



PIKOPIKO - TESTING CRITERIA FOR 2023 SQUAD

GENERAL GUIDELINES

Eligibility:

To trial for the Pikopiko Squad swimmers must:

- Be an affiliated member of ASNZ and an ASNZ-registered Club
- Be 13 – 15 in synchro years in 2022
- Be a New Zealand citizen who is eligible to represent New Zealand in competition as per FINA General Rule 2. If a swimmer does not have a New Zealand passport, please discuss this with ASNZ to make sure they are eligible to trial – there must be a clear identified pathway and timeline to citizenship to get an exemption to this rule.
- Be competing at the 2022 National Championships (If, for extraordinary reasons, the swimmer isn't able to compete, the Club Coach/Chair will have to submit a formal request to the ASNZ Board for the swimmer to be considered for the trial)
- **Notify ASNZ, directly or via Club Coaches, of their desire to trial by Sunday 31st July.**
- **Trial on October 5th following Nationals in Invercargill – or other date advised**
- **Submit flexibility images to ASNZ by 23rd September.** If flex results do not achieve the required pass mark, flex photos will be taken at the trials to give the athlete one further chance.
- In exceptional circumstances e.g. injury, illness or other significant complicating factors, the ASNZ Board may make other trial arrangements. Any additional costs to do this will be met by the swimmer.

About the Test:

The Pikopiko Test consists of 5 sections and is based on a "traffic light" system to evaluate the performance of the swimmers in the following areas: Figures, Routine Skills, Speed & Endurance, Strength and Flexibility. The purpose of this system is to identify areas that coaches and swimmers need to focus on to improve their performances.



Actions need to be taken to improve performance

Performance as expected

Performance better than expected

Achievement standards:

To be selected for the Pikopiko Squad the swimmer needs to achieve the following requirements in each section:

Section	Achievement requirement
Figures	4 yellow and/or green lights
Routine Skills	1 yellow and/or green light
Speed & Endurance	2/2 yellow and/or green lights
Strength	2/3 yellow and/or green lights
Flexibility	3/3 yellow and/or green lights

Selection criteria

Swimmers who achieve the **minimum requirements in at least 4 of the 5 sections** of the test will be selected for the Pikopiko Squad.

If a swimmer fails to achieve the minimum requirements in **more than one section**, feedback will be provided to the swimmer and coach and the swimmer will be encouraged to trial next year.

TEST PROTOCOL

Pre-Test:

- The swimmers will be expected to be at the pool at the time announced by ASNZ via email. There will be no tolerance of late arrivals.
- Swimmers will wear black swimsuits and white swimming caps, plus goggles and nose clip. No jewellery or nail/toenail polish.
- The Chief Recorder will randomly draw swimmers in order of presentation before the trials.
- The order of presentation will be the same for all the tests.
- For those tests that involve testing more than one skill/event, all swimmers will perform the first one, then move onto the second one and so on consecutively.

Testing:

The order of tests will be advised on the day.

POOL SECTION:

Part 1 – Figures

Part 2 – Routine Skills

Part 3 – Speed & Endurance (swimming)

LAND SECTION:

Part 4 – Strength

Part 5 - Flexibility (this will be submitted separately with photos from clubs by the 23rd September)

POOL SECTION – WARM UP

Half an hour will be allocated for warm-ups – at the discretion of the athletes' coaches. Please note, the warm-up is the swimmer and their coaches' responsibility.

SECTION 1 – FIGURES

For this section, Figures scores from 2022 Nationals will be used. Trialists should ideally swim 13/14/15 Figures at Nationals.

- If swimmers competed in 13/14/15 AGe Group at Nationals but did not achieve the minimum standard with their Figures scores, they will be given an opportunity to perform the Figures again (the figures will be the same as those performed at Nationals). Only the Figures that have not met the standards will be required to be presented.
- If a swimmer was competing in Aquarinas Figures at Nationals, they can carry their two compulsory Figures results across, but if the other two Figures were not the same as the 13/14/15 Figures they will need to complete those in trials.
- If a swimmer was competing in 12 & Under or Aquanauts Figures at Nationals, they will need to complete all four 13/14/15 Figures at trials.



Score < 4.9

Score 4.9 – 5.5

Score > 5.5




Achievement criteria
4 yellow and/or green lights

SECTION 2 – SYNCHRO SKILLS

- First lap of Pikopiko Surf Team routine

https://drive.google.com/file/d/1ATT29D3MFxyl-rJDSXptxZB_yZ8t2Ogu/view?usp=sharing

- Swum to 200 BPM Metronome - available [here](#)
- Judges will score athletes on Execution only based on FINA scoring criteria, with one dedicated judge per athlete and videos done of all athletes for review. Coaches will provide support/comment if athletes are off count but it is primarily the execution criteria that will be focused on for key skills.

Routine score criteria for execution	
	<5.0
	5.0 – 5.7
	> 5.7

Achievement criteria
1/1 Yellow and/or green light

SECTION 3 – SPEED & ENDURANCE

WARM-UP:

- 10 minute warm-up allowance – athlete choice

TEST:

The Test consists of two different components – designed to test fitness and endurance:

1. 100m IM – followed by at least a 5-minute rest

200m FR criteria	
	> 3.30.00
	2.50.00 – 3.30.00
	< 2.50.00

100m IM criteria	
	> 1.40.00
	1.40.00 - 1.25.00
	< 1.25.00

2. 200m Freestyle

NB: If turns are not done correctly, swimmer will have to re-sit the test. Correct turns are:


- Butterfly 2 hand touch, Backstroke must touch and push off on back (not front), Breaststroke is a 2 hand touch.
- Swim component is done with a push start no dive.



Achievement criteria
At least 2/2 yellow and/or green
 lights

SECTION 4 – STRENGTH

The test will consist of:

- Dish tucks - execute as many as possible correctly in 30 seconds – testing core
- Planks – hold a plank in correct form for specified times – testing core and arms
- Wall Sit - 90 degree wall sit for specified times – testing legs and core

Dish tucks	GOAL: Complete as many tucks correctly in 30 seconds. <ul style="list-style-type: none"> • Start position – begin on the ground in a dish position – with legs and shoulders off the ground and hands straight down by sides. • Raise shoulders and legs into tub position – with arms extending down to ankles – tap ankles with hands. Knees should be raised up to meet chest with thighs 90 degrees to floor. • Return to dish position – with legs and shoulders off the ground and hands straight down by sides. • Repeat See video here	One attempt per athlete. No shoes for this exercise 		
				<20
				20-26
				>26

	<p>NB: Athletes can lie fully down to rest if they need to have a break to reset form, but time will not be extended. Hands cannot be used to hold legs or pull themselves up.</p> <p><u>Judging:</u> Only count tucks that follow the form above. You can tell athletes what they are doing wrong.</p>			
Plank	<p><u>GOAL:</u> Hold plank in correct form for as long as possible.</p> <p><u>Correct Form:</u></p> <ul style="list-style-type: none"> • Elbows under shoulders • Hands separated and flat on the ground • Eyes looking down to the ground • Pull belly button up to the ceiling, squeezing through the glutes • Hips level with the rest of the body • Feet together <p><u>Judging:</u> Once correct form is no longer maintained, stop recording the time. Once a swimmer gets to more than 150 seconds, the test is complete. Announce the time every 15 seconds e.g. 15 seconds, 30 seconds etc</p> 	<p>One attempt per athlete. No shoes for this exercise</p>	<div>< 90 secs</div> <div>90-120secs</div> <div>>120 secs</div>	
Wall sit	<p><u>GOAL:</u> Hold wall sit in correct form for as long as possible</p> <p><u>Correct Form:</u></p> <ul style="list-style-type: none"> • Back flat against the wall • 90 degree angle hips and knees • Feet flat on the floor • Arms may not press down on legs  <p><u>Judging:</u> Athletes to be tested in small groups. Set up in correct form and then start the clock. Athlete time to be measured when they lose form or stand up/sit down. Once a swimmer gets to more than 150 seconds, the test is complete. Announce the time every 15 seconds e.g. 15 seconds, 30 seconds etc</p>	<p>One attempt per athlete. Shoes can be used for this exercise (if the ground is slippery)</p>	<div>< 90 secs</div> <div>90-120 secs</div> <div>> 120 secs</div>	

Achievement criteria
At least 2/3 yellow and/or green lights

SECTION 5 – FLEXIBILITY - TO BE PHOTOGRAPHED IN CLUBS BY 23RD SEPTEMBER

WARM-UP:

Swimmers will have a minimum of 15 minutes to warm up to perform their splits.

TEST:

The test will consist of a video/still photo being taken of all positions so accurate angles and measurements can be taken:

- Split Right Leg
- Split Left Leg
- Centre Splits

1. Split Right Leg

2. Split Left Leg

For both splits:

- For accurate measurements, swimmers will be wearing swimsuits or tights in contrasting colours to the background to make measuring more straightforward
- When performing the split, both legs should be fully extended and the arms will be above the swimmers' head.
- When performing a split with the left leg in front, place sideways to the camera, with the right shoulder closer to the camera. See image below – though note arms should be above the head to enable clear measurement.
- When performing a split with the right leg in front, place the other way round.
- The selector or an assistant will hold the camera at ground level and record all the swimmers' splits.
- If the swimmer can do "over-splits" (more than 180 degrees), **any number of kickboards** will be put under her front foot only until she reaches her maximum range of motion.

3. Centre splits

- Same as points 1 and 2 above
- Swimmer will be photographed facing away from the camera.

FRONT SPLITS (Right & Left)	
	<170 degrees
	Between 170 - 180 degrees
	>180 degrees



CENTRE SPLITS	
	< 145 degrees
	Between 145 - 165 degrees
	> 165 degrees

Achievement criteria
At least 2/3 yellow and/or green