



2022-2023 Targeted Athlete Program Monitoring Requirements

The purpose of the Target Athlete Program (TAP) Monitoring is to ensure club programming is aligned with and working towards BC Artistic Swimming's High Performance Program goals. Where gaps exist, BC Artistic Swimming will support clubs in shifting program development to ensure excellence is being built at all levels in our province.

In order to meet the expectations of our funders, the following athletes MUST submit BCAS Monitoring requirements:

- Current Targeted Athlete Program Athletes

It is recommended that the following athletes submit the BCAS Monitoring requirements:

- Athletes who participated in the 2022 Ignite Program or intend to participate in the 2023 Ignite Program, except the Ignite Prospects Program
- Prospective TAP athletes (i.e., any National Stream Athlete wishing to be considered for TAP)

**Note: All video's must adhere to BC's Video Submission Guidelines outlined in Appendix B of the Provincial Program Procedure document on our website – [CLICK HERE](#)*

Whenever possible, BCAS's monitoring program align with CAS' National Team testing and monitoring activities. BCAS will provide financial support to clubs for monitoring activities.

November Submission

Due: November 15th 2022

- Flexibility Tests
 - Standing Front Split
 - Active Hip Extension and Needle Hold
- Aerobic Power Test
 - 3 x 100m Free on 1:30



February Submission

Due: February 15th 2023

- Flexibility Tests
 - Standing Front Split – right and left leg
 - Active Hip Extension and Needle Hold – right and left leg
- Aerobic Power Test
 - 3 x 100m Free on 1:30

May Submission



Due: May 15th 2023

- Team Elements

BCAS Events

During NS Provincial Qualifier and NS Provincial Championships, athletes must compete in the **Team Element Event**.

Monitoring Component Descriptions

FLEXIBILITY	
Standing Front Split	
The standing front split is a combination move requiring hip flexor and core strength, hamstring flexibility, and balance.	
Standard	
Stable set up and position, active hold the position without hand holding foot for 5 s, angle of split > 150°.	
Procedure	
<ul style="list-style-type: none"> ✦ Balancing on stance leg, same side hand holding a bar or chair, raise opposite leg in a forward split position. ✦ Use arm and hand to place foot of the raised leg of the same side. ✦ Release hold of the leg with the hand and actively hold the position for 5 sec. ✦ Both knees are extended completely. ✦ Athlete shows good balance. ✦ Trunk remains over stance leg. ✦ Foot and toes of raised leg are pointed. 	
Standing Needle	
The standing needle requires hip extension and core strength, stability of the lumbar spine and hips, and suppleness of hamstring and hip flexors.	
Standard	
Stable set up and position, two active kicks and hold second kick position for 5 sec, angle of split > 150°.	
Procedure	
<ul style="list-style-type: none"> ✦ Balancing on stance leg, two hands holding for support, maintain trunk parallel to floor, kick leg into hip extension (needle position) twice. ✦ On second kick hold the needle position for 5 sec. ✦ Both knees are extended completely. ✦ Athlete shows good balance. ✦ Trunk remains parallel. ✦ Foot and toes of raised leg are pointed. 	



Aerobic Power

3x100M Freestyle on 1:30 Minutes

The 100M Freestyle measures an athlete's ability to maintain speed.

Standard

As fast as possible for each 100m. Athlete tries to maintain same speed for each 100m.

Procedure

- ✦ This test is to be performed in 25M
- ✦ Athletes start with one hand on the pool deck, the other arm is on the water surface facing the direction of the pool lanes, body in a tuck position, two feet touching the wall
- ✦ Starter says: Ready.....Whistle
- ✦ Athlete completes 3 x 100m of freestyle on 1:30 intervals
- ✦ Flip-turn obligatory. Dolphin or flutter kick during streamline push-off strongly recommended.
- ✦ Time will be taken after each 100m and will be recorded when athlete completes a one hand touch on side of pool.

Sport-Specific Testing

Junior Team Elements

Junior Team Elements provide a comparable measure of an athlete's ability to execute sport-specific skills that make up the Junior Team routines.

Standard

Achievement of an aggregate score of 100 or higher.

Procedure

- ✦ 5 Junior Team Elements are performed by each athlete and submitted by video
- ✦ All 5 elements are performed in one video, including rest time, without pauses or editing
- ✦ Athlete rest for 10 seconds between each element
- ✦ Metronome at 140 bpm must be heard in the video – *see separate document for element counts*
- ✦ Athletes must wear a black suit and white cap

***** Failure for an athlete to complete the above requirements, may result in removal from Provincial High Performance Programs and/or the Targeted Athlete Program. *****

