2019 – 2020 Junior National Squad Application Process

AS OF AUGUST 19TH, 2019
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Introduction

Junior National Squad Application Process

This phase is open to all age-eligible athletes, birth year 2005 - 2002. These athletes will be eligible to train & compete with the Junior National Squad beginning September 2019.

In 2020, ONLY those athletes who have been training at the National Training Center since September 2019, can be considered for selection to the Junior National Team. The Junior National Team athletes will participate in the 2020 Junior World Championship.

All age-eligible athletes may go through an application process to be considered for the 2020 Junior National Squad. There will be a total of 12-15 athletes on the Junior National Squad.
National Skills Testing

All athletes performing the National Skill Testing must wear white cap and black suit for the water testing, and tight black shorts and black suit for the land testing. There may not be any club affiliation displayed on the athlete’s outfit.

Athletes will be evaluated by the High-Performance Director (or designee), National Team Coaches, 1-3 FINA Judges and VP Olympic International.

The following are areas of review: Routines from Nationals or Junior Olympics, Flexibility, Strength & Conditioning.

After review of videos, the athlete will be notified if they will be considered for fulltime training. Athletes will be asked to participate for 2 days at the training center for further evaluation.
Flexibility & Strength

Objectives of Flexibility & Strength

- To evaluate range of movement (ROM) and strength of the ankles, hips, back and shoulders
- To act as a vehicle to guide improvements in body awareness, posture and muscular conditioning of key areas
- Give coaches a tool to assess effects of training with required benchmarks
Flex – Hips, Lower Back & Splits #1

Standing Split with hands on the ground (needle position)

Objective of the Test

Measure flexibility and extension of both legs.

Test Description

Begin with right/left leg extended forward, arms up and extended. Hinge forward at the waist and place the palms on the floor in front of your foot, shoulder-width apart. The leg is extended upwards with foot pointed in a Standing Split Position (Needle). Test will be performed on both legs. Hold for approximately 15 seconds.

Evaluation of Skill

Body alignment – head (specifically ears), hips and foot all in perfect vertical alignment and extended. Leg alignment & extension – torso, hips, leg, knees, ankles & feet. Head alignment. Minimal hip/leg rotation.
Flex – Hips, Lower Back & Splits #2

Over-Split

Objective of the Test
Measure flexibility and extension of both legs.

Test Description
Begin with right/left leg extended forward and on chair/matt approximately 24 inches high. Arms straight out to the sides, parallel to the ground. Test will be performed on both legs. Hold for approximately 15 seconds.

Evaluation of Skill
Body alignment – head (specifically ears) and hips in perfect vertical alignment and extended. Leg extension – hips through legs, knees, ankles & feet. Minimal hip/leg rotation. Arms extended behind the body line, touching the floor.
Flex – Hips, Lower Back & Splits #3

Standing Split Hold

Objective of the Test
Measure flexibility and extension of both legs.

Test Description
Balance on one foot and pull leg up with the opposite hand. Athlete may hold on to wall or pole. Test will be performed with both legs. Hold for approximately 15 seconds.

Evaluation of Skill
Body alignment – head (specifically ears) and hips in perfect vertical alignment and extended. Leg extension (on both legs) – hips through legs, knees, ankles & feet. Minimal hip/leg rotation.
Flex – Hips, Lower Back & Split #4

Standing Split Position Hold on Wall

Objective of the Test
Measure flexibility and extension.

Test Description
Lying on the floor on the back with the buttocks against the wall, legs extended vertically and heels on, or close to, the wall. Arms extended on the floor and in line with the shoulders. The legs are opened, without assistance, until they reach maximum width. Hold for approximately 15 seconds.

Evaluation of Skill
Leg extension – knee extension and quadriceps engaged. Feet and knees full extended. Knees and feet facing directly away from the wall. Width of straddle measured in degrees.
Flex – Hips, Lower Back & Splits #5

Bridge Position

Objective of the Test
Measure flexibility and extension.

Test Description
Lying on the floor with knees bent, feet flat on the floor shoulder-width apart and parallel to each other. Hands palm down on the mat with fingertips under the shoulders pointing towards the feet. Push up into Bridge Position with legs straight and feet together. Hold for approximately 15 seconds.

Evaluation of Skill
Arch position & head alignment. Knee extension. Arm alignment and elbow extension.
Core & Upper Body #6

Objective of the Test

Measure core, upper body strength and endurance and evaluate technique for push-ups, planks and v-sits.

Test Description

The athlete performs a combination of core and upper body strength moves in the following order: front plank, triceps push-ups, front plank, V-sits, front plank, triceps push-ups. Duration of the front plank hold and number of push up and V-sit repetitions below.

Push-ups and V-sits are done following the metronome rhythm of 120bpm.

Counts

Push-ups – 2 counts down, 2 counts up, hold 2 counts, repeat V-Sits: 2 counts up, 2 counts down (no holds), repeat

Front Plank – 30 seconds
Triceps Push-ups – 15
Front Plank 30 seconds
V-Sits – 20
Front Plank – 30 seconds
Triceps Push-ups – 15

Front Plank – foot position pointed

V-Ups – foot position pointed

Push-ups – foot position flexed
Lower Body #7

**Objective of the Test**

Measure speed of movement, speed endurance, lower body strength (especially glute strength).

**Test Description**

The athlete performs a combination of lower body moves in the following order: jump rope, squats & jumps... Duration and/or number of repetitions below.

Jumps & squats are done following a set rhythm with the metronome. Metronome speed 120. Please bring jump rope.

**Counts**

Squats: 1 count down, 1 count up
Jumps: 1 count up, 1 count down, hold 2 counts, repeat

Jump Rope – 45 seconds, max speed
Squats – 10
Jumps – 10
Jump Rope – 45 seconds, max speed
Squats – 10
Jumps – 10
Handstand & Support Scull #8

Objective of the Test
Measures core strength, balance and alignment.

Test Description
The athlete performs a handstand moves in the following order: handstand facing the wall, support scull with resistance band, handstand facing the wall, support scull with resistance band, support scull with resistance band hold, handstand facing the wall. Duration is defined below.

Handstand facing the wall: facing the wall, the athlete performs a handstand. Hands are shoulder distance apart not rotated out. Arms and legs fully extended. Legs together and feet pointed. Athlete pulls the belly button to the spine to achieve the maximum posterior pelvic tilt. Arms push away from the floor.

Support Scull with resistance band: Standing back to the wall, feet together. Shoulder blades set and core activated. Resistance band goes under both feet and in each hand. Arms are bent to 90 degrees with the elbows slightly away from the wall. Athletes start with the hands to the side touching the wall. Perform support scull technique for 30 seconds following the metronome tempo of 120 bpm.

Support Scull Hold: Hold the support scull position with the index finger touching the wall the entire time. The body position does not change during the hold. Support scull is done following a set rhythm with the metronome, one tick for out-scull, one tick for in-scull (movement should match the 120-bpm speed).

Handstand facing wall – 10 seconds
Support scull – 30 seconds
Support scull hold – 5 seconds
Handstand facing wall – 10 seconds
Support scull – 30 seconds
Support scull hold – 5 seconds
Handstand facing wall – 5 seconds

Use a dark blue theraband.
Evaluators

- High Performance Director (or designee)
- National Team Coaches
- FINA Judges (1-3)
- Vice President Olympic International

Questions:

Contact Linda Loehndorf
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