



## NSS ARTISTC SWIMMING ASSESSMENT YEAR 7 - 2021

Venue: \_\_\_\_\_ Date: \_\_\_\_\_

Assessors: \_\_\_\_\_

Name of Student: \_\_\_\_\_ D.O.B: \_\_\_\_\_

THEORY			
Assessment Criteria		Student Mark	Maximum Points
1. Knowledge of rules and regulations 2. Knowledge of compulsory figures 3. Figures, when deduction is given 4. Awareness of judges and music in every moment 5. Important points athlete needs to follow during routine		1.	10
		2.	
		3.	
		4.	
		5.	
ARTISTIC SWIMMING SPECIFICS			
Assessment Criteria		Student Mark	Maximum Points
Land			
Flexibility	Ariana Split – R		10
	Ariana Split – L		
	Ariana Split – B		
	Synchro Bridge		
	Night Synchro Bridge		
Gymnastic stability and Coordination	Standing kicks x3 small, x3 90°, x3 180°		10
	Kicks on Back from bent knee – max range		
	Forward Row		
	Headstand vertical on wall		

Water			
Figures	<b>Compulsory group:</b> Straight Ballet Leg 		10
	Barracuda 		
	<b>Optional Groups: 2,3,4</b> <b>*will be chosen on the day</b>		
Routine	1. Jump in the water (free). 2. Barracuda 3. Boost 4. Eggbeater side with arms 5. Walkover front 6. Hybrid: tuck position-split (holding 5 count ), - knight position - fish position - vertical (fast) 7. Fast ballet legs changes. 8. Hybrid legs (free, improvisation)		10
Basic Positions	Vertical position		10
	Crane		
	Ballet leg		
	Split		
	Pike		
	Vertical position		

Artistic swimming & swimming	Underwater 25m		10
	Eggbeater 25m		
	Torpedo 25m		
	Reversed Torpedo 25m		
	100m IM		
	FITNESS and TECHNIQUE		
	Assessment Criteria	Student Mark	Maximum Points
Leg strength	Wall sit (30sec)		5
	Squat (5 controlled with 5 seconds hold in squat position)		
Arm strength	Push up (5 repetitions)		5
Body awareness	Downward dog, plank, chaturanga, upward dog		5
	Cat-camel, downward dog, plank		
Explosive power	Long jump (average)		5
	Vertical jump		
Core	Plank (30 sec)		5
	Side Plank (30 sec)		
	Double leg lift (30 sec)		
	V sit up (5 repetitions + 5 sec hold)		

	OVERALL ATTITUDE		
	Assessment Criteria	Student Mark	Maximum Points
	Team attitude /individual attitude		5
	Emotional music interpretation with facial Expression and with obstacles		
	Stress resistance and stress management		
	Use of logics and intelligence in solving problems		
	Focus		
	<b>TOTAL</b>		100

Assessor's Signatures:

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Coordinator's Signature

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