Senior National Team Trials Information and Schedule

The highest level in our country is the national team. Our country and organization is fortunate to have so many dedicated athletes that can compete for a spot on this team. Our incredible coaching staff and the organization are excited to announce the details for the 2020 Senior National Team Trials. Details about the event and routine are below.

The national team committee is working to finalized detailed selection procedures for this event and all trials events through 2024. This document is getting close to complete and it will provide athletes of every age details on how to qualify and the expectations that need to be met to continue to be a part of the Senior National Team Squad.

We look forward to seeing you at Trials in Mesa.

Senior National Team Trial Schedule

- Tentative 2:00 PM Start Time (30 minutes after the conclusion of Junior Nationals)
- Land training
- Routine learning
- Lap swim & evaluation
- Routine practice
- Routine swim in pairs
- Interviews
- **Finish by 7pm**

Senior National Team Trials Criteria

Start time: 2pm or (30 minutes after the conclusion of Junior Nationals)

- 2:00 – 2:30pm Land training:
  An all athlete warm-up will be led by a National Team coach. The rest of evaluators will be observing each swimmer throughout the warm-up. They are evaluating: Extension, general strength, speed, flexibility and balance. The warmup will include gymnastics, ballet and general conditioning exercises.

- 2:30 – 3:00 pm Learn a routine:
  A video will be shown once land warm-up is completed. Athletes will have 30 minutes to learn the choreography. Note: The video will be airdropped or texted to the athletes personal phones/iPads to allow each swimmer the opportunity to properly learn the routine. The routine will contain:
  The routine will include: A Deck; A Body Boost; 1st senior team element + one hybrid; Double arms eggbeater; A transition; 2nd senior team element (Spins); Transition; 3rd senior team element (Nova); Ballet leg section; Transition; 4th senior team element (Manta ray); Transition; 5th senior team element (Split rocket); A Last Hybrid; (2 min routine approximately)

- 3:00 – 3:15 Swimmers to get changed and prepared to dive in

- 3:15 – 3:45 Warm-up in water: speed swimming and synchro laps
  We will evaluate: Speed, coordination, height, flexibility, control and general execution

- 3:45 – 4:15 Routine warm up (Music playing in a row for a 30 min practice)
• 4:15 – 5:15 Routine Swim (2 swimmers at a time)

• 5:15 - 5:30 Possible re-arrange of groups (List of the top 16 athletes to go to the interviews)

• 5:30 – 7:00 Interview with National Team coaches

• The number of athletes needed to complete a squad of 25 will be notified by April 6 (there will be no less than eight (8) athletes invited to join the Squad). Once all positions have been accepted all other athletes that participated in the Trial will be notified.

• Evaluation of athletes will be emailed within 30 days