

NATIONAL TRIAL ARTISTIC SWIMMING NATIONAL SQUAD (2022) (JUNIOR & SENIOR)

NATIONAL TRIALS DETAILS

- Organizer** : Singapore Swimming Association (SSA)
- Venue** : OCBC Aquatic Centre, 7 Stadium Drive, Singapore 397632
- Date** : **14 January 2022 (Friday) – Segment 1 @
Toa Payoh Swimming Complex Gym**
- 15 January 2022 (Saturday) -Segment 2 and 3 @
OCBC Aquatic Centre**
- Time** : **Friday - 5:00 pm to 9.00 pm**
Saturday- 10.00 am to 6.00pm
- Attire** : Segment 1:
All swimmers are required to be in gym attire, with covered sports shoes.

Segment 2 & 3:

All swimmers are to wear black costume and white cap.

Goggles are allowed for the swimming and figures portion of the test.

The club swimmers who are interested to participating in the Artistic Swimming National Selection Trial 2022 are invited to train with National Team prior to the Trial. Open Pool training will be held at **Toa Payoh Swimming Complex, from 15 November 2021 to 13 January 2022.**

Link for registering open pool session:

(Mondays & Saturdays - 15, 20, 22, 27, 29 Nov)

November link- tinyurl.com/ASOPENPOOL-NOV21

(Tuesdays & Thursdays- 02, 07, 09, 14, 16, 21, 23 Dec)

December link- tinyurl.com/ASOPENPOOL-DEC21

(Tuesdays & Thursdays- 04, 06, 11,13 Jan)

January link- tinyurl.com/ASOPENPOOL-JAN22

The current 2021 National Team swimmers will continue to train daily (Monday to Saturday) at Toa Payoh leading up to the National Trial.

- a. **The National Trial will be closed-door.** SSA will be granting access to 1 coach per club to be present during the National Trial should your club swimmer participate in the trial. The club coach present will be assisting with the warmup session (land and pool). Upon the commencement of the testing, the club coach will be ushered to Level 2 seating gallery. All other club officials, team manager as well as accompanying parents will not be allowed to be present during the National Trial. Photography and

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videography are not permitted; any individual who is found to have done so will be required to delete the photos/videos immediately and be requested to leave the premises

- b. All swimmers will be assessed individually. The participating swimmers will be seated in a waiting room while pending for their turn. Upon completion of each exercise, the swimmer will be ushered to exit the venue.
- c. All segments during the National Trial will be recorded with a camera for sports science analysis review. By participating in the National Trial, the swimmer consents to the video recordings and its/their release, publication, exhibition, or reproduction to be used for any other purpose(s) that the association deems fit.
- d. During the National Trial, the start order of swimmers will be determined by random draw.
- e. The panel of judges for the National Trial will be nominated by the association. The role of the judges appointed during the National Trial, apart from giving scores, is to also make observations and comments to the National Head Coach throughout Segments 2 and 3.
- f. SSA will announce the results of the selected swimmers in alphabetical order of their surname and **not by their scores**. Should the club coach require any feedback on their club swimmers, a separate meeting with the National Head Coach can be arranged.

APPENDIX 1: NATIONAL TRIAL FORMAT

NATIONAL TRIAL FORMAT

The exercise videos for the National Trials exercises can be downloaded from the following link-
<https://tinyurl.com/NATIONALTRIALS2022>

The purpose of the segments within the National Trial is to gather key points of all swimmers entered in the selection process. The data collected will be used by National Head Coach to assist in the final selection.

The National Trial, which will be based on a three (3) segments selection process, will include a general assessment of body physique (i.e., height and weight recording), strength and conditioning assessment, all of which are described in further details in table below.

The start order of the swimmer will be determined by random draw.

Scores will be given based on the ranking of the swimmers at each segment. The total scores will be added up to determine the final ranking of the swimmer.

Segment 1: Strength and Conditioning (Overall Testing)

All swimmers participating are allowed to warm up at the area assigned.

1. **Burpees 30 seconds (Power-endurance test, 30-second repeated burpees)**

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The exercise requires coordination of the upper and lower body which demonstrates lower-body maximal power, capacity to maintain a high-power output while maintaining a proper posture and motor control. The test requires to do as many burpees as possible in 30 second.

Starting in a prone push-up position (arms extended), body straight, and legs completely extended. From this position, bring knees quickly under the chest in a squat position with hands on the floor close to the feet. Without stopping, jump up as high as possible, landing with the toes touching the ground while the legs are still extended and squat down as soon as touching the floor, then kick the legs back to return to the push-up position. Repeat this cycle as fast as possible while maintaining maximal height in the jumps and proper posture.

2. Core strength and stability (V-ups or Pike crunches, 30 seconds)

The exercise demonstrates the ability of the trunk to perform rapid repeated hip flexions over 30 seconds while maintaining extended legs and arms showing and proper postural control. Starting in a supine position with arms and legs extended along the length of the body, perform as many pikes as possible. For every repetition, the fingers are required to move on the top of the feet of the extended legs. Both the extended arms and legs must touch the ground. If either of these conditions are not met, the repetition will not be counted towards the total.

3. Endurance Jump Test (30 seconds)

The exercise demonstrates lower body strength and agility, which requires to jump up as many times as possible in 30 seconds.

From the squat position with hands on the floor close to the feet, jump up as high as possible. The fastest possible straightening of the legs in the knee joints with a swing of straight stretched arms, head between arms.

4. Push-ups 30 seconds

The exercise accesses the strength endurance of the swimmer's upper body muscles in 30 seconds.

From push-up position, the arms are bent, the elbows are pressed along the body upward, the chest is around 5 cm from the floor, a sharp, quick straightening of the arms. The maximum number of repetitions will be recorded.

5. Standing broad jump

The exercise demonstrates the explosive power of the swimmer's leg. Two (2) attempts will be given. The best distance obtained will be recorded as the final results obtained.

Long jump, as far as possible, from the spot. Legs shoulder-width apart, half-bent at the knees. The shoulders are bent forward, the arms are from behind - there is a swing with the arms upward. There is a sharp straightening of the legs in the knee joints, swinging the arms at 45 degrees at the same time.

6. Skipping rope 60 seconds

The exercise demonstrates coordination, balance, rhythm, agility and especially static or dynamic muscular strength during repetitive or constant performance. Minimum 100 skips without interruptions in 60 seconds.

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- National Head Coach will observe the execution of exercises and record the results from this segment testing to assist in the final decision.

Segment 2a : 300 meters swim (Hypoxia Swim)

The 300 meters hypoxia swim will be performed once by each athlete as follows:
75 meters freestyle, 25 meters underwater using breaststroke (hypoxia).

- 75 meters freestyle in fast speed ending with a flip turn; after the flip, there is no breathing until next flip turn is completed
- 25 meters swim underwater ending with a flip turn. When flip turn is completed, the swimmer can breathe.
- Repeat the exercise sequence routine until completion of the 300 meters.

There is no judging during the hypoxia testing. The National Head Coach will record the time taken for each swimmer to complete the 300m and observe the hypoxic capacity demonstrated by the swimmer. This data and observation will be used in the selection process.

NOTE: If, at any time during the swim, the swimmer is finding difficulty holding her breath or feeling dizzy or nauseous, she should stop and seek assistance. Safety is our first priority.

Segment 2b: 200 meters synchro specific swim

For all tests, the swimmers will perform individually, in front of a panel of judges and 1 station camera.

Judging:

- An appointed Referee will be marshaling each swimmer and ensure the order of draw.

Metronome: 130 (Single count for lap, double counts for elements)

Pool setup: 25 meters length (short course pool setup) cones will be setup at 12.5 meters marking

Refer to the exercise video from the following link

1. Free style sprint no breathing + Barracuda Bent knee vertical position (Lap 1)

The swimmer executes 12.5 meters of free style without breathing. At the 12.5 meters, swimmer executes one body boost followed by a Barracuda and an underwater tuck as fast as possible. The swimmer finishes 25 meters with free style maximal speed.

2. Propeller + Body Boost (Lap 2)

The swimmer starts with both hands touching the wall to initiate a propeller following the metronome for 12.5 meters. Following that, executes a fast tuck with 3 body boosts after following by full twist continuous spin 1440(4 rotations). The swimmer finishes 25 meters with propeller as fast as possible.

3. Eggbeater backwards, both arms on the surface in front, alternate with back flutter kick double arms+ Cadence (Lap 3)

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The swimmer starts with eggbeater backwards both arms on the surface in front, 1 set of 8 followed by flutter kick, 1 set of 8. Keep repeating the sequence until 12.5 meters mark following by a body boost and execute the cadence (technical team). The swimmer then executes the rest of the swim with the same set of kicks until touches the wall and commence the next lap.

4. Kick-pull + Cyclone (Lap 4)

The swimmer will start with kick-pull for 12.5 meters, following the metronome. A side kick, following by the backstroke kick and start the cyclone element. The swimmer executes the remaining swim with the same set of kicks until touching the wall until the commence of the next lap.

5. Back flutter (Lap 5)

Back flutter, hands together facing upwards until the wall. The swimmer needs to touch the wall before to start the next lap

6. Alternate Single Ballet Leg travelling +Manta Ray (Lap 6)

The swimmer starts with a back-layout position headfirst followed with right single ballet leg until the 12.5 meters flag and executes the Manta Ray element. The swimmer finish 25 meters with the left single ballet leg until touching the wall to commence the next lap.

7. Crawl head up+ Rocket Split (Lap 7)

The swimmer executes 12.5 meter of crawl head up following the metronome. At the 12.5-meter flag the swimmer executes one body boost followed by a Rocket Split and an underwater tuck as fast as possible. The swimmer finishes the last 25 meter in crawl head up.

8. Free Style Sprint (Lap 8)

The swimmer will execute the freestyle sprint for 25metres until touching the wall. The time will stop when the swimmer has touched the wall.

Judging:

Segment 2b will have two (2) panels for judging:

- Panel 1: Judges will evaluate the technical execution using the FINA Manual 2017-2021 section as the reference for each exercise.
- Panel 2: Judges will evaluate on the execution.

Segment 2c: Basic skill test

For all tests, the swimmer will perform all the exercises **consecutively (Exercise 1-5)** from Segment 2c, individually, in front of the panel of judges and 1 station camera. For this segment, a metronome will be used to indicate the speed of the exercise. The swimmer will execute all the basic skills exercises consecutively with a 20 second pause in between each exercise.

Metronome: varies from different exercises ranging from 110-170 (Single count for lap, double counts for elements)

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Pool setup: 25 meters length (short course pool setup)

Refer to the exercise video from the following link.

1. **Body boost - Metronome: 160**

From a preparation underwater, sideways to the wall, the swimmer will perform two times in a row, a head up body boost no arms, followed immediately by 2 times in a row double arm above the head body boost. The first body boost sideways to the judges and the subsequent body boost facing the judges, similar for body boost double arm up. The swimmer has 2 sets of 8 for each body boost.

2. **Barracuda and Rocket Split – Metronome:170**

From a preparation underwater (side way), the swimmer begins to perform 2 time in a row Barracuda – FINA manual Figure 301, take 4 sets of 8 counts break and then perform, 2 times in a row, Rocket Split – FINA manual Figure 308.

3. **Eggbeater**

From an eggbeater facing the panel of judges, the swimmer will start the 10 seconds eggbeater arms on the surface sideways followed by a 10 second eggbeater with two arms up. The swimmer will after turn a 1/4 to the left and place their arms at the surface to repeat the same set of 20 seconds. Finally, the swimmer will turn 1/4 to the left to finish facing backwards, arms at the surface and repeat for the last 20 seconds.

4. **High vertical double leg holding position**

From a table tub position, the swimmer will extend their legs to achieve a double leg vertical position maximum height. After 20 seconds, an observer will provide the cue to stop.

5. **Split position (Ariana rotation)- Metronome:110**

The swimmer will execute only Ariana rotation (FINA Manual 2017-2021 Figure 423) by showing each split position for 1 set of 8.

The swimmer will start from table tub position, sideway to the wall and stay for 1 set of eight then open split position right leg first and show one set of eight. Then repeat the same way for another two splits.

Judging:

Segment 2c will have two (2) panels for judging:

- Panel 1: Judges will evaluate the technical execution using the FINA Manual 2017-2021 section as the reference for each exercise.
- Panel 2: Judges will evaluate on height and line using the FINA Manual 2017-2021 section as reference for each exercise.

Segment 3: Team Technical routine

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In this segment, each swimmer will individually swim the Team Technical routine in accordance with the distributed video.

Judging:

The routine set has been divided into three (3) sections:

Scores should range from 0 to 10

Panel 1: Judges will score each Technical Element.

Panel 2: Judges will score for the overall Manner of Presentation.

Panel 3: Judges will give one score of the technical execution of all movements that do not have an assigned degree of difficulty (the remaining aspects of the routine).

FINAL SUBMISSION OF ENTRY

Submission of Entry to participate in the National Selection Trial to be sent to:

Nur Zahidah

Sports Manager (Artistic Swimming)

Email: nur.zahidah@swimming.org.sg

by 12.00 noon, 17 December 2021 (Friday)

All interested swimmers are invited to take part in the Artistic Swimming National Selection Trial 2022, if the swimmer meets the minimum age requirement for the National Trial.

Please consider your school/personal commitments for 2022 in view of SSA's expectations from the selected National swimmers.