

Skills tests 2011

Land strength and flexibility tests

1. Right split (cm) front foot elevated
2. Left split (cm) front foot elevated
3. Side split (cm) one foot elevated
4. Leg shape 1 – distance (cm) between heel and floor when sitting on floor with both legs straight.
5. Leg shape 2 – distance (cm) between big toe and floor when sitting in same position as 6.
6. Bridge (cm)
7. Shoulder rotation (cm)
8. Push ups – number of repetitions in 30 secs
9. Sit ups – number of repetitions in 30 secs
 - a) 12/U – from 30 deg angle body from floor, sit up into tight tuck position with arms hugging legs.
 - b) 13/14/15 – from 30 deg angle body from floor, sit up into tuck with shins and arms parallel to floor
 - c) Junior and Open – from 30 deg angle body from floor, sit up bringing straight legs and straight arms towards each other with hands touching feet at the top
10. Frog jump – number of repetitions in 30 secs
11. Chin ups (Junior and Open only) – maximum number of repetitions

Minimum requirements:

Skill	12/U	13/14/15	Junior	Open
Splits R leg (cm)	10	10	0	0
Splits L leg (cm)	10	10	0	0
Side Splits (cm)	20	10	10	5
Leg shape 1 (cm)	1	2	3	3
Leg shape 2 (cm)	3	2	1,5	1
Bridge (cm)	40	40	40	40
Shoulder rotations (cm)	40	40	45	45
Push ups	15	20	25	25
Sit ups	10	20	20	20
Frogs	20	25	25	25
Chin ups	-	-	3	3

Each test will have equal weighting.

Pass mark for all age groups is 70%.

Speed swimming tests:

Minimum times:

	25 f/s	50 f/s	100 f/s	200 f/s	400 f/s	100 Im
12/U	25 secs		1.45			
13/14/15	20 secs			3.30		2.00
Junior	18 secs	40 secs	1.25		6.00	1.35
Open	16 secs	35 secs	1.15		5.30	1.25

Synchro skills tests:

Level 1 – 12/U
<ol style="list-style-type: none"> 1. Swordfish – transition from Front Layout bent knee position to Bent Knee Surface Arch position 2. <i>Porpoise lift</i> followed by <i>Vertical Descent</i> in uniform motion 3. Front Walkover to Split Position
Level 2 – 13/14/15
<ol style="list-style-type: none"> 1. Catalina Reverse (complete figure) 2. Walkover Back (complete figure) 3. Spins / Twists: <ul style="list-style-type: none"> - <i>Half twist</i> followed by a <i>Vertical Descent</i> (uniform motion) - Vertical position followed by a <i>spin 360</i> (slow) 4. Heron (complete figure)
Level 3 - Junior
<ol style="list-style-type: none"> 1. <i>Ibis Continuous spin</i> (complete figure) 2. Catalina to Vertical Position 3. Cyclone from Surface Arch bent knee position to completion of figure. 4. Kip Split Closing 180 from Split position to completion of figure
Level 4 – Open - Technical routine required elements
<ol style="list-style-type: none"> 1. A Rocket Split is executed to Airborne Split position. Maintaining maximum height, legs are lifted to Vertical position as a <i>Twirl</i> is executed. <i>Rapid vertical descent</i>. (Team element #7) 2. From a Front Pike position, porpoise lift is executed to a Vertical position. A <i>Full twist</i> is executed, then the legs are lowered symmetrically to a Split position. A <i>walkout front</i> is executed. (Team element #6). 3. Albatross Twirl is executed to completion of rotation, followed by a <i>Continuous Spin</i> of 4 rotations. (Duet element #1). 4. <i>Combined Spin</i> is executed (3 rotations down followed by same number up). <i>Vertical descent</i> (same tempo as spins). (Solo element #5).

Skill testing procedure:

Coaches to submit Speed swimming times at least one week prior to Skill testing.

Land strength and flexibility. Pass mark 70%.

Speed swimming. Pass mark 100%. Coaches to submit speed swimming times at least one week prior to Skill testing.

Synchro skills. Swimmer is assessed as either competent or not competent.

Order of tests for Synchro skills:

- a) Level 4 – Open
- b) Level 3 – Junior
- c) Level 2 – 13/14/15
- d) Level 1 – 12/U

An age group swimmer who passes a synchro skills test at a higher level will automatically qualify for the synchro skills test in their relevant age group (e.g. if a 14 year old passes Level 4, that swimmer will automatically qualify for Level 2 and 3).

To qualify for Division A, a swimmer must pass all three tests. However a swimmer may be granted Division A status by selectors if they have passed the Synchro skill component comfortably, and are close in the other testing categories.