



ATHLETE SELECTION CRITERIA 2018-2019 TALENT IDENTIFICATION PROGRAM (TID)

PURPOSE

The purpose of this document is to outline Synchro BC's procedures and criteria for the identification and selection of the athletes for the 2018-2019 Talent Identification (TID) Program.

OVERVIEW

- Selection to the 2018-2019 TID Program will be based on the criteria as described in this document.
- A total of 18 athletes will be selected within this criteria as the Top 12 2019 Canada Winter Games Athletes will have automatic entry into the 2018-19 TID Program totaling 30 athletes.

ELIGIBILITY

Athletes wishing to participate in the 2018-2019 TID program must meet the following eligibility criteria:

1. Be a registered athlete in good standing with Synchro BC and Synchro Canada
2. Not have any outstanding fees/fines payable to Synchro BC, an affiliate member club or Synchro Canada
3. Be born in 2006 or before
4. Pay all required program fees within the specified timelines
5. Complete all parts of the selection process outlined in this document

INABILITY TO COMPETE IN SELECTION EVENTS

In such cases as an athlete is unable to attend the selection event identified in this document due to extenuating circumstances such as medical conditions or family emergency, the athlete must advise the High Performance Director, in writing, of their inability to participate prior to the start of the event. A note from the conflicting source (i.e. a medical professional or other related professional) must be given to Synchro BC clearly identifying the rationale for their inability to compete. It will be the discretion of the High Performance Director to allow the athlete to participate in subsequent selection events, to have the athlete submit their trials criteria by video (and fee may be associated with a video submission) within a stipulated timeframe and/or to give consideration to prior performances or results.

AUTHORITY FOR SELECTION

The Synchro BC Leadership Team - High Performance Director, Sport Development Director and the Executive Director, have the sole authority for all decisions made within the guidelines established in this document.

SELECTION CRITERIA

Dates: Training Meet #1 November 2018

Selection Criteria Weighting: – 100%

- | | |
|-----------------------------------|-----|
| 1. Basic Skills | 40% |
| 2. Junior Technical Elements (x5) | 40% |
| 3. Flexibility | 20% |

BASIC SKILLS - 40% of total score

This is a judged portion of the selection criteria, each skill is equally valued.

Body Boost

Each athlete will perform:

- (3) Consecutive head up body boosts - no arms, followed immediately by (3) consecutive body boosts with double arms above the head.

Barracuda Thrusts

Each athlete will perform:

- (2) Consecutive Barracuda Thrusts

Eggbeater

Each athlete will perform:

- Approximately 0:40 seconds of eggbeater consisting of:
 - 0:10 seconds eggbeater with arms on the surface and
 - 0:10 seconds eggbeater with two arms up.
- The athlete will perform this sequence 2 times: one time facing front, one time facing sideways (right side towards the judges).

High Vertical Double Leg holding position

Each athlete will perform:

- A maximum height vertical double leg position holding for 0:20 seconds. (The 2013-2017 FINA Synchronized Swimming Manual for Judges, Coaches and Referees will be used as the height standard reference).
 - **Once the athlete assumes their vertical position, a timer will start timing. After 20 seconds, the timer will bang for the athlete to end their vertical hold.**

Full Twist and Continuous spin

Each athlete will perform:

- A Full Twist at a sustained height in a vertical position and then perform a Continuous Spin of a minimum of (2) x 360 rotations which is completed as the ankles reach the surface and continues through submergence.

Ariana Rotation & Walkout

Each athlete will perform:

- An Ariana Rotation, starting in Split Position and ending in Split Position of the opposite leg followed by a Front Walkout to Back Layout Position.

JUNIOR TECHNICAL TEAM ELEMENTS – 40% of total score

All athletes, regardless of age, will be required to enter the Junior Elements event (TID Trials Events)

(5) Junior Technical Team Elements – TID Trials/AAP Event - 40% of total score

All Junior Technical Team Elements will be competed at routine speed, this will be at the personal coaches discretion.

Vertical Thrust to Bent Knee Vertical, Spin 180 (DD2.3)

- Body Boost “pop-up” to achieve the submerged starting position.
- Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface. A *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid 180 spin is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly

Vertical Twist Spin (DD1.8)

- Body Boost “pop-up” to achieve the submerged starting position.
- From a **Vertical Position**, a *Twist Spin* is executed.

Cyclone (DD 2.6)

- A Cyclone is executed to a **Vertical Position**; the legs are symmetrically lowered to a **Split Position**. A *Walkover Front* is executed.

Manta Ray Hybrid (DD 3.1)

- From a moving **Back Layout Position** a **Surface Flamingo Position** is achieved.
- A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining it's vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, with the horizontal leg leading towards the vertical leg, as the body rotates 180. The legs are lowered rapidly simultaneously to a **Bent Knee Surface Arch Position**. The bent knee is straightened to a **Surface Arch Position** and with continuous motion; an *Arch to Back Layout Finish Action* is executed.

Barracuda Airborne Split (DD 2.5)

- Body Boost “pop-up” to achieve the submerged starting position.
- From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed.

FLEXIBILITY – 20% of total score

Right and Left Needle

The athletes will be videoed during this test allow for a more in-depth evaluation.

Needle – Right (Maintain the position for 2 full counts of 8)

One of the following may be rewarded:

Left Leg is 176-180 degrees or more

Left Leg is 170-175 degrees

Left Leg is 165-169 degrees

Left Leg is 160-164 degrees

Left Leg is 159 degrees or less

Degree achieved by athlete: _____

Palms flat on the ground

Body alignment is at 5/8 o'clock

Vertical alignment of ears, shoulders and torso

Turnout of 1 o'clock or less

Knees are fully extended

Left ankle in full plantar flexion

(4)
(3)
(2)
(1)
(0)
1
1
1
1
1
1
1
Total out of 10 Points

Needle – Left (Maintain the position for 2 full counts of 8)

One of the following may be rewarded:

Right Leg is 176-180 degrees or more

Right Leg is 170-175 degrees

Right Leg is 165-169 degrees

Right Leg is 160-164 degrees

Right Leg is 159 degrees or less

Degree achieved by athlete: _____

Palms flat on the ground

Body alignment is at 5/8 o'clock

Vertical alignment of ears, shoulders and torso

Turnout of 1 o'clock or less

Knees are fully extended with hands

Right ankle in full plantar flexion

(4)
(3)
(2)
(1)
(0)
1
1
1
1
1
1
1
Total out of 10 Points