



2019-2020 LTAD Submission Information

Basic Skills – Training Meet #1

As part of the 2019-2020 LTAD testing requirements, Basic Skills are to be performed at Training Meet #1. If an athlete is unable to attend training meet #1, they must follow the [Provincial Program Procedures](#) guidelines for video submission of the required skills.

Note: Video submissions timelines must comply with 2.1.2 of the Provincial Program Procedures. All other video submission criteria outlined in the Provincial Program Procedures apply.

Submission Template

Attached you will find the template that **MUST** be used for all LTAD Testing submissions. We will no longer accept any other format for LTAD submissions. There are certain requirements for how the data is to be entered so please be sure to read the notes on each tab to ensure that the data is entered correctly.

Note: *BC Artistic Swimming will only accept **one submission per club**.* If we receive multiple club submissions and/or submissions with incorrect formatting, it will be sent back to you to be corrected.

Deadline for Submission

There are two deadlines for the 2019-2020 season:

- 1) With your training meet #1 registration – **September 30th, 2019**
- 2) With your Jean Peters registration – **March 3rd, 2020**

All LTAD submissions are to be sent to the Sport Services Coordinator (ssc@bcartisticswimming.ca) no later than the applicable deadline.

Failure to Submit Testing

Failure to submit or late submission of the LTAD testing results will result in the following club fines:

1. \$100 fine for late submissions
2. \$500 fine for failing to submit any portion of the testing (this includes speed testing, flexibility testing and Basic Skills)

Testing Guidelines

Speed Testing

Please see CAS [LTAD Framework 2.1](#) for time standards for each LTAD level.

1. 25m Front Flutter
 - Starting in the water
 - Hands together (no sculling) for the entire 25m
2. 25m Freestyle
 - Starting in the water
3. 25m Propeller
 - Starting in the water with two hands touching the wall
 - Time stops with toes touch the wall at 25m
4. 200m I.M.
 - Starting in the water
 - FINA Swimming turns at each wall – [Click Here](#)
 - SW 5.2 – page 10
 - SW 6.4 – page 11
 - SW 7.6 – page 11
 - SW 8.4 – page 12

Flexibility

5. Right Needle
 - **See score sheet for description**
6. Left Needle
 - **See score sheet for description**
7. Prone Shoulder Flexion
 - **See score sheet for description**

Questions?

For more information on LTAD, please see section 4.17 of the [Technical Package](#) or contact Tanya Magee, Sport Development Director (sdd@bcartisticswimming.ca).