

SSA Artistic Swimming Training Squads 2019

The SSA TASC has identified 2 international FINA competitions for SA Artistic Swimmers in 2019

1. FINA Worlds in Korea 12-28 July (ages 15 and older as at December 2019)
2. FINA 13-15 Championships (dates and venue TBC) or Mediterranean Cup (if FINA event cancelled) (ages 13 to 15 as at December 2019).

Trials will take place during NAG and on Sunday 16 December and Monday 17 December at Hillcrest Pool, Pretoria. The selectors will select two squads of 15 members each in December. The squads will train together twice locally (January and May) and attend a training camp in Hungary in July 2019 prior to Worlds or later for 13-15 age group. The squads will be reduced to final teams of a maximum of 12 per team, depending on criteria below prior to international travel. The TASC reserves the right to change these camps should costs escalate.

Any swimmer who is available for selection for either of these competitions must participate at NAG 2018 and enter for the trials thereafter. They must also participate in either SA Nationals 2019 or SA Level 3 2019 or both.

FINANCE

Parents need to sign a form accepting financial responsibility. Please ensure your manager hands these forms in at the managers' meeting prior to NAG 2018. The costs for FINA Worlds are partially subsidized by FINA. The 13-15 tour costs are paid by the team members. Please note we have calculated the costs using the current rand euro rate of exchange and these costs may change by July 2019. The estimated cost for each tour is R40000

The entry fee for the December trials (to cover costs of pool hire, etc.) is R100. Please pay this by 30 November as follows:

Account name: NTS

Bank: ABSA

Account Number: 103 538 2051

Branch: 632005

Swift Code: ABSAZAJJ

Reference: NAG & club name & trials

All proof of payment must be emailed to Tournament Finance Manager (Dionne Rauff)

dionne@deltamune.co.za, with copies to Tournament Director (Cathy Bester)

kingfisher.aquasync@gmail.com and fechterauditors@vodamail.co.za.

Ref on deposit must be NAG & Club & Trials

NB: Where depositing cash please include a R50 cash deposit fee.

Please also send proof of payment to nords@mweb.co.za with names of swimmers participating.

SELECTION PROCESS

Solo and duet swimmers are the winners at Nationals / SA Level 3.

Squad Selection:

1. 1 minute team routine at trials after NAG: Manner of Presentation (10) and Execution (10)
2. Splits on land, hips square– right, left, middle (5+5+5)
3. Double arm boosts x 5 with hipbones dry (5)
4. Fish tail position, 10 sculls, left and right leg, measured on end height per FINA scale (5 + 5)
5. Vertical, 10 sculls measured on end height per FINA scale (10)
6. Barracuda (10)
7. Vertical full twist (10)
8. Continuous spin, 720 (10)
9. Combined spin, 720 (10)

Other Considerations:

10. 13-15 figures scores at NAG 2018 and Level 3 2019 or Senior element scores at NAG 2018 and Nationals 2019 using metronome counts. Swimmers will swim in underwater before setting up in front of the judges.
11. Timed 200m swim - to monitor fitness on a fortnightly basis going forward
12. Number of sit-ups and push-ups in a minute - to monitor fitness on a fortnightly basis going forward
13. Scores achieved from any solo or duet routine swum at NAG. (Failing this, selectors will assess ability in any other routine swum at NAG.)

TRIALS PROGRAM

Sunday 16 December

0900 to 1100: Land stretches, Land drill of team routine, Assess splits (2), situps and pushups (12).

1100 to 1300: Tests 3 to 9

1400 to 1600: Team training swim thrus & senior elements (10)

1600 to 1700:

Monday 17 December

0800 to 1000: Warmups, Team swim thrus and tapping

1030 to 1100: 200m time trial (11)

1100 to 1400: Judged swim thrus (1)

DATE OF ISSUE: October 2018