on isolation movements. Lack of Sharpness	0
	Height: single leg, suit dry, double leg above 8.5 height	3
	Height: single leg not suit dry, double leg below 8.5 height	0

ROUTINE ASSESSMENT



SCORESHEET – ROUTINE, NON-ELEMENTS

Area	Description of requirement	Max Score
PRESENTATION Manner of Presentation Connection with judges, facial expression, confidence, charisma and how you sell it Number of points possible: 10 (0, 4, 8 or 10)	Weak	0
	Good	4
	Very Good	8
	Outstanding	10
PROPULSION Strong and powerful Number of points possible: 4 (0, 2 or 4)	Weak	0
	Good	2
	Excellent	4
TRANSITIONS Efficient and effortless Number of points possible: 4 (0, 2 or 4)	Weak	0
	Good	2
	Excellent	4
SYNCHRONIZATION Number of points possible: 4 (0, 1, 3, or 4)	More than 21 mistakes	0
	Between 11 and 20 mistakes	1
	Between 1 and 10 mistakes	3
	No mistakes	4
DECKWORK Confidence and Originality Number of points possible: 5 (0, 3 or 5)	Low confidence	0
	Lack of confidence during walk-on & performance	3
	Confident walk-on, connection & performance	5



PHASE 2A – ROUTINE ASSESSMENT





Description of Routine:

Pre-learned routine as posted. The draw and the number of athletes in each group for the group routine swim will be decided by the High Performance Manager (or Designee).

Groups of 4 swimmers will perform a short section of the Technical routine and will be asked to switch pattern to a specific spot. This same section will be performed 4 times with each athlete moving to a different spot each time.

Scoring Criteria:

Pattern awareness, space awareness, presentation, sharp movements throughout the performance and charisma.

Possible Points for Group Routine Assessment:

100 points possible

How is the test evaluated?

2 FINA Judges & National Team Coaches will evaluate:

- Pattern Awareness/ Spacing Awareness
- Manner of Presentation & Body Posture
- Execution

Tech Routine in Water: Click [HERE](#)

Tech Routine Expressions: Click [HERE](#)

Tech Routine Landdrill from side 1: Click [HERE](#)

Tech Routine Landdrill from side 2: Click [HERE](#)

Tech Routine Music: Click [HERE](#)

GROUP ROUTINE ASSESSMENT



SCORESHEET – GROUP ROUTINE

Area	Description of requirement	Max Score
PATTERN & SPACE AWARENESS Number of points possible: 50 (10, 30, 40 or 50)	Weak	10
	Good	30
	Very Good	40
	Outstanding	50
PRESENTATION Manner of Presentation Connection with judges, confidence, charisma and how you sell it Number of points possible: 25 (0, 10, 20 or 25)	Weak	0
	Good	10
	Very Good	20
	Outstanding	25
OVERALL EXECUTION Number of points possible: 25 (0, 10, 20 or 25)	Weak	0
	Good	10
	Very Good	20
	Outstanding	25



PHASE 2B - INTERVIEWS



Individual Interviews with National Team Coaches

Description

Eligible athletes will participate in an interview conducted by the National Team Coaching Staff onsite. Meeting will take no longer than 10 min.

The meeting is a dedicated space on the Selection event to learn more about the athletes. It will be an open-ended conversation between athlete & National Team Coaches. The questions will be regarding the motivation to enter the National Team, the athlete's mindset, commitment & attitude towards the program.

The order of the interview will be decided by the High Performance Manager (or Designee).

The interview has a 10% weight on the final score.

Scoring Criteria:

Motivation, Mindset, Team player, Commitment, Attitude

Possible Points for Individual Interview:

100 points.

FINAL SCORE CALCULATIONS



FINAL SCORING SPREADSHEET

PHASE 1A + 1B					
	Flexibility	Strength	Water Skill	Observation	Routine
Points	12 points	8 points	20 points	40 points	120 points

PHASE 2A			
	Pattern Awareness	A.I	Execution
Points	50 points	25 points	25 points

FINAL SCORE			
	Phase 1	Phase 2A	Interview 2B
Total Points	100	100	100
Overall Weighting	60%	30%	10%



**FOR ANY QUESTIONS CONTACT
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