

2025 Female Duet Trials
Friday Jan 31st 11-12:30

There will be up to 3 athletes selected for the Technical Duet including Jamie Czarkowski who is already pre-selected to the squad.

The first step will be to select the top ranked athlete based on an Individual swim. The second step will be to find a partner for that athlete as well as an alternate.

The athletes will swim the Technical Team routine with Duet Elements placed in the routine instead of the Technical Team Elements.

The areas the athletes will be judged on are as follows:

1. Upright Swimming: Eggbeater height, use of body, and clarity of movement, and facial presentation.
2. Upside down Movements: Height of all leg movements, leg, calf, ankle, and quad extension, and clarity of movement.
3. Technical Elements: The elements will be judged per AQUA judging criteria.
4. Routine Endurance: Consistent level of height, execution, sharpness, and range of motion from the beginning of the routine to the end.
5. Base Marks: Base Marks during the routine swims, will be evaluated by the coaching staff.

After the top athlete is selected we will do multiple swims in pairs to find the ideal partner. The athletes will swim a lap or laps of the routine in order to evaluate them as a pair. Athletes will be selected to participate in the group swims based on the Individual swim results. One additional category will be included. The additional category is:

1. Match-ability: Similar height (toe line) to the top selected athlete, similar style of swimming to the top selected athlete, and complimentary assets to the top selected athlete.

Once we have the top 3 athletes selected we will continue to evaluate the athletes throughout the season to properly prepare and adjust the pairing for the competitions occurring throughout the season. The 3 athletes are interchangeable and we may use different pairings throughout the season based on competition performances and daily practice habits. Areas to be considered in addition to the areas mentioned above:

1. Performing under competition pressure.
2. Element improvement and performance throughout the season.
3. Base Mark performance throughout the season.
4. Drive, determination, work ethic, and competitiveness throughout the season.

2025 Mixed Duet Trials
Saturday Jan 31st 12:30-2

There will be 2 athletes selected for the Mixed Duet.

The first step will be to do Individual swims with the female athletes vying for a spot in the Mixed Duet. The second step will be to find the best match for the male athlete in the Mixed Duet.

The female athletes will swim the Acrobatic Routine with the Duet Technical Elements as well as other Thrust actions placed within the routine instead of the Acrobatics that normally take place in the routine. The areas the athletes will be judged on are as follows:

1. Upright Swimming: Eggbeater height, use of body, and clarity of movement, and facial presentation.
2. Upside down Movements: Height of all leg movements, leg, ankle, calf, and quad extension, and clarity of movement.
3. Technical Elements: The elements will be judged per AQUA judging criteria.
4. Routine Endurance: Consistent level of height, execution, sharpness, and range of motion from the beginning of the routine to the end.
5. Base Marks: Base Marks during the routine swims, will be evaluated by the coaching staff.

The final portion of the trials will be multiple swims in pairs to find the ideal partner for the male athlete. As outlined above for the Female Duets, the potential Mixed Duet athletes will swim a lap or laps of the routine in order to evaluate them as a pair. One additional category will be included:

Match-ability: Similar height (toe line) to the male athlete, similar style of swimming to the male athlete, and complimentary assets to the male athlete.

We will also ask the different pairs to perform various Pair Connections and Pair Acrobatics per the AQUA difficulty chart. These actions can be particularly dynamic and important to a Mixed Duet and should be considered in the final selection.

When the Senior Team Trials are concluded in April of 2025, if additional male athletes are selected and join the team, they will also be considered for the Mixed Duet. At this point in time a trials will need to be held for the Male representative in the Mixed Duet. If the Male athlete in the Mixed Duet is replaced we will hold an

additional trials using the same criteria to select the appropriate Female to swim with the newly selected Male athlete.