SASKATCHEWAN ARTISTIC SWIMMING

Long Term Athlete Development (LTAD) Skill Testing Booklet

2026 - 2027

October 2026

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PROGRAM DETAILS

The 2026-2027 LTAD skill testing consists of:

- Time Trials (Excel Sheet Submission)
- Land Flexibility and Athletic Skills (Video Submission)
    - For guidelines around video submission, please see APPENDIX 1 – VIDEO SUBMISSION GUIDELINES

LTAD skill testing is mandatory for 10U, 12U, Youth, Junior/Senior athletes.

- Limited Competitive Athletes do not participate.

Clubs must submit LTAD skill testing material to SAS using the following methods:

- Time trials must be submitted using the Excel document provided by SAS.
- Land skills must be submitted on video using the SAS Dropbox File Request

Testing is due by 11:59pm on the following dates:

- Saturday, November 14, 2026
- Saturday, February 13, 2027

Awards to the two top two athletes in each birth year will be distributed by December 14, 2026, for the first submission and by March 13, 2027, for the second submission.

All athletes who participate in LTAD skill testing will receive a report card detailing the marks they receive, as well as the top mark for each skill by birth year.

LTAD Criteria by Age Group

	10U	**12U/Novice**	**Youth/Junior/Senior**
Time Trials **50%**	Front Flutter Kick -25m Propeller - 25m Front Crawl - 100m	Front Flutter Kick - 25m Propeller - 25m 100m IM	Front Flutter Kick - 25m Propeller - 25m 200m IM
Land Skills **50%**	Split - L, C, R Needle - L and R Prone Shoulder Extension Plank – 20s	Split - L, C, R Needle - L and R Bridge Prone Shoulder Extension Plank – 20s Pushups – 15s Squat Jumps – 15s	Split - L, C, R Needle - L and R Bridge Prone Shoulder Extension Pike-ups – 30s Pushups – 30s Star Jumps – 30s

TIME TRIALS DETAILED DESCRIPTIONS

Front Flutter Kick – 25m (All Athletes)

Objective: To assess lower body speed in water

Procedure: Athletes timed from when they leave the wall to when they touch the stopping wall

Note: can be performed with or without a flutterboard for assistance. Athletes will not be penalized for the use of the flutterboard.

- After pushing off the wall, athlete assumes a streamlined position on front with arms together and extended above the head
- Athlete performs flutter kick at maximum speed for 25m

Marking: Athletes will receive points based on their submitted time using a percent behind best calculation. The calculated score will be out of 100.

Example: Fastest = 18.0 s, Athlete = 20.0 s → Score = 88.9

Propeller – 25m (All Athletes)

Objective: To assess upper body speed in water

Procedure: Athletes timed from when they leave the wall to when they touch the stopping wall

- After pushing off the wall, athlete assumes a streamlined position on back with arms performing propeller/overhead scull
- Athlete performs scull at maximum speed for 25m

Marking: Athletes will receive points based on their submitted time using a percent-behind-best calculation. The calculated score will be out of 100.

F**ront Crawl – 100m (10U)**

Objective: To assess overall speed in water

Procedure: Athletes are timed from when they leave the wall to when they touch the wall after 100m.

- After pushing off the wall, athletes perform 100m front crawl
- Flip turns should be performed whenever possible. Athletes will not be penalized for open turns.

Marking: Athletes will receive points based on their submitted time using a percent-behind-best calculation. The calculated score will be out of 100.

Individual Medley (IM) - 100m (12U, Novice), 200m (Youth, Junior, Senior)

Objective: To assess overall speed in water

Procedure: Athletes are timed from when they leave the wall to when they touch the wall after 100m/200m.

- After pushing off the wall, athletes perform the Individual Medley
    - Butterfly – 25m (12U), 50m (Youth, Junior, Senior)
    - Backstroke – 25m (12U), 50m (Youth, Junior, Senior)
    - Breaststroke – 25m (12U), 50m (Youth, Junior, Senior)
    - Freestyle – 25m (12U), 50m (Youth, Junior, Senior)

Marking: Athletes will receive points based on their submitted time using a percent-behind-best calculation. The calculated score will be out of 100.

LAND SKILL DETAILED DESCRIPTIONS

Split – Left, Center, and Right (All Athletes)

Objective: to assess static flexibility, trunk position, and extension

Procedure: Metronome speed set at 60bpm

- Starting on knees with right side to the camera, athletes assume a left split position
- Athletes hold for 8 counts, and exit
    - Sequence repeated for center (middle) split
    - Sequence repeated for right split

Assessment/Quality Criteria: Flat split (1 point per flat split with good quality)

- must include:
    - Shoulders over top of hips
    - Both knees and top of ankles are fully extended throughout

Marking: Athletes will receive a point for every flat split with quality criteria

- Total points available = 3

Active Needle Hold – Left and Right (All Athletes)



Objective: To assess active flexibility, stability, and extension

Procedure: Metronome speed set at 60bpm

- Athlete assumes a standing front pike with hands on the floor and left side to the camera
- The foot of the leg being lifted is placed slightly behind stationary foot with toes pointed and top of the foot touching the floor.
- The left leg (closest to camera) is lifted to assume a needle position and held for 8 counts (60 bpm), then lowered
- The other side is performed, with body turned 180 degrees so the inside leg is still up

Assessment/Quality Criteria: Quality assessed out of 5.0:

- Hands and bottom foot remain on the spot throughout lift, hold, and lower (1.0)
- Bottom leg remains vertical (0-degrees) throughout lift, hold, and lower (1.0)
- Top leg is held stationary for 8 counts (1.0)
- Top leg reaches and remains vertical (180-degrees) for 8 count hold (1.0)
- Both knees and top ankle fully extended throughout (1.0)

Marking: Athletes will receive a point for every point above

- Total points available = 5 per side

Prone Shoulder Extension (All Athletes)

Objective: To assess shoulder flexibility and back strength

Procedure: Metronome speed set at 60bpm

Note: Dowel, Rod, or towel required

- Athletes assume a prone position (lying face down) on the floor with arms by sides
- Holding a dowel/rod/ with hands shoulder width apart, raise arms off the floor, keeping forehead on the floor/mat
- Hold for 8 counts (60 bpm), then lower arms



Assessment/Quality Criteria: Quality assessed out of 4.0:

- Both arms and wrists fully extended/square throughout lift, hold, and lower (1.0)
- Body remains stationary and horizontal, with forehead remaining on floor (1.0)
- Arms are held in extended position for 8 counts (1.0)
- Arms reach and maintain 45-degree angle for 8 count hold (1.0)

Marking: Athletes will receive a point for every point above

- Total points available = 4

Bridge (12U, Novice, Youth, Junior, Senior)

Objective: To assess flexibility and extension.

Procedure: Metronome speed set at 60 bpm

- Athletes start position lying on back, heels to bum, legs together and hands prepared beside the head under the shoulders.
- Push up to bridge position for 2 full 8 counts keeping feet and hands in starting position. Feet and legs must be together and extended.
- Cervical spine must remain neutral (natural curve of the spine), with the head hanging straight down (no "turtle" heads).
- Ears aligned with shoulder in vertical alignment.

- Hands must be below the shoulders with arms (determined by upper arm) in a position of 12 o'clock. Body should come over hands and legs should extend. The energy should push through the shoulders. Fingers should point to heels, and elbows should be extended but not hyperextended.
- Hold for 2 full 8 counts.



Assessment/Quality Criteria: Quality assessed out of 5.0:

- 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)
- Hand and Feet remain on the spot (1.0)
- Hold for 2 full counts of 8 (1.0)

Marking: Athletes will receive a point for every point above

- Total points possible = 5

Plank – 20s (10U, 12U, Novice)

Objective: To assess core strength and stability

Procedure:

Note: Time stops if athletes are unable to maintain body position before 20s have passed.

- Starting on hands and knees, athletes assume a plank position
    - facing floor with toes, elbows, and hands on the floor
- Position is held for as long as possible (to a maximum of 20s), then lowered

Assessment/Quality Criteria:

- Head to ankles horizontal alignment (knees extended & no sagging hips)

Stopping Criteria:

- Incorrect alignment (knees bend; hips sag)

Marking: Athletes will receive 1 mark for each second a correct plank position is held, up to a maximum of 20 points.

Pike Ups – 30s (Youth, Junior, Senior)

Objective: To assess balance, flexibility, endurance and overall core stability.

Procedure:

- Start laying on back with arms overhead and legs extended
- Arms and legs are lifted at the same time until a fully piked position is reached
- Arms and legs are lowered at the same time back to the starting position
- Arms and legs are to remain straight, hands should touch top of the ankles

Assessment/Quality Criteria:

- Legs and arms stay extended
- Athletes do not push off the floor to lift the legs
- Hands touch tops of ankles

Marking: Athletes will receive a point for every rep counted with good quality (based on the above criteria) within the given time limit. The calculated score will be out of 100.

Push Ups – 15s (12U, Novice), 30s (Youth, Junior, Senior)

Objective: To assess upper body strength, stability, and endurance

Procedure:

Note: Yoga Block(s) or other similar equipment required.

- From plank position, arms should bend at elbow level with elbows staying close to the body (45 degrees). Hands below the shoulder.
- Horizontal alignment of head (ears), shoulders, hips, knees, and ankle joint.
- Legs should remain straight and together; face should remain looking at the ground.
- Body descends and remains parallel. Elbows will have a 20°angle or more. Chest must touch the yoga block (~15cm). Height of the yoga block will be ½ the height between their wrist and elbow.

Assessment/Quality Criteria:

- Head to ankles horizontal alignment (knees extended & no sagging hips)
- Depth on down (chest touches yoga block)
- Full extension at top (arms become straight)

Video of Push-Ups:

https://www.youtube.com/watch?v=NMBlriELqAg

Marking: Athletes will receive a point for every rep counted with good quality (based on the above criteria) within the given time limit. The calculated score will be out of 100.

Squat Jumps - 15s (12U, Novice)

Objective: To assess lower body strength and endurance

Procedure:

- Starting in a standing position with feet shoulder-width apart and hands on hips, knees are bent, hips are lowered into a squat, and then a jump to maximum height is performed
- Knees must be bent to at least 90-degrees

Assessment/Quality Criteria:

- Squat Position and Jump maintain vertical alignment (balanced body position with minimal travel)
- Depth on down (knees bent to at least 90-degrees)
- Full extension of legs during jump
- Hands maintained on hips

Marking: Athletes will receive a point for every rep counted with good quality (based on the above criteria) within the given time limit. The calculated score will be out of 100.

Star Jumps - 30s (Youth, Junior, Senior)

Objective: To assess lower body strength, endurance, and overall body coordination

Procedure:

- Starting in a standing position with feet shoulder-width apart and hands on hips, knees are bent, hips are lowered into a squat, fingers touch the floor, and then a jump to maximum height is performed
- During the jump phase, a star-position is done with arms and legs extended to the side

Assessment/Quality Criteria:

- Squat Position and Jump maintain vertical alignment (balanced body position with minimal travel)
- Depth on down (knees bent to at least 90-degrees, fingers touch floor)
- Full extension of legs and arms during star position on every jump

Marking: Athletes will receive a point for every rep counted with good quality (based on the above criteria) within the given time limit. The calculated score will be out of 100.

LTAD SKILL TESTING MARKING SUMMARY

Item	Maximum Points per Item	Maximum Calculated Score per Item	Final Score Weight
Flutter Kick	Fastest Time	100	50%
Propeller	Fastest Time	100	
Front Crawl / IM	Fastest Time	100	
Splits	3	100	25%
Needle	10	100	
Bridge	5	100	
Prone Shoulder Extension	4	100	
Plank	20	100	25%
Pike Ups	Most Good Quality Reps	100	
Pushups	Most Good Quality Reps	100	
Squat/Star Jumps	Most Good Quality Reps	100	

APPENDIX 1 – VIDEO SUBMISSION GUIDELINES

Video Setup

Video submissions for land skills can be taken using a mobile phone, ipad/tablet, or video camera.

- Tip: Having the camera level with the athlete during their skill will provide the evaluators with the best view for marking (ie. If the athlete is on the floor for splits, the camera should be close to the floor as well)

Video Content

Land skills do not need to appear together in the same video. It is acceptable for multiple videos to be submitted for the same group of athletes.

Athlete Identification

Athlete names should be announced before they perform their land skill, either by the athlete themselves, or by the videographer. This will be used for organizing athletes and ensuring that the correct mark is recorded by the evaluator.

Video Submission via DropBox File Request

Approximately 2 weeks before the due date for video submissions, a DropBox File Request will be provided. This is a one-way submission system. Please note that, once videos are submitted, they cannot be recalled, edited, or resubmitted.

Video files must be named using the following system: Club_AgeGroup_Skill(s)

Examples:

RS_10U, 12U_Split, Needle, Bridge

EM_Youth_Pike ups, Pushups, Star jumps

YAX_10U_All Skills

Please Note: for videos containing only one athlete, their name will replace the age group, with the club and skills noted as above

BCS_Jane Doe_All Skills