


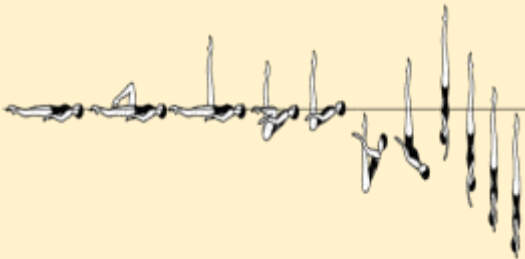
## NSS ARTISTC SWIMMING ASSESSMENT YEAR 9 - 2021

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	Split – R		10
	Split – L		
	Split – B		
	Synchro Bridge		
	Night		
Gymnastic stability and Coordination	Standing kicks x3 small, x3 90°, x3 180°		10
	Forward Row		
	Headstand vertical		
	Kicks on back from bent knee		

Water			
Figures	<b>Compulsory group:</b> Ariana DD 2.2 		10
	Rio DD3.1 		
	<b>Optional Groups: 2,3,4</b> *will be chosen on the day		
Routine	For 13-15 <ol style="list-style-type: none"> <li>1. Jump in the water (free).</li> <li>2. Barracuda spin</li> <li>3. Boost hands up</li> <li>4. Egg eggbeater side with arms</li> <li>5. Pike vertical decent</li> <li>6. .Hybrid: tuck position-split (holding 5 count ), to vertical, split fast walkover</li> <li>7. Fast ballet legs changes.</li> <li>8. Hybrid legs (free, improvisation)</li> </ol>		10
Basic Positions	Vertical position		10
	Crane		
	Ballet leg		

	Split - Ariana		
	Pike		
	Vertical position with spin 360		
Artistic swimming & swimming	Underwater 25m		10
	Eggbeater one arm up 25m		
	Torpedo legs above the surface 25m		
	Reversed Torpedo 25m		
	100m IM		
	FITNESS and TECHNIQUE		
	Assessment Criteria	Student Mark	Maximum Points
Leg strength	Wall sit (1 minute)		5
	Squad (10 controlled with 5 seconds hold in squat position)		
Arm strength	Push up (10 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 (1min)		5
	Side Plank (1min)		
	Double leg lift (1min)		
	V sit up (10 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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