

Swim England Northwest Synchronised Swimming Trials 2018

Swimmers to complete ALL the following assessments:

Land Based Assessments:

- 1. Left, Right and Box Splits**
Knees extended, Hips 'square', head in line with hips.
Distance off floor measured, if flat distance of front foot lifted off floor measured.
- 2. Timed Plank**
Position held extended, in line, on toes and elbows. (4 minute cut off)
- 3. Timed Wall sit**
Leaning against a wall, back flat against wall, feet hip width apart, hips and knees at 90 °angle, arms folded across chest. (2 minute cut off)
- 4. Tricep Press ups**
Number of full Tricep press ups on hands and toes good alignment maintained throughout.
- 5. Timed Glut Single leg Bridge** (2 minute cut off)
Arms folded across chest, knees in line with one leg extended, one knee bent lift hips on floor. Position is held through shoulders and foot with straight line through shoulders, hips and thighs. To be performed on both legs.
- 6. Bridge**
Hands flat on floor under shoulders, feet flat on floor, knees may be bent and apart. Distance between finger tips to back of heels measured.
- 7. Speed Test**
Jogging on spot as fast as possible, number of steps in 30 seconds.

Pool Assessments:

- 8. 200m timed swim – starting in water**
- 9. 100m timed ‘Hypoxic’**
Half a length Butterfly, Half a length under water.
50m Front crawl.
Half a length under, half a length Butterfly.
- 10. 100m IM timed Kick Set (no float, no sculling)**
25m Butterfly kick on back arms extended above head.
25m Back Flutter Kick on back arms extended above head.
25m Breaststroke Kick under water.
25m Front flutter, on front arms extended in front.
- 11. Fishtail position Timed**
Mid-Thigh or above.
Vertical alignment.
- 12. Barracuda (Figure)**
- 13. Straight Ballet leg (Figure)**
- 14. Walkout Front from Splits**
- 15. Ten Support Sculls in Vertical Position followed by a 360° Spin**
- 16. Short sequence to music performed with or without goggles.**
Marked on Execution and Performance.