

Instructions for Junior National team trials 2023

- Trials will take place **after the figures competition, 22nd January**. The time is to be decided yet, depending on the number of swimmers applying and swimming pool space.
- All the swimmers must be equipped with **black swimsuit** and **white cap**.
- Swimmers will have a **number code** written with a permanent marker on their arm in order to recognize them by a number (not by name or club). The number code will be given to coaches before the start of the trials.
- Please fill in the **application form** with the information of your swimmers that are participating in the trials. The due date to send me the aforementioned form is **15 January 2022**.
- Girls from **year 2011 to 2004 (Youth and Junior)** are allowed to participate on the trials. The national team will be composed by Youth and Junior swimmers, but competing in Junior category.
- The day of the trials each swimmer will have to **bring the document printed with their swimmer's code number written** in each of the sheets including the cover sheet. The rest of information will be filled by the evaluator afterwards the trials.
- Depending on the number of swimmers that will participate, **we might do different panels** to speed up the process. I would like to ask you for help during the trials. If you are willing to be an evaluator, please let me know in advance in order to let you know your role and tasks.
- **Sections A and D** (swimming and drylands skills) **will be evaluated live**, meaning that the evaluator(s) will assess the swimmers on the moment, circling pass or fail on the sheet.
- **Sections B and C** (individual choreography and hybrid) **will be recorded and evaluated later on**. This is due to the detailed and complexity of the task, that requires reviewing the movements and the execution of the swimmer performing.