



2025 YOUTH NATIONAL TEAM

2025 ELITE CAMP

SELECTION EVENT
National Skills Testing Protocols

Updated March 1, 2024



APPENDIX E

2025 YOUTH NATIONAL TEAM

Through the evaluation process we will select up to 12 athletes who will be eligible for the 2025 Youth National Team. Exact number to be determined by the Chief of Sport or designee.

****NOTE:** To ensure that the Youth National Team has a minimum of 1 male and not more than 2 males, the Chief of Sport (or Designee) may go below the last athlete(s) being considered for the Youth National Team in order to replace the last ranked athlete(s) with up to 2 males, if necessary, to finalize the 2025 Youth National Team.

2025 YOUTH NATIONAL ELITE CAMP

Through the evaluation process we will select up to 16 athletes who will be invited to attend the National Elite Camp.

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

NOTE: Refer to the USAAS website, Appendix E, to find the most recent information concerning ongoing Age Group Trials procedures and/or the National Teams and National Elite Camp. Click [here](#).



IMPORTANT: Athletes participating in the Youth National Team Trials are required to have completed Grade Levels 1,2,3 & 4.

All athletes performing the National Skills Testing must wear white cap and black bathing suit for the water testing, and tight black shorts and black bathing suit for the land 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.

For skills & routines, athletes will be evaluated by official evaluators consisting of AQUA Judges, PAQ Judges, AQUA Evaluators and/or National Team Coaches.

For figures, athletes will be judged by panels of AQUA Judges, PAQ Judges, AQUA Evaluators and/or National Judges.

No coaches, parents or non-competing athletes will be allowed in the area where the National Skill Testing takes place. A viewing area for coaches, parents and non-competing athletes will be provided only if space allows.



SUMMARY OF SKILL TESTING



Phase 3A - Figures

A total of 2 figures will be evaluated in this section of National Team Trials. 2 Figures will be posted on the USAAS website 72 hours prior to the start of the Youth Nationals figure competition. All athletes registered for National Team Trials will compete in those two figures during the figure competition performed during the Youth National Championship.

Phase 3B - 1 Individual Swim & 1 Group Swim

Routine – 2025 Youth National Team - Greece World Championships

Note: The choreography will remain consistent with the January trials routine test, except for the replacement of two hybrids. Please refer to the individual videos labeled "New Hybrid 1" and "New Hybrid 2" for the new hybrids that will substitute the previous ones.



Phase 3B – Individual Routine Swim





Description of Routine:

Pre-learned routine as posted: Youth National Team Free routine.
50 points total possible

Note: The choreography will remain consistent with the January trials routine test, except for the replacement of two hybrids. Please refer to the individual videos labeled "New Hybrid 1" and "New Hybrid 2" for the new hybrids that will substitute the previous ones.

Scoring Criteria:

Maximum height, extension, accuracy of movements, performance and transitions.

10 points possible for execution of each Hybrid (total of 30 points)

10 points possible for Performance

10 points possible for execution of Transitions

How is the test evaluated?

Evaluators will evaluate:

1 score for each hybrid (total of 3), 1 score for Performance, 1 score for execution of Transitions.

Each Evaluator 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](#)

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	<p>Average height 6.5 to 7.5</p> <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	<p>Average height 5.5 to 6.5.</p> <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	<p>Average height 4.5 to 5.5.</p> <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	<p>Struggling in all aspects.</p> <ul style="list-style-type: none">• Low height• Large deviations• Unclear	3.75 – 3.0

ROUTINE ASSESSMENT



SCORING SPREADSHEET - ARTISTIC IMPRESSION (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 IMPRESSION (PERFORMANCE & TRANSITION)

Area - Performance & Transitions	Description of requirement	Score Given
SATISFACTORY	<p>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.</p> <p>Difficulties with execution of the Transitions. Simple Transitions with evident problems in execution. Lack of efficiency evident in propulsions/ sculling.</p>	5.75 – 5.0
DEFICIENT	<p>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</p>	4.75 – 4.0
WEAK	<p>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.</p>	3.75 – 3.0



PHASE 3B – GROUP SWIM



ROUTINE ASSESSMENT



Description of Routine:

Pre-learned routine as posted.

The draw and the number of athletes in each group for the group routine swim will be decided by the Chief of Sport or designee. Athletes will perform a short section of the YNT Team Free routine in a pattern.

Note: The choreography will remain consistent with the January trials routine test, except for the replacement of two hybrids. Please refer to the individual videos labeled "New Hybrid 1" and "New Hybrid 2" for the new hybrids that will substitute the previous ones.

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

Scoring Criteria:

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

Possible Points for Group Routine Assessment:

Pattern Awareness/ Spacing Awareness – 10 points

Artistic Impression / Performance – 10 points

Execution of hybrids – 10 points

Each Evaluator 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)

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	



FOR ANY QUESTIONS CONTACT
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