



WE MOVE AS
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**2025-2026 SENIOR NATIONAL
TRAINING SQUAD**

**SELECTION EVENT
National Skills Testing Protocols**

January 2025



APPENDIX E

2025 – 2026 Senior National Training Squad SELECTION 2

Through the evaluation process we will select up to 5 athletes who will be eligible for the 2025-2026 Senior National Training Squad. Exact number to be determined by the Chief of Sport or designee; including remote athletes.

All members in good standing who will be 15 years of age or older by December 31, 2028, are eligible to participate in SELECTION 2.

IMPORTANT: SNT trials will be conducted separately from the final phase (Phase 3) of the JNT trials. Athletes who wish to be eligible for both JNT and SNT must register for each trial individually.

Example for athletes trying out for SNT only:

- Phase 1A: Individual Routine Swim (Tech Routine) will be evaluated on Saturday, April 13th.
- Phase 2A: Group Swim (Free Routine in conjunction with athletes trying out for JNT) will be evaluated on Sunday, April 14th.

Full details for National Training Squad Trials process can be found [here](#).

National SKILL TESTING RULES



IMPORTANT: Athletes participating in Senior National Team Trials are required to have completed Grade Level 6.

All athletes must wear a black swimming suit and white swim cap for the water testing. There may not be any club affiliation displayed on the athlete's outfit.

The draw numbers may be written on the caps or the athletes' bodies.

The Evaluators will be selected by the Chief of Sport (or Designee).

The AAC Athlete Representative and VP Olympic International, or Designee, will be in attendance for oversight.

The evaluation system is based on the NT skill testing protocol as follows.



Selection Important Notes



Dates: April 13-14, 2025

Location: Greensboro - NC

Complete online registration [HERE](#).

Registration will open on Wednesday, February 5, 2025.

REGISTRATION DEADLINE IS SUNDAY, MARCH 30 2025 (11:59pm PST)

Athletes - \$150.00 (Late fee \$50.00 between March 31- April 6)

Coaches & Chaperones - Free (Late fee \$25.00 between March 31- April 6)

Coaches & Chaperones will not be allowed on deck.

No Registration accepted on or after April 7.



SUMMARY OF SKILL TESTING



Phase 1A – Individual Routine Swim

Individual Routine Swim – Senior Tech Team
Routine will be swum individually one time.

Phase 1B - Coaches Observations: Throughout the day National Team Coaches will evaluate the athletes for preparedness, attitude and competitiveness. Athletes shall perform a warm-up lead by one of the NT coaching staff.

Phase 1 – Final Score:

Phase 1A – Individual Routine Swim 70%
Phase 1B – Observation 30%

Up to 8 athletes, in rank order, shall advance to Phase 2A.

Phase 2A – Group Swim:

Eligible athletes will compete in a Routine competition, which will consist of 1 group routine swim. All athletes from Phase 2A shall advance to Phase 2B.

Phase 2B – Trials Interview:

Eligible athletes will participate in an in-person interview conducted by the National Team Coaching Staff.

Final Score: The final score will be calculated using the following percentages:

Phase 1 - Final Score 40%
Phase 2A - Group Swim 40%
Phase 2B - Trials Interview 20%

Entire Playlist for Trials can be found [HERE](#)





PHASE 1A – ROUTINE ASSESSMENT



ROUTINE ASSESSMENT



Description of Routine:

Pre-learned routine as posted. Senior National Technical Team routine.

Scoring Criteria:

Maximum height, extension, accuracy of movements, artistic impression.

10 points possible for each TRE (50 points)

10 points possible for Execution on each Hybrids (20 points)

10 points for Performance (10 points)

10 points for transitions (10 points)

How is the test evaluated?

Up to 5 Evaluators will evaluate:

Elements: TRE & 2 Hybrid Execution Scores

Performance and Transitions:

Artistic Impression - Performance/Presentation - Effortlessness throughout, Consistency of performance, Charisma and communication, Interpretation of character, mood, feeling. Transitions should be smooth and seemingly effortless, without bouncing, jerkiness or splashing unless clearly intended otherwise in the choreography. There should not be any excessive, extraneous movements, loss of control, extension or height during a transition. Pool coverage, constant flowing actions should be shown.

Routine starts from DECK. Athlete should perform your own Deck work = Confidence & Originality.

Each Judge shall award scores from 0-10 points in increments of 0.25

A National Team Coach will evaluate Synchronization. Deductions for Synchronization will be the following:

Small mistakes (-0.1) / Obvious mistakes (-0.5) / Major mistakes (-1.0)

Entire Playlist for Trials can be found [HERE](#)

SCORESHEET – Each Element is worth 10 points AQUA Scoring Rules

ROUTINE ASSESSMENT



SCORING SPREADSHEET - EXECUTION

Area – Execution	Description of requirement	Score Given
PERFECT	Maximum height - over 9.5 in scale both dynamic and stable, accurate lines in all Hybrids <ul style="list-style-type: none"> • Full control - solid stability, full extension of body and all joints, effortless, clean • Extreme flexibility (hips, shoulders, spine) • No deviation 	10
NEAR PERFECT	Maximum height - over 9.5 in scale both dynamic and stable, accurate lines in all Hybrids <ul style="list-style-type: none"> • Full control - solid stability, full extension of body and all joints, effortless, clean • Extreme flexibility (hips, shoulders, spine) • No deviation 	9.75 – 9.5
EXCELLENT	Average height clearly on 9.0-9.5 <ul style="list-style-type: none"> • Full extension, minimum problems in stability • Few (2-3) Small deviations • Extreme range of flexibility 	9.25 – 9.0
VERY GOOD	Average height 8.5 to 9.5 <ul style="list-style-type: none"> • May loose full extension or total stability but for a minimum duration • Few (2-3) small deviations • Large range of flexibility 	8.75 – 8.0
GOOD	Average height 7.5 to 8.5 <ul style="list-style-type: none"> • May loose full extension or total stability for a few moments during Hybrids (obvious) • Small and medium deviation, no large deviation • May show average / medium range of flexibility 	7.75 – 7.0

ROUTINE ASSESSMENT



SCORING SPREADSHEET - EXECUTION

Area - Execution	Description of requirement	Score Given
COMPETENT	Average height 6.5 to 7.5 <ul style="list-style-type: none">• Not full extension at any moment, but not poor either; may show obvious lack of stability• Small and medium deviations, may contain large deviations• Medium to small range of flexibility	6.75 – 6.0
SATISFACTORY	Average height 5.5 to 6.5. <ul style="list-style-type: none">• Not full extension at any moment, even poor occasionally. Obvious lack of stability• Medium and large deviations• Small range of flexibility	5.75 – 5.0
DEFICIENT	Average height 4.5 to 5.5. <ul style="list-style-type: none">• Poor extension and obvious lack of stability during all Hybrids• Medium and large deviations• Small range of flexibility	4.75 – 4.0
WEAK	Struggling in all aspects. <ul style="list-style-type: none">• Low height• Large deviations• Unclear	3.75 – 3.0

ROUTINE ASSESSMENT



SCORING SPREADSHEET - ARTISTIC IMPPRESSION (PERFORMANCE & TRANSITIONS)

Area - Performance & Transitions	Description of requirement	Score Given
EXCELLENT / PERFECT	Total command throughout routine with use of face and whole body (90-100% of the routine). Flawless. Outstanding charisma. Routine appears effortless. Performs transitional movements showing constant action of many different body parts performed in an excellent manner. Complexity is performed effortlessly and can be appreciated throughout the routine.	10 - 9
VERY GOOD	Well accomplished total command during routine with use of face and whole body (80% of the routine). Minor breaks in total command. Majority of the routine is performed effortlessly. Movements are seamlessly and accurately performed.	8.75 – 8.0
STANDARD	Achieved total command and use of face/body (70% of the routine) but may lack physical and/or emotional energy to stay connected for entire routine. Efficiency and execution level may deteriorate as routine progress. Variety in Transitions although mainly standard actions.	7.75 – 7.0
COMPETENT	Attempts command (60% of the routine) but lacks physical and/or emotional energy to stay connected for entire routine. Some Transitions produce a lack of fluidity; execution level is limited by the athlete's abilities. May show lack of efficiency in propulsions/ sculling techniques in some spots	6.75 – 6.0

ROUTINE ASSESSMENT



SCORING SPREADSHEET - ARTISTIC IMPPRESSION (PERFORMANCE & TRANSITION)

Area - Performance & Transitions	Description of requirement	Score Given
SATISFACTORY	Some attempt at command (50% of the routine). Only able to project for ½ of the routine while the remainder of the routine is inner focused. Lacks physical and/or emotional energy causing the routine to appear insecure. Transitions fluency is poor and routines lacks fluidity. Difficulties with execution of the Transitions. Simple Transitions with evident problems in execution. Lack of efficiency evident in propulsions/ sculling.	5.75 – 5.0
DEFICIENT	Majority of the routine is inner focused with small attempts to connect to audience (40% of the routine). Unconfident. Transitions are mostly breathing/resting sections. No fluency. Mostly, low execution level. Transitions with large problems in execution. Lack of efficiency in propulsions/ sculling	4.75 – 4.0
WEAK	Inward focused for the entire of the routine. Even the simplest movements show large execution problems. Transitions, difficult to identify with large problems in execution.	3.75 – 3.0



PHASE 1B – OBSERVATION



COACHES OBSERVATION



Coaches Observation by National Team Coaches

Description

National Team Coaches will assess athletes throughout the day based on their preparedness, attitude, and competitiveness. The trials will kick off with a group land warm-up and technical water session led by a designated National Team coach. Athletes will be evaluated on their coachability, focus, and adaptability to the exercises taught.

Bonus Points

Athletes have the option to perform the Queen Position (from the Team Acrobatic Catalog) on land; those who hold it for 5 seconds receive an 8-point bonus to their observation scores. Participation is not mandatory, and athletes are advised to warm up properly and ensure supervision for safe execution.

[Queen Position video](#)

Possible Points for Coaches Observation:

18 points.



PHASE 2A – GROUP SWIM





Description of Routine:

Pre-learned routine as posted. Team Free routine. The draw and the number of athletes in each group for the group routine swim will be decided by the Chief of Sport.

Groups of 4 swimmers will perform a short section of the Team Free routine and will be asked to switch pattern to a specific spot. This same section will be performed 4 times.

Landrill videos are posted for better understanding of counts.

Entire Playlist for Trials can be found [HERE](#)

Scoring Criteria:

Pattern awareness, space awareness, presentation, sharp & clear movements throughout the performance and height & charisma.

Possible Points for Group Routine Assessment:

Pattern Awareness/ Spacing Awareness – 10 points

Artistic Impression / Performance – 10 points

Execution of hybrids – 10 points

How is the test evaluated?

Up to 5 Evaluators.

GROUP ROUTINE ASSESSMENT



SCORESHEET – GROUP SWIM

Area	Description of requirement	Max Score
<p>PATTERN & SPACE AWARENESS Number of points possible: 10</p>	Very Weak	4.5-5.5
	Weak	5.5-6.5
	Good	6.5-7.5
	Very Good	7.5-8.5
	Outstanding	8.5-10
<p>PERFORMANCE Manner of Presentation Connection with judges, confidence, charisma and how you sell it Number of points possible: 10</p>	See SCORING SPREADSHEET - ARTISTIC IMPRESSION (PERFORMANCE & TRANSITION)	
<p>HYBRIDS EXECUTION Number of points possible: 10</p>	See SCORING SPREADSHEET - EXECUTION	



PHASE 2B - INTERVIEWS



Individual Interviews with National Team Coaches

Description

Eligible athletes will participate in an interview conducted by the National Team Coaching Staff onsite. Meeting will take no longer than 10 min.

The meeting is a dedicated space on the Selection event to learn more about the athletes. It will be an open-ended conversation between athlete & National Team Coaches. The questions will be regarding the motivation to enter the National Team, the athlete's mindset, commitment & attitude towards the program.

The order of the interview will be decided by the Chief of Sport (or Designee).

The interview has a 20% weight on the final score.

Scoring Criteria:

Motivation, Mindset, Team player, Commitment, Attitude

Possible Points for Individual Interview:

10 points.



FOR ANY QUESTIONS CONTACT

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