

Stage 3 (8-11 year olds)

WATER

- Speed
 - Front flutter kick – distance in 15sec
 - Head first sculling-distance in 15sec
 - Propellor - distance in 15sec

LAND

- Flexibility
 - Bridge (Arch position)
 - Needle R, Needle L
 - Shoulder flex – extension
 - Ariana rotation
- Speed
 - Plate Tap Test – Upper Segment – 10-15secs
 - Ballet Leg Tap Test – Lower segment – 10-15secs
- Physical literacy
 - Tripod headstand (see page 5 in Land Document)
 - Back layout -2 foam rollers –25sec
 - Squat – 8x
 - V sit – 8 x
 - Tricep Pushup – 8x
 - Pull up – 3-5

Stage 4 (11-12 year olds)

WATER

- Speed
 - 25m Front flutter kick – goal 20s
 - 25m Head first sculling – goal 20s
 - 25m Propeller – goal 20s
- Stamina
 - Synchro specific swim – 50m (goal under 2m 15s)
- Flexibility
 - Lateral Split – Hold Right leg
 - Split to surface back arch position (* we will do this simultaneously, the athlete will show the split position in the water and a coach will bang and then the athlete will perform the walkout to surface arch, again the coach will bang when the athlete can come up

LAND

- Flexibility
 - Bridge (Arch position)
 - Needle R, Needle L
 - Shoulder flex – extension
 - Ariana rotation
- Physical literacy
 - Tripod headstand (see page 5 in Land Document)
 - Ballet leg - 2 foam rollers – 30 Sec
 - Squat – 10x
 - V sit – 10 x
 - Tricep Pushup – 10x
 - Pull up – 5x

Stage 4 (13-15 year olds)

WATER

- Speed
 - 25m Front flutter kick – goal 18s
 - 25m Head first sculling – goal 18s
 - 25m Propeller – goal 18s
- Stamina
 - Synchro specific swim – 150m

LAND

- Flexibility
 - Bridge (Arch position)
 - Needle R, Needle L
 - Shoulder flex – extension
 - Ariana rotation
- Physical literacy
 - Tripod headstand (see page 5 in Land Document)
 - Ballet leg - 2 foam rollers – 45 Sec
 - Squat – 10x
 - V sit – 13 x
 - Tricep Pushup – 13x
 - Pull up – 8x
- Flexibility
 - Lateral Split – Hold Right leg
 - Split to surface back arch position (* we will do this simultaneously, the athlete will show the split position in the water and a coach will bang and then the athlete will perform the walkout to surface arch, again the coach will bang when the athlete can come up)