



LEARN TO TRAIN (stage 3) : 11-12 yrs old

START #: _____

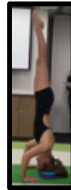
ATHLETE NAME: _____ AGE/YR: _____

Circle the deductions/ score for each category. Points possible are noted for each event

LAND SKILLS (74 pts possible) - TOTAL SCORE

1 TRIPOD-HEADSTAND

- Head (ears specifically), shoulders, hips and ankles aligned 1 0
 - Vertical body position is perpendicular to floor 1 0
 - Ribs drawn into abdominals ; Abdominals & Glutes engaged 1 0
 - Knees fully extended & Ankles fully plantar flexed (as per Canadian standard) 1 0
- SSO will not require headstand data submission
- Total out of 4 :**



2 STANDING BACK PIKE POSITION (Barracuda set-up)

- Legs together 1 0
 - Knees fully extended as per Canadian standard 1 0
 - Stomach, chest and face touching legs 1 0
- Total out of 3 :**



3 90 DEGREE BACK PIKE POSITION

- Legs at 90 angle perpendicular with the body. 1 0
 - Legs together 1 0
 - Knees fully extended & Ankles fully plantar flexed (as per Canadian standard) 1 0
- Total out of 3 :**



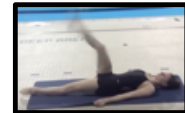
4 BACK BEND or BRIDGE

- Legs in full extension and together 1 0
 - Ears aligned with shoulder in vertical alignment 1 0
 - Elbows in full extension (no hyperextension) with upper arm in 12 o'clock position 1 0
 - Hold for 2 counts of 8 1 0
- SSO will not require back bend data submission
- Total out of 4 :**



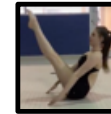
5 BALLET LEG SPEED SKILL (lower segment)

- Right ballet leg**
- Horizontal knee & ankle extension throughout as per Canadian standard 1 0
 - Vertical knee achieves full extension with each repetition 1 0
 - Completes 1 repetition per count for 2 full counts of 8 1 0
- Left ballet leg**
- Horizontal knee & ankle extension throughout as per Canadian standard 1 0
 - Vertical knee achieves full extension with each repetition 1 0
 - Completes 1 repetition per count for 2 full counts of 8 1 0
- Total out of 6 :**



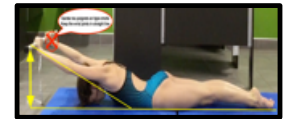
6 V-UPS

- Legs in full extension and together 1 0
 - 90 degree flexed position attained each repetition 1 0
 - Torso (hips, shoulder, head) aligned & fully extended. 1 0
 - 10 repetitions are completed with all competencies accomplished 1 0
- Total out of 4 :**



7 PRONE SHOULDER HYPER FLEXION WITH DOWEL

- > 60 cm Stick to floor 5
 - 50 cm - 59 cm 4
 - 40 cm - 49 cm 3
 - 30 cm - 39 cm 2
 - 20 cm - 29 cm 1
 - <19 cm 0
- Total out of 5 :**



8 NEEDLE - LEFT

- Left Leg is at 12 o'clock 4 0
 - Right leg is at 6 o'clock 1 0
 - Both knees and top ankle are fully extended as per Canadian standard 1 0
 - Hold for 2 full counts of 8 1 0
- Total out of 7 :**



NEEDLE - RIGHT

- Right Leg is at 12 o'clock 4 0
 - Left leg is at 6 o'clock 1 0
 - Both knees and top ankle are fully extended as per Canadian standard 1 0
 - Hold for 2 full counts of 8 1 0
- Total out of 7 :**

9 ARIANA ROTATION

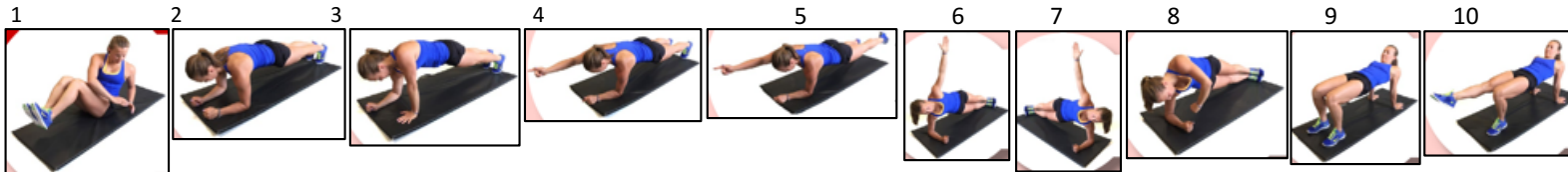
- | | L | C | R |
|---|-----|-----|-----|
| Vertical alignment of ears, shoulders and torso | 1 0 | 1 0 | 1 0 |
| Hips and shoulders square | 1 0 | 1 0 | 1 0 |
| Extension of both knees and ankles as per Canadian standard | 1 0 | 1 0 | 1 0 |
| Complete FLAT split | 4 0 | 4 0 | 4 0 |
- Total out of 7 (for each split) :**



10 CORE ROUTINE: complete Level 1 - 30sec each exercise with no rest

- 1 - Sky-Centre-Side-Centre (slow pace) for 30 sec 1 0
- 2 - Front Plank for 30 sec 1 0
- 3 - UP-UP-DOWN-DOWN (slow pace) for 30 sec 1 0
- 4 - Pointers (slow pace) for 30 sec 1 0
- 5 - Superman for 30 sec 1 0
- 6 - Side Plank Right for 30 sec 1 0
- 7 - Side Plank Left for 30 sec 1 0
- 8 - Side Planks Rollovers for 30 sec 1 0
- 9 - Table Top for 30 sec 1 0
- 10 - Table Top Russian Kicks (slow pace) for 30 sec 1 0

Total out of 10 :



25 m FRONT FLUTTER

Timer 1= _____

Timer 2 = _____

Average time = _____

25 m FREESTYLE

Timer 1= _____

Timer 2 = _____

Average time = _____

25m PROPELLOR/ TORPEDO

Timer 1= _____

Timer 2 = _____

Average time = _____

Checklist for coaches to use in training

- Flat sculling motion used with wrists bent well back 1 0
- Upper arms stationary 1 0
- Elbows are held at 45deg in "Y" position 1 0

Extension

- toes, knees, hips in full extension 1 0
- shoulders full flexion 1 0
- legs stay together (side by side) for entire 25m 1 0

Height

- dorsum of foot stay dry (at the surface) for entire 25m 1 0
- face stays dry (at the surface) for entire 25m 1 0
- anterior hips stay dry for entire 25m 1 0