

JUNIOR NATIONAL TEAM TRIALS 2024

21st JANUARY 2024

OLIMPIJSKI BAZEN KOPER (SLOVENIA)

SWIMMER'S CODE NUMBER:

Fill in by the evaluator after trials with swimmer's information.

SWIMMER'S NAME AND SURNAME:

YEAR OF BIRTH:

CLUB:

SWIMMER'S CODE NUMBER:

SECTION A: SWIMMING			
DESCRIPTION	EXECUTION	TIME	EVALUATION
200 m. medley	Maximum time: 4'00''99 Good swimming technique in each of the different styles is required.		Pass / Fail
50 m. crawl	Maximum time: 50''99 A turn after 25m is required.		Pass / Fail
25 m. underwater	No time limit. Starting from the water with a kick in the wall.		Pass / Fail

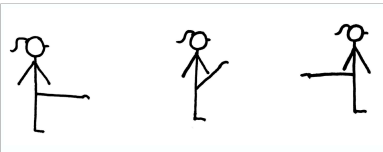
EVALUATOR'S NAME AND SIGNATURE:



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SECTION B: INDIVIDUAL ROUTINE		
DESCRIPTION	EXECUTION	EVALUATION
<p>Individual routine without music including the elements described in the execution section.</p>	<p>The routine must contain:</p> <ul style="list-style-type: none"> - Dive head first into the pool - Boost with two arms up with maximum height - Barracuda spin 360° - 4 kick-pulls (two with each arm) - Transition to back layout position - From back layout position a ballet leg is assumed. The horizontal leg is bent to assume a surface flamingo position. The bent leg is straightened to a double ballet leg position and afterwards descend through submergence. - 8 tempo eggbeater traveling sideways at maximum height - Side crawl legs followed by an entry to front pike position - From front pike position one leg is raised to a fish tail position. - The horizontal leg is raised to assume a vertical position - A half twist is executed - Both legs are lowered rapidly to assume a split position and following a hip rotation of 180° is executed as the front leg is raised to assume a fishtail position. - The horizontal leg is lifted to a vertical position. - A continuous spin of 360° is executed. 	<p>Pass / Fail</p>

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SECTION C: DRYLAND SKILLS			
DESCRIPTION	EXECUTION	MINIMUM REQUIREMENTS TO PASS	EVALUATION
 <p>Maintain 8" each leg in 90°.</p>	<p>From a standing position and allowing to have one hand in the ballet bar or wall bar, the leg is elevated to 90°, maintaining this position during 8".</p> <p>The leg moves to the side maintaining the same angle and the same timing (8").</p> <p>The sequence ends with the leg moving behind the same angle and the same timing.</p> <p>For the last two stages of the sequence the body can bend ahead or sideways order to maintain the same height of the leg.</p>	<ul style="list-style-type: none"> - Maintain the 8" in each position. - No bent knee of both legs during the sequence. - The leg that is executing the exercise must have foot in point during whole the sequence. - Both legs (R and L) must execute the exercise in order to pass the requirement - A tolerance of 15° less is allowed to pass. 	<p>Pass / Fail</p>

 <p>Splits</p>	<p>The swimmer will execute all three splits: right, left and middle.</p>	<ul style="list-style-type: none"> - Knees and feet extended - No more than 10 cm from the floor (right and left) - No more than 20 cm from the floor (middle split) - Body straight up as much as possible 	<p>Pass / Fail</p>
 <p>Bridge flexibility</p>	<p>The swimmer will execute a bridge position from a arms up standing position or from back layout position.</p>	<ul style="list-style-type: none"> - During the bridge position, elbows and knees must be as stretched as possible - Maintain the bridge for more than 10" - The swimmer demonstrates a clear flexibility when bending her back. 	<p>Pass / Fail</p>

EVALUATOR'S NAME AND SIGNATURE: