



TAP Monitoring

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
- 🌟 Current Team BC Athlete Pool

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

- 🌟 Athletes who participated in the 2024 Ignite Program or intend to participate in the 2025 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 aligns with CAS' National Team testing and monitoring activities. BCAS will provide financial support to clubs for monitoring activities.

Submission Deadlines

There are two mandatory submission deadlines:

- 🌟 **December 20th 2024**
- 🌟 **February 20th 2025**



Submission Requirements

The following results must be submitted for each of the submission deadlines:

- 🌟 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
- 🌟 Aerobic Endurance Tests
 - 100m/200m/400m timed swims

BCAS Events

During Pacific Coast Provincial Qualifier and Pacific Peaks 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 $> 150^\circ$.

Procedure

- ✦ 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.
- ✦ 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 $> 150^\circ$.

Procedure

- ✦ 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 a 25M pool
- 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 3x100m 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.

Aerobic Endurance

100m/200m/400m Timed Swims

The 100m/200m/400m timed swims is built on individual athletes' times. The test times will vary throughout the season based on their specific training loads.

Standard

Each athlete sets their own 200m benchmark in the 100m sprint and their 400m benchmark in their 200m swim.

For example – an athlete who swims the 100m on 1:10 would have a goal of 2:20 for the 200m. They then actually swim the 200m on 2:40 and would have a goal of 5:20 for the 400m test.

Procedure

- This test is to be performed in a 25m pool.
- Each event (the 100m, 200m and 400m) is a separate time trial.
- Athletes start with a dive in for each event and flip turns at each wall.
- Tests must be performed on the same day but adequate rest can be given between each test.
- Time will be taken when the athletes complete a one hand touch on the side of the pool after each event (3 separate times will be taken).

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