

Selection Evaluation Tool

Once a month, evaluations will be taken to provide measurable feedback for each athlete selected to a training squad. The evaluations will be given privately with the goal to provide a useful tool for improvement. The parameters will be scored from 0 to 10, 0 being “needs to improve urgently” and 10 is “expectations reached”.

The following parameters will be evaluated during a competition simulation of a team routine. They are very specific to Artistic Swimming. The coaches will evaluate in person and video to analyze every parameter for each swimmer:

EXECUTION (following the FINA judge manual)

- Technique: correct verticality and body control on technical elements
- Height: using the same scale as FINA judge manual
- Sharpness: ability to execute a movement as fast as necessary with the precision needed
- Patterns: ability to be aware of a pattern and be in line
- Synchronization on counts: do the correct movement on the correct timing for hybrids, strokes, and transitions
- Synchronization on angles: execute the correct angles and rotations to synchronize with the rest of the team
- Extension: knee and point extension
- Flexibility: on the technical elements or other flexible required movements

ARTISTIC IMPRESSION

- Presentation: correct body posture during the routine
- Facial expression: express with the face according to each part of the routine
- Eye contact: connect with the audience, especially judges

The following parameters will be evaluated 2 weeks prior to the team competition simulation:

GENERAL FITNESS

- Speed swimming: depending on the time of the season, the speed swimming coach will evaluate the speed with different kind of sets that have been practiced during the month.
- Gymnastics: depending on the time of the season, the gymnastics coach will evaluate strength, agility, and body control with different kinds of exercises that have been practiced during the month.
- Ballet: depending on the time of the season, the ballet coach will evaluate execution and body control with different kinds of exercises that have been practiced during the month.

The following parameters will be evaluated during the entire month to offer the highest level of consistency:

ATTITUDE

- Coachability: Being open to corrections and not taking them personally (for example, rolling eyes). Be open to continuous personal improvement.
- Problem-solving mindset: In front of a difficult situation, look for a solution instead of complaining. Flexibility and adaptability to make it work regardless of the circumstances. Ask for help if necessary: "I want to know how" rather than "I can't".
- Proactive: Volunteering for the progress of the team, help on the common goal, giving ideas, being interactive with your coaches and with each other and taking responsibility for your personal improvement.
- Self-Discipline: Focus, dedication, and strong determination on your part to do what you should, as close as you can to reach your maximum potential.
- Respect: The program, the teammates, and the coaches. Arriving on time, ready to train when practice starts. On time means changed and ready to start, not arriving when practice is scheduled to start. Responding to teammates and coaches with positive intent. Helping a teammate when needed and especially when asked. Following the guide of SafeSport. Hazing or bullying will not be tolerated in this team.
- Communication: Communicate to the coaches and teammates if any problem is affecting practice. Injuries should be communicated on time to make sure they do not get worse. No communication decreases the level of trust in a team. Verbalize any concern or situation to not create uncertainty in the team.
- Consistency: Maintaining all the points listed above, every day regardless of the personal situations and during the whole practice.

Final evaluation:

Each swimmer will receive their scores on every parameter and in total to understand where the athlete needs to improve and/or continue to excel.

ATHLETE EVALUATION TOOL

MONTHLY EVALUATIONS														
ARTISTIC SWIMMING														
0 TO 10 POINTS		Execution							EXECUTION TOTAL	Artistic impress				
		Technique	Height	Sharpness	Patterns	Counts	Angles	Extension		Flexibility	Presentation (body posture)		Facie	
Team competiton simulation	ATHLETE 1									0				
	ATHLETE 2									0				
	ATHLETE 3									0				
	ATHLETE 4									0				
	ATHLETE 5									0				
	ATHLETE 6									0				
	ATHLETE 7									0				
	ATHLETE 8									0				
	ATHLETE 9									0				
	ATHLETE 10									0				
GENERAL FITNESS														
0 TO 10 POINTS		Speed swimming		SWIM TOTAL	Gymnastics					GYM TOTAL	Ballet			
		Exercise 1	Exercise 2		Exercise 1	Exercise 2	Exercise 3	Exercise 4	Exercise 5		Exercise 1	Exercise 2	E	
Evaluated 2 weeks prior to the competition simulation	ATHLETE 1			0							0			
	ATHLETE 2			0							0			
	ATHLETE 3			0							0			
	ATHLETE 4			0							0			
	ATHLETE 5			0							0			
	ATHLETE 6			0							0			
	ATHLETE 7			0							0			
	ATHLETE 8			0							0			
	ATHLETE 9			0							0			
	ATHLETE 10			0							0			
0 TO 10 POINTS		ATTITUDE							ATTITUDE TOTAL	RES				
		Coachability	Problem-solving mindset	Proactivity	Self-Discipline	Respect	Communication	Consistency		ARTISTIC SWIM		GE		
Evaluated during the entire month	ATHLETE 1									0	ATHLETE 1	0		
	ATHLETE 2									0	ATHLETE 2	0		
	ATHLETE 3									0	ATHLETE 3	0		
	ATHLETE 4									0	ATHLETE 4	0		
	ATHLETE 5									0	ATHLETE 5	0		
	ATHLETE 6									0	ATHLETE 6	0		
	ATHLETE 7									0	ATHLETE 7	0		
	ATHLETE 8									0	ATHLETE 8	0		
	ATHLETE 9									0	ATHLETE 9	0		
	ATHLETE 10									0	ATHLETE 10	0		

The tool will be used for constant and consistent evaluation which will ensure competitive readiness is monitored and clear feedback to help athletes improve is provided.