



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

START #: \_\_\_\_\_

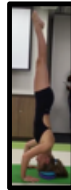
ATHLETE NAME: \_\_\_\_\_ AGE/YR: \_\_\_\_\_

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 :



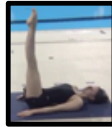
**2 STANDING BACK PIKE POSITION (Barracuda set-up)**

- 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 :



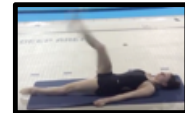
**4 BACK BEND or BRIDGE**

- 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 :



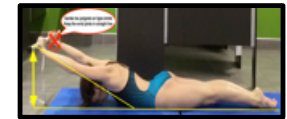
**6 V-UPS**

- 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 :



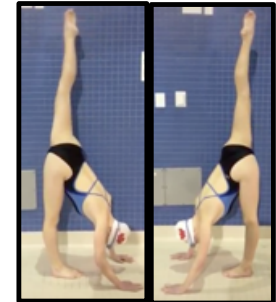
**7 PRONE SHOULDER HYPER FLEXION WITH DOWEL**

- > 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**

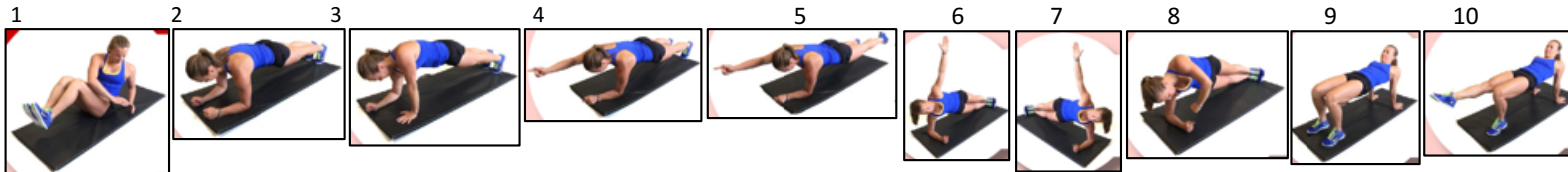
- |   | L   | C   | R   |
|---|-----|-----|-----|
| Vertical alignment of ears, shoulders and torso             | 1 0 | 1 0 | 1 0 |
| Hips and shoulders square                                   | 1 0 | 1 0 | 1 0 |
| Extension of both knees and ankles as per Canadian standard | 1 0 | 1 0 | 1 0 |
| Complete 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