Sept 21, 2020

2020-2021
LTAD Skills Testing

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LTAD Skills Testing

Program Details

The 2020-2021 Skills Testing consists of:

- Time Trials (Speed/Fitness)
- Land Routine component

Organization

1. Time Trials
   - Head coaches must submit time trials for all athletes to TD by Wednesday November 18, 2020 (Must include Year of Birth).
   - Head coaches must submit time trials a second time for all athletes by Wednesday February 17, 2021 (Must include Year of Birth).
   - SAS will distribute awards to the top two athletes in each birth year. Awards will be distributed for the first submission by December 15, 2020. Awards for the second submission will be distributed by March 15, 2020.

2. Land Testing
   - Land testing will be held at every SAS competition for the 2020-2021 season.
   - Land testing videos must be submitted 2 weeks prior to the competition date.
   - Saskatchewan Artistic Swimming will distribute awards to the top two athletes in each birth year. Awards will be distributed following each competition.

Note: Land Testing skills may change for the 15U and Junior category pending the release of CAS Land Testing Guidelines.

Note: Limited Competitive Athletes **do not** participate in Time Trials but may participate in the Land Testing component at Sadie Caulder Knight Provincials.

Time Trials

AGE GROUP	SUBMISSIONS #1 (NOV 18, 2020)	SUBMISSION #2 (FEB 17, 2021)
10U	Front Flutter Kick 25m Propeller 25m Front Crawl 50m	Front Flutter Kick 25m Propeller 25m Front Crawl 100m
12U/NOVICE	Front Flutter Kick 25m Propeller 25m 100 IM	Front Flutter Kick 25m Propeller 25m 100 IM
15U	Front Flutter Kick 25m Propeller 25m 200m IM	Front Flutter Kick 25m Propeller 25m 200m IM
JUNIOR	Front Flutter Kick 25m Propeller 25m 400m IM	Front Flutter Kick 25m Propeller 25m 400m IM

Land Testing

AGE GROUP	MM	SR	DLI	SCK
10U	Learn to Train (stage 3)	Learn to Train (stage 3)	Learn to Train (stage 3)	Learn to Train (stage 3)
12U/NOVICE	Train to Train 12U (stage 4)	Train to Train 12U (stage 4)	Train to Train 12U (stage 4)	Train to Train 12U (stage 4)
15U	Train to Train 15U (stage 4) TENTATIVE	Follow CAS Guidelines to come.	Follow CAS Guidelines to come.	Follow CAS Guidelines to come.
JUNIOR	Train to Train 15U (stage 4) TENTATIVE	Follow CAS Guidelines to come.	Follow CAS Guidelines to come.	Follow CAS Guidelines to come.

Land Testing Notes:

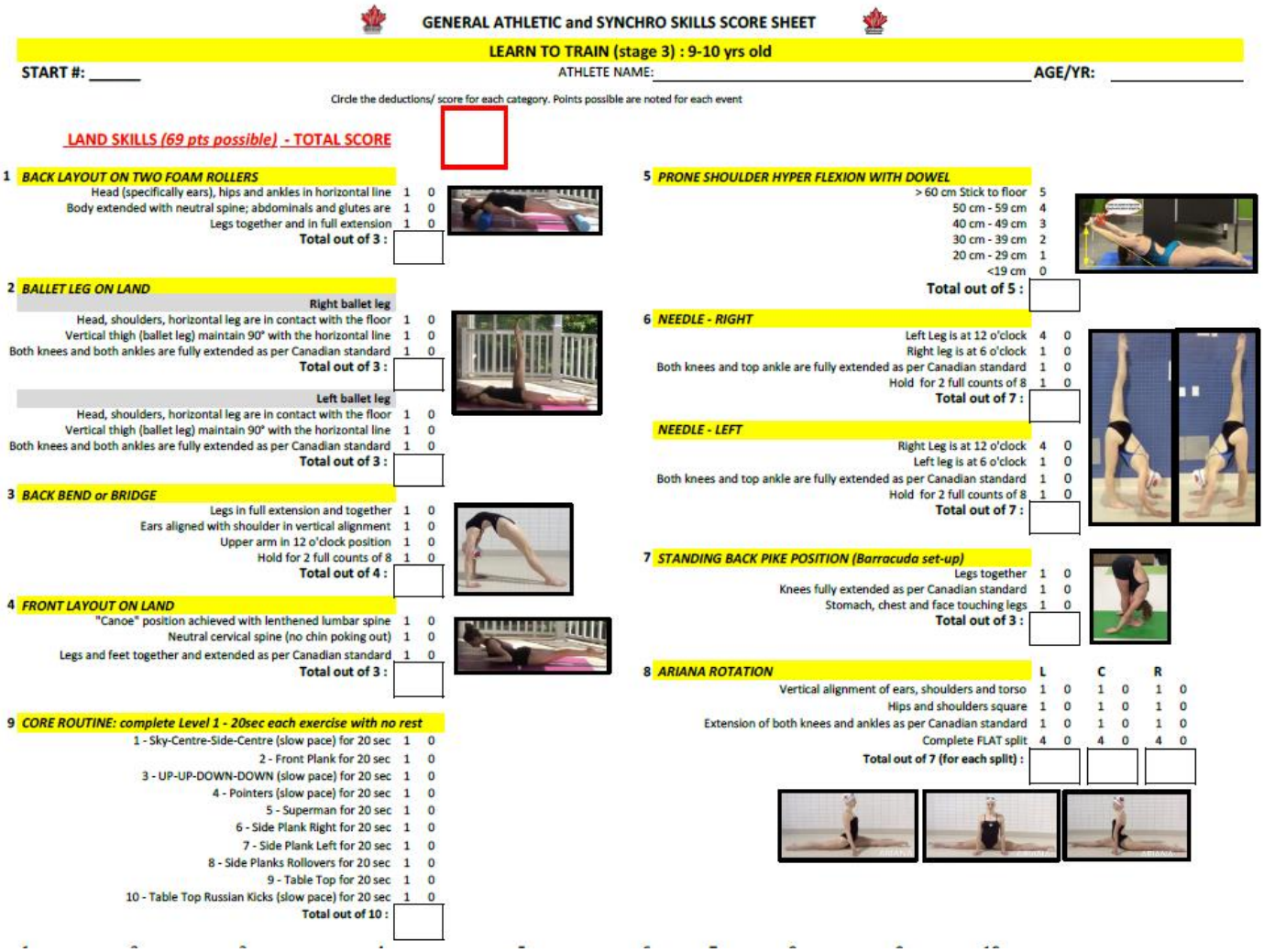
- The metronome speed is set to 135. In the land routine set, each skill is held for 2 counts of 8. Athletes move from one skill to the next with minimal delay.
- 15U and Junior athletes will be performing the T2T routine listed below for MM Meet only.
- If CAS land testing guidelines are available before Oct 15, 2020, we will use CAS land testing and guidelines for MM.
- For all other SAS competitions, 15U and Junior athletes will follow the CAS land testing guidelines.
- When you submit your video, send a list of athlete names and dates of birth that correspond with your video.
- Athletes may perform altered skills if listed skills cannot be accomplished due to skill level, injury or pre-disposed medical condition, such as scoliosis. Should an alternate skill be performed, a deduction will be assessed. The alternate skills are figure trainer vertical and prone back extension. These alternate skills replace the Tripod Headstand and the Bridge. The skills listed are integral to the artistic swimmer's development pathway and we encourage coaches to seek the

appropriate continuing education to improve their abilities in teaching and coaching these skills with proper supervision and safety requirements.

10U Learn to Train (Stage 3)

1. Back layout on 2 foam rollers or 2 benches
2. Ballet leg Right
3. Bridge
4. Front layout
5. Prone shoulder extensions with stick
6. Needle R and L
7. Standing back pike (Barracuda set-up)
8. Ariana Rotation

Note: 10U athletes DO NOT have to perform the CORE ROUTINE. Only the first 8 skills listed above.



GENERAL ATHLETIC and SYNCHRO SKILLS SCORE SHEET

LEARN TO TRAIN (stage 3) : 9-10 yrs old

START #: _____ ATHLETE NAME: _____ AGE/YR: _____

Circle the deductions/ score for each category. Points possible are noted for each event

LAND SKILLS (69 pts possible) - TOTAL SCORE

1 BACK LAYOUT ON TWO FOAM ROLLERS
Head (specifically ears), hips and ankles in horizontal line 1 0
Body extended with neutral spine; abdominals and glutes are 1 0
Legs together and in full extension 1 0
Total out of 3 :

2 BALLET LEG ON LAND
Right ballet leg
Head, shoulders, horizontal leg are in contact with the floor 1 0
Vertical thigh (ballet leg) maintain 90° with the horizontal line 1 0
Both knees and both ankles are fully extended as per Canadian standard 1 0
Total out of 3 :
Left ballet leg
Head, shoulders, horizontal leg are in contact with the floor 1 0
Vertical thigh (ballet leg) maintain 90° with the horizontal line 1 0
Both knees and both ankles are fully extended as per Canadian standard 1 0
Total out of 3 :

3 BACK BEND or BRIDGE
Legs in full extension and together 1 0
Ears aligned with shoulder in vertical alignment 1 0
Upper arm in 12 o'clock position 1 0
Hold for 2 full counts of 8 1 0
Total out of 4 :

4 FRONT LAYOUT ON LAND
"Canoe" position achieved with lenthened lumbar spine 1 0
Neutral cervical spine (no chin poking out) 1 0
Legs and feet together and extended as per Canadian standard 1 0
Total out of 3 :

5 PRONE SHOULDER HYPER FLEXION WITH DOWEL
> 60 cm Stick to floor 5
50 cm - 59 cm 4
40 cm - 49 cm 3
30 cm - 39 cm 2
20 cm - 29 cm 1
<19 cm 0
Total out of 5 :

6 NEEDLE - RIGHT
Left Leg is at 12 o'clock 4 0
Right leg is at 6 o'clock 1 0
Both knees and top ankle are fully extended as per Canadian standard 1 0
Hold for 2 full counts of 8 1 0
Total out of 7 :

NEEDLE - LEFT
Right Leg is at 12 o'clock 4 0
Left leg is at 6 o'clock 1 0
Both knees and top ankle are fully extended as per Canadian standard 1 0
Hold for 2 full counts of 8 1 0
Total out of 7 :

7 STANDING BACK PIKE POSITION (Barracuda set-up)
Legs together 1 0
Knees fully extended as per Canadian standard 1 0
Stomach, chest and face touching legs 1 0
Total out of 3 :

8 ARIANA ROTATION L C R
Vertical alignment of ears, shoulders and torso 1 0 1 0 1 0
Hips and shoulders square 1 0 1 0 1 0
Extension of both knees and ankles as per Canadian standard 1 0 1 0 1 0
Complete FLAT split 4 0 4 0 4 0
Total out of 7 (for each split) :

9 CORE ROUTINE: complete Level 1 - 20sec each exercise with no rest
1 - Sky-Centre-Side-Centre (slow pace) for 20 sec 1 0
2 - Front Plank for 20 sec 1 0
3 - UP-UP-DOWN-DOWN (slow pace) for 20 sec 1 0
4 - Pointers (slow pace) for 20 sec 1 0
5 - Superman for 20 sec 1 0
6 - Side Plank Right for 20 sec 1 0
7 - Side Plank Left for 20 sec 1 0
8 - Side Planks Rollovers for 20 sec 1 0
9 - Table Top for 20 sec 1 0
10 - Table Top Russian Kicks (slow pace) for 20 sec 1 0
Total out of 10 :

12U/Novice Train to Train (Stage 4)

1. Tripod headstand
2. Standing back pike (Barracuda set-up)
3. 90 degree back pike on back
4. Bridge
5. Ballet leg speed skill R and L
6. V-sit: 10 repetitions
7. Prone shoulder extension with stick
8. Push-up: 10 repetitions
9. Needle R and L
10. Ariana rotation

GENERAL ATHLETIC and SYNCHRO SKILLS SCORE SHEET

TRAIN TO TRAIN (stage 4) : 11-12 yrs old

START #: _____ ATHLETE NAME: _____ AGE/YR: _____

Circle the deductions/ score for each category. Points possible are noted for each event

LAND SKILLS (78 pts possible) - TOTAL SCORE

1 TRIPOD HEADSTAND

Head (ears specifically), shoulders, hips and ankles aligned	1	0
Vertical body position is perpendicular to floor	1	0
Ribs drawn into abdominals ; Abdominals & Glutes engaged	1	0
Knees fully extended & Ankles fully plantar flexed (as per Canadian standard)	1	0

Total out of 4 :

2 STANDING BACK PIKE POSITION (Barracuda set-up)

Legs together	1	0
Knees fully extended as per Canadian standard	1	0
Stomach, chest and face touching legs	1	0

Total out of 3 :

3 90 DEGREE BACK PIKE POSITION

Legs at 90 angle perpendicular with the body.	1	0
Legs together	1	0
Knees fully extended & Ankles fully plantar flexed (as per Canadian standard)	1	0

Total out of 3 :

4 BACK BEND or BRIDGE

Legs in full extension and together	1	0
Ears aligned with shoulder in vertical alignment	1	0
Elbows in full extension (no hyperextension) with Upper arm in 12 o'clock position	1	0
Hold for 2 counts of 8	1	0

Total out of 4 :

5 BALLET LEG SPEED SKILL (lower segment)

Right ballet leg		
Horizontal knee & ankle extension throughout as per Canadian standard	1	0
Vertical knee achieves full extention with each repetition	1	0
Completes 1 repetition per count for 2 full counts of 8	1	0
Left ballet leg		
Horizontal knee & ankle extension throughout as per Canadian standard	1	0
Vertical knee achieves full extention with each repetition	1	0
Completes 1 repetition per count for 2 full counts of 8	1	0

Total out of 6 :

6 V-UPS

Legs in full extension and together	1	0
90 degree flexed position attained each repetition	1	0
Torso (hips, shoulder, head) aligned & fully extended.	1	0
10 repetitions are completed with all competencies accomplished	1	0

Total out of 4 :

7 PRONE SHOULDER HYPER FLEXION WITH DOWEL *distance from dowel to floor*

> 60 cm Stick to floor	5
50 cm - 59 cm	4
40 cm - 49 cm	3
30 cm - 39 cm	2
20 cm - 29 cm	1
<19 cm	0

Total out of 5 :

8 PUSH-UP (Tricep)

Ears, shoulders, hips, knees, ankles in horizontal line	1	0
Body descends close to floor and remains parallel	1	0
Legs in full extension and together	1	0
10 repetitions are completed with all competencies accomplished	1	0

Total out of 4 :

9 NEEDLE - RIGHT

Left Leg is at 12 o'clock	4	0
Right leg is at 6 o'clock	1	0
Both knees and top ankle are fully extended as per Canadian standard	1	0
Hold for 2 full counts of 8	1	0

Total out of 7 :

NEEDLE - LEFT

Right Leg is at 12 o'clock	4	0
Left leg is at 6 o'clock	1	0
Both knees and top ankle are fully extended as per Canadian standard	1	0
Hold for 2 full counts of 8	1	0

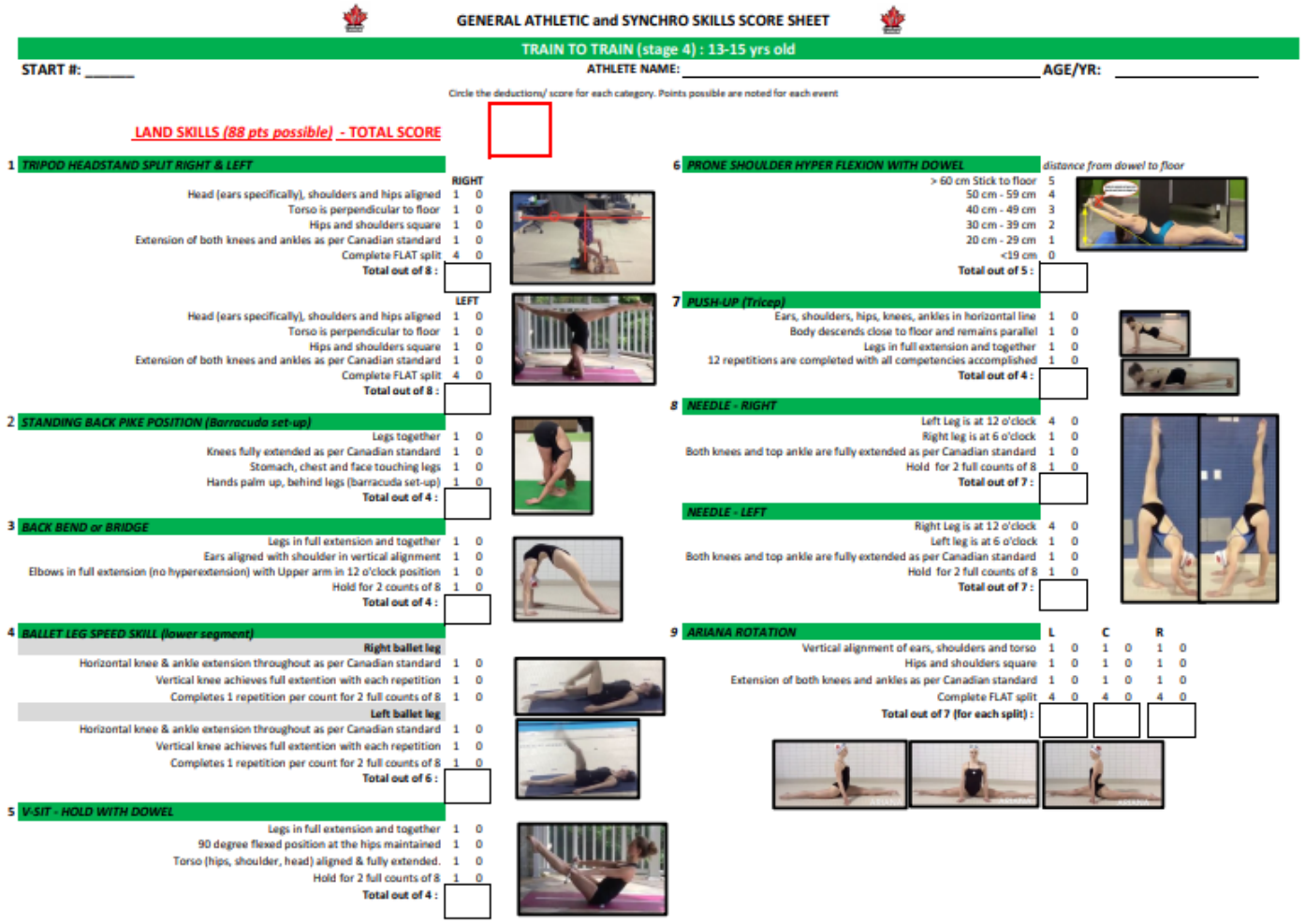
Total out of 7 :

10 ARIANA ROTATION

	L		C		R	
Vertical alignment of ears, shoulders and torso	1	0	1	0	1	0
Hips and shoulders square	1	0	1	0	1	0
Extension of both knees and ankles as per Canadian standard	1	0	1	0	1	0
Complete FLAT split	4	0	4	0	4	0

Total out of 7 (for each split) :

1. Tripod headstand with lateral split R and L
2. Standing back pike (Barracuda set-up)
3. 90deg pike position on back
4. Bridge
5. Ballet leg speed skill R and L
6. V-sit: Hold
7. Prone shoulder extension with stick
8. Push-up: 12 repetitions
9. Needle R and L
10. Ariana rotation



GENERAL ATHLETIC and SYNCHRO SKILLS SCORE SHEET

TRAIN TO TRAIN (stage 4) : 13-15 yrs old

START #: _____ ATHLETE NAME: _____ AGE/YR: _____

Circle the deductions/ score for each category. Points possible are noted for each event

LAND SKILLS *(88 pts possible)* - TOTAL SCORE

1 *TRIPOD HEADSTAND SPLIT RIGHT & LEFT*

	RIGHT	
Head (ears specifically), shoulders and hips aligned	1	0
Torso is perpendicular to floor	1	0
Hips and shoulders square	1	0
Extension of both knees and ankles as per Canadian standard	1	0
Complete FLAT split	4	0
Total out of 8 :		

	LEFT	
Head (ears specifically), shoulders and hips aligned	1	0
Torso is perpendicular to floor	1	0
Hips and shoulders square	1	0
Extension of both knees and ankles as per Canadian standard	1	0
Complete FLAT split	4	0
Total out of 8 :		

2 *STANDING BACK PIKE POSITION (Barracuda set-up)*

Legs together	1	0
Knees fully extended as per Canadian standard	1	0
Stomach, chest and face touching legs	1	0
Hands palm up, behind legs (barracuda set-up)	1	0
Total out of 4 :		

3 *BACK BEND or BRIDGE*

Legs in full extension and together	1	0
Ears aligned with shoulder in vertical alignment	1	0
Elbows in full extension (no hyperextension) with Upper arm in 12 o'clock position	1	0
Hold for 2 counts of 8	1	0
Total out of 4 :		

4 *BALLET LEG SPEED SKILL (lower segment)*

Right ballet leg		
Horizontal knee & ankle extension throughout as per Canadian standard	1	0
Vertical knee achieves full extention with each repetition	1	0
Completes 1 repetition per count for 2 full counts of 8	1	0
Left ballet leg		
Horizontal knee & ankle extension throughout as per Canadian standard	1	0
Vertical knee achieves full extention with each repetition	1	0
Completes 1 repetition per count for 2 full counts of 8	1	0
Total out of 6 :		

5 *V-SIT - HOLD WITH DOWEL*

Legs in full extension and together	1	0
90 degree flexed position at the hips maintained	1	0
Torso (hips, shoulder, head) aligned & fully extended.	1	0
Hold for 2 full counts of 8	1	0
Total out of 4 :		

6 *PRONE SHOULDER HYPER FLEXION WITH DOWEL* *distance from dowel to floor*

> 60 cm Stick to floor	5
50 cm - 59 cm	4
40 cm - 49 cm	3
30 cm - 39 cm	2
20 cm - 29 cm	1
<19 cm	0
Total out of 5 :	

7 *PUSH-UP (Tricep)*

Ears, shoulders, hips, knees, ankles in horizontal line	1	0
Body descends close to floor and remains parallel	1	0
Legs in full extension and together	1	0
12 repetitions are completed with all competencies accomplished	1	0
Total out of 4 :		

8 *NEEDLE - RIGHT*

Left Leg is at 12 o'clock	4	0
Right leg is at 6 o'clock	1	0
Both knees and top ankle are fully extended as per Canadian standard	1	0
Hold for 2 full counts of 8	1	0
Total out of 7 :		

NEEDLE - LEFT

Right Leg is at 12 o'clock	4	0
Left leg is at 6 o'clock	1	0
Both knees and top ankle are fully extended as per Canadian standard	1	0
Hold for 2 full counts of 8	1	0
Total out of 7 :		

9 *ARIANA ROTATION*

	L		C		R	
Vertical alignment of ears, shoulders and torso	1	0	1	0	1	0
Hips and shoulders square	1	0	1	0	1	0
Extension of both knees and ankles as per Canadian standard	1	0	1	0	1	0
Complete FLAT split	4	0	4	0	4	0
Total out of 7 (for each split) :						