

Artistic Swimming National Age Group (13-15)

2021 Selection Trial

Organizer : Singapore Swimming Association (SSA)

Venue : OCBC Aquatic Centre, 7 Stadium Drive, Singapore 397632

Date : 27 Mar 2021 (Saturday)

Time : 10.00 am- 5.00 pm

Attire : All swimmers are to wear black costume and white cap.
Goggles are allowed for the swimming and figures portion of the test.

- a. **The 2021 National Age Group (13-15) Selection Trial will be closed-door.** All competing swimmers, club officials (i.e., coaches and team manager) as well as accompanying parents are not allowed to be present during the National Trial. **All Selection Trial testing will be done 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.
- b. All segments during the Selection Trial will be recorded with a camera for sports science analysis review. By participating in the selection 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.
- c. During the Selection Trial, the start order of swimmers will be determined by random draw prior to the start of each segment.
- d. The panel of judges for the Selection Trial will be nominated by the association. During the Selection Trial, judges are requested (1) to provide scores and (2) provide input and comments for the scores given.
- e. The Selection Trial will be governed by the rules in the (1) FINA Handbook 2017-2021 as well as those of (2) Singapore Swimming Association (SSA).

GENERAL RULES

1. ELIGIBILITY TO PARTICIPATE IN THE SELECTION TRIAL

- a. Only Singapore Citizens, born between 1 Jan 2006 to 31 Dec 2008, can participate in the following Selection Trial.
- b. Any swimmer who wishes to be a part of the National Age Group (13-15) team must participate in the Selection Trial, unless an exception is granted by SSA, permitting the swimmer to not participate in this selection trial due to extenuating circumstances.

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- c. All swimmers participating in the selection trial must be a registered member of a swim club affiliated to SSA. The swimmers will not be allowed to change their club affiliation during the period when they are a member of the National Age Group (13-15) team. The swimmer must maintain their membership status with the swim club and continue to pay their respective club's membership fees.
- d. In the event there are insufficient swimmers for any of the individual mentioned competitions, SSA reserves the right to hold ad hoc trials to select additional swimmers to form a team for these competitions. Such additional swimmers selected at these ad hoc trials (which SSA is entitled but not obligated to hold) shall then represent Singapore. In such instance, those selected in this trial and the national team need not trial again.

2. TRIAL FORMAT

The data collected in the segment testing will be used by National Head Coach and High-Performance Team to assist in the final decision.

The Selection Trial will be based on three (3) segments assessment process which will be further elaborated.

The start order of swimmer will be determined by random draw prior to the start of each segment.

The exercise videos for the National Age Group (13-15) Trials exercises can be downloaded from the following link-

<https://drive.google.com/drive/folders/1ngBCoPhRP9sSc1LeZtnn-tEpPMXW5FlZ?usp=sharing>

➤ **Segment 1: Figures (FINA Handbook 2017-2021)**

Swimmer is required to perform 4 (FOUR) figures as follow:

- Compulsory 2 figures - 423 Ariana and 143 Rio
- Optional Group – 2 figures, to be selected **2 weeks** before Selection Trial by random draw.

➤ **Segment 2: Basic exercise**

Exercise 1: Synchro specific - Endurance exercise

10 seconds eggbeater hold and 10 seconds double arms eggbeater hold facing the judges and 10 seconds eggbeater hold and 10 seconds double arms eggbeater hold sideway to the pool. Vertical hold 10 seconds followed by (2 rotations)720 degrees till the ankles and 360 degrees from ankles down. Refer to video.

Exercise 2: Body boost Barracuda exercise

Metronome:195

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2 body boosts followed by Barracuda and 2 body boosts followed by Rocket Split. 2 sets of 8 for each boost and Barracuda. Refer to video.

➤ **Segment 3: Trial Routine**

Swimmer is required to execute the Trial Team 13-15 Free Routine individually.

Second lap. From 42 seconds (after the 'scream' in the music) count 4 sets of 8 and start.

3. COMPETITIONS

- a. The 2021 National Age Group (13-15) Selection Trial is to select team swimmers to represent Singapore at the following competition:
 - 2nd FINA World Youth Championship 2021 from 21 – 29 August 2021, Quebec City, Canada
 - 11th Asian Age Group 2021 (Date TBC)
- b. Please note that participation in any of the abovenamed possible competitions is dependent on the competition readiness of the swimmers (solo, duet or team) and will be determined by the SSA & High-Performance Team (HPT). SSA reserves the right to withdrawn, replace, change, reduce or add any of the above competitions based on needs and budget available.
- c. **Please note participation to the FINA World Youth and Asian Age Group Competitions will be SELF-FUNDED.**

4. TRAINING HOURS

- a. SSA requires swimmers selected to the 2021 National Age Group (13-15) Team to attend all training sessions (100% attendance). The team will be coached by the panel of National Team Coaches. The propose training hours are as follows effective from 1st April 2021 @ Toa Payoh Swimming Complex:
 - Four times per week:
 - Monday: 530pm to 930pm
 - Wednesday: 5pm to 830pm
 - Thursday: 6pm to 930pm
 - Sunday: 3pm- 7pm
- b. Permission must be obtained from the National Team Coach should the swimmer wish to be excused from any training.
- c. Additional training hours may be added prior to competition.
- d. SSA may arrange supplementary training sessions for swimmers to enhance their skills and performance, e.g. gym training, swimming, acrobatics, dance and etc.

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5. SELECTION FOR NATIONAL AGE GROUP (13-15) TEAM

- a. The final number of team members to be selected into the National Age Group (13-15) team will be determined by the National Head Coach and the High- Performance Team (HPT) based on the results.
- b. Selection of Solo and Duet representation will be by National Team Coaches from the selected 13-15 Age Group team members, including eligible current national team swimmers, if any.
- c. Upon selection to the National Age Group (13-15) team, the swimmer will be required to sign an agreement with SSA before the swimmer commences training. No withdrawal is allowed after signing the agreement unless there is formal approval from SSA, failing which, the swimmer will be barred from taking part in any SSA organized activity till 31 December 2021.
- d. **The Athlete Agreement will cover the period 01 April 2021 and ends on 31 December 2021.**
 - Any swimmer who is absent without official leave (AWOL) from any training sessions, without first obtaining official approval from SSA after signing the Athlete agreement, regardless of any reason including, but not limited to, any form of physical or medical illnesses, will be subject to disciplinary action.
 - Any swimmer who is unable to attend trainings, training camps or local & overseas competitions not due to an injury or illness shall formally write to SSA to seek official approval of non-attendance. SSA reserves the right to deny or approve any such request. Official approval must be sought before she can excuse herself from the stipulated training, training camps, local and overseas competitions as stated in the document.
 - Any absence from National Age Group Team Training, training camps or local and overseas competitions due to injury or illness must be accompanied by a Medical Certificate. If the injury is persistent, the swimmer may need to consult with an SSI doctor, and if the injury renders the swimmer to be absent for a prolonged period, SSA reserves the right to release the swimmer from the team.
 - In the event a swimmer, after signing the Agreement, wishes to take a Leave of Absence (LOA) from the National Age Group Team Training to prepare for school examinations, the swimmer must formally inform **SSA in writing at least 30 days before the proposed leave period**. The LOA request will be reviewed by the SSA Vice-President (Artistic Swimming), SSA Sport Director and the National Head Coach. SSA Vice-President may at his discretion, include any other individual to review the LOA. SSA reserves the right to deny or approve any LOA request. **A minimum attendance– 3x a week, each session of 2 hours is required during the approved LOA period**. All other requests will be subject to review from the management.
 - Any swimmer who leaves the National Age Group Team between 01 April 2021 and 30 December 2021, without written approval from SSA will not be permitted to participate in the following year's National Trial.

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- The Panel of National Coaches, in consultation with the HPT, reserves the right to release / discharge any swimmer from the National Team should the National Head Coach deem the swimmer unable to meet the set criteria with regards to the qualities and attributes required or if the swimmer fails to strictly adhere to the (1) rules and regulations, (2) code of conduct and all other terms and conditions stipulated in the athlete’s agreement.
- e. Approximate **8 weeks** before each competition or before the respective final entry submission, whichever is earlier, assessments will be conducted to determine the final Solo, Duet and Team members. If the assessment results do not meet the following minimum qualifying score, SSA will withdraw its preliminary entry and there will be no participation in the competition.

	Figures	Routines
Solo	66.000	70.000
Duet	67.000	70.000
Team	63.000	70.000

Total Score will be accumulated as follows: 50% Free Routine + 50% Figures + 100% Basic exercise.

6. PERFORMANCE REQUIREMENTS

In addition to technical competency of Artistic Swimming, the swimmer in the National Age Group (13-15) Team will be assessed on the following qualities and attributes:

- a. Their potential or technical ability (Dynamic and sustained height in upper body and lower body movement, rapid and precise arm movement, rapid and precise leg movement, accuracy and clarity of the movements, lightness and alignment, solidity, full body extension and extension of the legs, flexibility inside and outside of the water)
- b. Training endurance (endurance in complete routine, including propulsion, dynamic kicks and strokes, dynamic and sustained height in the upper and lower body movements during routines, precision in the figures and elements in the routine, precision in the upper body movements through the routine, consistency of the performance)
- c. Choreography (routine) skill. Manner of presentation of the routine (full body and facial expression, energy in upper and lower body movements, effortless, consistency of performance. Music interpretation (character, mood, feeling of the music). Synchronization with the music and with another swimmers.
- d. Behaviour and attitude (consistency in training, giving best effort at all times, maintaining high intensity during routines and swim skills, punctuality, commitment/dedication, leadership, good work ethic, concentration/focus, openness to comments, ability to self-evaluate, ability to make quick corrections, display a positive attitude, show respect towards coaches and other swimmers.

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- e. Team chemistry – interaction/relationship with teammates, coaches and other relevant personnel is essential.
 - f. Potential duet ability for short term and long term
 - g. Abilities in lifts (as a flyer, as a middle, having explosive strength to maintain a lift)
 - h. Psychological and physical readiness to handle the competition.
- 7. The General Rules stipulated in the document shall form part of the Athlete Agreement.**

8. FINAL SUBMISSION OF ENTRY

Submission of Entry to participate in the National Age Group (13-15) Team trial to be sent to:

Nur Zahidah
Sports Manager (Artistic Swimming)
Email: nur.zahidah@swimming.org.sg
by 5 Mar 2021 (Friday), 12.00 noon

All interested swimmers are invited to take part in the 13-15 Age Group Team trial, as long as the swimmer meets the minimum age requirement for the Selection Trial. Please consider your school/personal commitments for 2021 in view of SSA's expectations from the selected 13-15 Age Group Team swimmers.