



TRAIN TO TRAIN (stage 4) : 13-15 yrs old

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

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

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

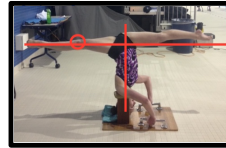
[Red box for total score]

LAND SKILLS (88 pts possible) - TOTAL SCORE

1 TRIPOD HEADSTAND SPLIT RIGHT & LEFT

	RIGHT	
Head (ears specifically), shoulders and hips aligned	1	0
Torso is perpendicular to floor	1	0
Hips and shoulders square	1	0
Extension of both knees and ankles as per Canadian standard	1	0
Complete FLAT split	4	0
<b>Total out of 8 :</b>	<input type="text"/>	<input type="text"/>

SSO will not require headstand data submission



	LEFT	
Head (ears specifically), shoulders and hips aligned	1	0
Torso is perpendicular to floor	1	0
Hips and shoulders square	1	0
Extension of both knees and ankles as per Canadian standard	1	0
Complete FLAT split	4	0
<b>Total out of 8 :</b>	<input type="text"/>	<input type="text"/>



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
Hands palm up, behind legs (barracuda set-up)	1	0
<b>Total out of 4 :</b>	<input type="text"/>	<input type="text"/>



3 BACK BEND or BRIDGE

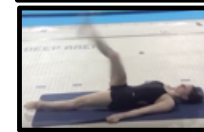
Legs in full extension and together	1	0
Ears aligned with shoulder in vertical alignment	1	0
Elbows in full extension (no hyperextension) with Upper arm in 12 o'clock position	1	0
Hold for 2 counts of 8	1	0
<b>Total out of 4 :</b>	<input type="text"/>	<input type="text"/>

SSO will not require back bend data submission



4 BALLET LEG SPEED SKILL (lower segment)

<b>Right ballet leg</b>		
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
<b>Left ballet leg</b>		
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
<b>Total out of 6 :</b>	<input type="text"/>	<input type="text"/>



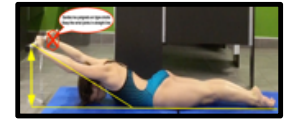
5 V-SIT - HOLD WITH DOWEL

Legs in full extension and together	1	0
90 degree flexed position at the hips maintained	1	0
Torso (hips, shoulder, head) aligned & fully extended.	1	0
Hold for 2 full counts of 8	1	0
<b>Total out of 4 :</b>	<input type="text"/>	<input type="text"/>



6 PRONE SHOULDER HYPER FLEXION WITH DOWEL

distance from dowel to floor	
> 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
<b>Total out of 5 :</b>	<input type="text"/>



7 PUSH-UP (Tricep)

Ears, shoulders, hips, knees, ankles in horizontal line	1	0
Body descends close to floor and remains parallel	1	0
Legs in full extension and together	1	0
12 repetitions are completed with all competencies accomplished	1	0
<b>Total out of 4 :</b>	<input type="text"/>	<input type="text"/>

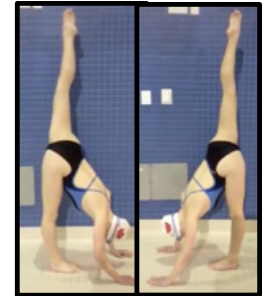


8 NEEDLE - RIGHT

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
<b>Total out of 7 :</b>	<input type="text"/>	<input type="text"/>

NEEDLE - LEFT

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
<b>Total out of 7 :</b>	<input type="text"/>	<input type="text"/>



9 ARIANA ROTATION

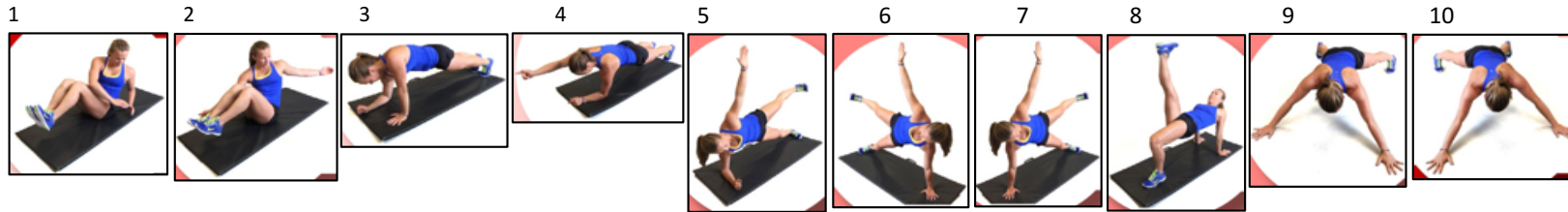
	L	C	R	
Vertical alignment of ears, shoulders and torso	1	0	1	0
Hips and shoulders square	1	0	1	0
Extension of both knees and ankles as per Canadian standard	1	0	1	0
Complete FLAT split	4	0	4	0
<b>Total out of 7 (for each split) :</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



**10 CORE ROUTINE: complete Level 2 - 30sec each exercise with no rest**

- 1 - Sky-Centre-Side-Centre (fast pace) for 30 sec 1 0
- 2 - Bent knee V Sit with Heel Cup for 30 sec 1 0
- 3 - UP-UP-DOWN-DOWN (fast pace) for 30 sec 1 0
- 4 - Superman Dyno (slow pace) for 30 sec 1 0
- 5 - Side Plank Rollovers with Heel to Sky for 30 sec 1 0
- 6 - Star Planks for 15 sec each side (total 30 sec) 1 0
- 7 - Star Plank Rollovers (slow pace) for 30 sec 1 0
- 8 - Table Top Heel to sky for 30 sec 1 0
- 9 - Clock Right (slow pace) for 30 sec 1 0
- 10 - Clock Left (slow pace) for 30 sec 1 0

**Total out of 10 :**



**25 m FRONT FLUTTER**

Timer 1= \_\_\_\_\_

Timer 2 = \_\_\_\_\_

Average time = \_\_\_\_\_

**25m PROPELLOR/ TORPEDO**

Timer 1= \_\_\_\_\_

Timer 2 = \_\_\_\_\_

Average time = \_\_\_\_\_

**200M IM**

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