

LTAD testing vertical/height tester – Bent Knee Vertical

Area that needs improvement: P = Position, T = Travel, S = Stability

While judging the height we will also note the above and place a tick where we feel there needs to be significant improvement. This will help the swimmer and coach to understand why they received the mark they did and what they can focus on for improvement next time. As it is a pilot should you have any feedback as the assessor please provide to the office. We do appreciate you taking the time to be a part of this new CS4L. It is here to stay we just want to make it the best it can be for our sport!

	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Bent Knee Vertical	Crotch	Upper Thigh	Mid Thigh	Low Thigh	Above Knee Cap	Knee Cap	Below Knee Cap

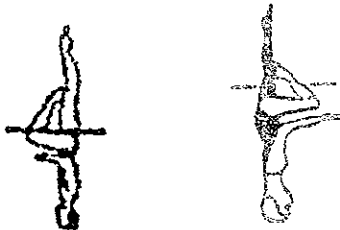
Sailboat Alternate 10 under figure

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is resumed. For our purposes we will judge only one sailboat and we are looking at the water line on the thigh to remain constant. ****Thigh should be perpendicular to the surface with lots of airspace in sailboat position, hips at surface. We will be marking the first sailboat.****



Kipnus 11-12 figure

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A **Vertical Descent** is executed in a **Bent Knee Vertical Position**. ****We would like the mark noted as the swimmer reaches max ht in bk prior to the vertical descent. Keep in mind, position, travel & stability while in the bent knee vertical position.****



140 Flamingo Bent Knee 16-20 provincial stream

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent knee is extended to **Vertical Position**. A **Vertical Descent** is executed. ****Vertical ht in vertical position is marked in this figure please noting travel, stability & position.****

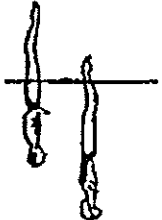
LTAD testing vertical/height tester – Double Leg Vertical

Area that needs improvement: P = Position, T = Travel, S = Stability

While judging the height we will also note the above and place a tick where we feel there needs to be significant improvement. This will help the swimmer and coach to understand why they received the mark they did and what they can focus on for improvement next time. As it is a pilot should you have any feedback as the assessor please provide to the office. We do appreciate you taking the time to be a part of this new CS4L. It is here to stay we just want to make it the best it can be for our sport!

	9.5	8.5	7.5	6.5	5.5	4.5	3.5
Double Leg Vertical	Upper Mid Thigh	Mid Thigh	Well Above Knee Cap	Above Knee Cap	Knee Cap	Below Knee Cap	Mid Shin

BP 6 Vertical Position

Rule Book Description	Diagrams	Major Desired Actions
<p>1. Body extended perpendicular to the surface, legs together, head downward.</p> <p>2. Head (ears specifically), hips and ankles in line.</p>		<p>2. Judgement made by checking visual points of the vertical alignment: ear, shoulder joint, hip joint, ankle.</p>

355 Porpoise

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed. ****We are marking height in vertical position noting travel, stability and position as they reach max height in the vertical.****

140 Flamingo Bent Knee 16-20 provincial stream

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed. ****Vertical ht in vertical position is marked in this figure please noting travel ,stability & position . ****

311a Kip 1/2 Twist 13-15 FINA

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A 1/2 Twist is executed. A *Vertical Descent* is executed.

****Please judge the height of the vertical achieved prior to the twist noting travel stability and body position.****

112f Ibis Continuous Spin (720°) 16-18 and Jr FINA

A *Ballet Leg* is assumed. Maintaining this position, the body is rotated backwards around a lateral axis through the hips to assume a **Crane Position**. The horizontal leg is lifted to a **Vertical Position**. A *Continuous Spin* is executed. ****We will be marking the height in vertical prior to the spin. Note position, travel and stability in the vertical prior to the spin..****

LTAD testing – Splits

Area that needs improvement: E=Extension, A=Alignment, BP=Body Position (Hips to head)
****Please review the desired actions also noting extension thru the knees to the toe. This needs to be displayed in whatever split is done within a figure.****



BP 16 Split Position

Rule Book Description	Diagrams	Major Desired Actions
1. Legs evenly split forward and back, with feet and thighs at the surface.		1. Flat split, with inside of each leg aligned on opposite sides of a horizontal line.
2. Lower back arched, with hips, shoulders and head on a vertical line.		2. Hips joints on a horizontal line; shoulder joints on a horizontal line, with both of these alignments 'square' and parallel to each other.

302 Blossom 10 under

From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a Submerged **Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle height. A **Vertical Descent** is executed.

360 Walkover Front

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.

420 Walkover Back

With the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Back* is executed.

313 Kip Split Closing 180°

A Kip Split is executed to a **Split Position**. During a 180° rotation, the legs are closed symmetrically to **Vertical Position**. A *Vertical Descent* is executed.