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## KORU SQUAD - TESTING CRITERIA FOR 2023 SQUAD

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### GENERAL GUIDELINES

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#### Eligibility:

To trial for the Koru Squad swimmers must:

- Be an affiliated member of a SSNZ registered Club
- Be 16-19 years old in synchro years in 2023 - while FINA allows 15 year olds to compete in the junior category, inclusion in the Koru Squad for 15 year olds is by special invitation only.
- 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 Koru Test consists of 5 sections and is based on a "traffic light" system to evaluate the performance of the swimmers in the following areas: Technical Elements, 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 Koru Squad the swimmer needs to achieve the following requirements in each section:

Section	Achievement requirement
Technical elements	5/5 yellow and/or green lights
Routine	1 yellow and/or green light
Speed and endurance	2/2 yellow and/or green lights
Strength	3/3 yellow and/or green lights
Flexibility	4/5 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 Koru 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**

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### Pre-Test:

- The swimmers will be expected to be at the pool at the time announced by SSNZ 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– Junior Tech Team Elements**

**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

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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 – JUNIOR TECHNICAL TEAM ELEMENTS

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The swimmers will perform the following FINA Junior Team Technical elements:

Element 1 – Thrust + bent knee + 180 twist to join + descend
Element 2 – Twist spin
Element 3 – Cyclone
Element 4 – Manta Ray hybrid
Element 5 – Barracuda airborne split

Selectors will score each element according to the FINA scoring scale.



Score < 5.5

Score 5.5-6.0




Score >6.0

***Achievement criteria 5/5  
yellow and/or green lights***

## SECTION 2 – ROUTINE

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- Second lap of Worlds Free team  
[https://drive.google.com/file/d/1ggN44yXv2Ech7\\_INfRMXn5\\_LSeYfM9Xo/view?usp=sharing](https://drive.google.com/file/d/1ggN44yXv2Ech7_INfRMXn5_LSeYfM9Xo/view?usp=sharing)  
[https://drive.google.com/file/d/1DcrhgcYxbxZq6NvuZru\\_9oopL\\_FxSIJ2/view?usp=sharing](https://drive.google.com/file/d/1DcrhgcYxbxZq6NvuZru_9oopL_FxSIJ2/view?usp=sharing)
- Judges will score athletes on Execution only

Routine score criteria for execution	
	<5.5
	5.5 – 6.2
	> 6.2

***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:

1. 200m Freestyle – followed by at least a 5 minute rest
2. 400m IM

200m Free criteria	
	>3.10.00
	2.40.00-3.10.00
	<2.40.00
400m IM criteria	
	>7.05.00
	6.20.00-7.05.00
	<6.20.00

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

- 400m IM - stroke changes are touch turns except the free and back which is tumble turn
- 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

Dish tucks	<b>GOAL:</b> Complete as many tucks correctly in 30 seconds. <ul style="list-style-type: none"><li>• Start position – begin on the ground in a dish position – with legs and shoulders off the ground and hands straight down by sides.</li><li>• Raise shoulders and legs into tub position – with arms extending down to ankles. Knees should be raised up to meet chest with thighs 90 degrees to floor.</li><li>• Return to dish position – with legs and shoulders off the</li></ul>	<b>One attempt per athlete. No shoes for this exercise</b>		<24
				24-30

	<p>ground and hands straight down by sides.</p> <ul style="list-style-type: none"> <li>● Repeat</li> </ul> <p><a href="#">See video here</a></p> <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>		<div></div>	>30
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"> <li>● Elbows under shoulders</li> <li>● Hands separated and flat on the ground</li> <li>● Eyes looking down to the ground</li> <li>● Pull belly button up to the ceiling, squeezing through the glutes</li> <li>● Hips level with the rest of the body</li> <li>● Feet together</li> </ul> <p><u>Judging:</u> Once correct form is no longer maintained, stop recording the time. Once a swimmer gets to more than 160 seconds, the test is complete. Announce the time every 15 seconds e.g. 15 seconds, 30 seconds etc</p> 	<p><b>One attempt per athlete. No shoes for this exercise</b></p>	<div></div>	< 120 secs
			<div></div>	120-150 secs
			<div></div>	> 150 secs
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"> <li>● Back flat against the wall</li> <li>● 90 degree angle hips and knees</li> <li>● Feet flat on the floor</li> <li>● Arms may not press down on legs</li> </ul>  <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 160 seconds, the test is complete. Announce the time every 15 seconds e.g. 15 seconds, 30 seconds etc</p>	<p><b>One attempt per athlete. Shoes can be used for this exercise (if the ground is slippery)</b></p>	<div></div>	< 120 secs
			<div></div>	120-150 secs
			<div></div>	> 150 secs

**Achievement criteria 3/3**  
***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. All flex should be done in black swimsuits – on a lighter coloured background.

### **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
- Middle Splits
- Right leg needle split (left leg in air)
- Right leg ballet leg

#### **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 split with left leg in front, place sideways to the camera, with the right shoulder closer to the camera. See image below.
- When performing split with right leg in front, place 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), **even number of kickboards** will be put under the front foot only until they reach the maximum range of motion.

FRONT SPLITS (Right & Left)	
	<175 degrees
	Between 175 - 185 degrees
	>185 degrees



#### **3. Centre splits**

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

CENTRE SPLITS	
	< 150 degrees
	Between 150 - 170 degrees
	> 170 degrees

#### 4. Right Leg Needle Split (left leg in air)

The goal is to achieve a 180 degree angle or more between both extended legs, well extended and aligned. Proper position defined as:

- Athletes will place toes and palms on the tape line on the floor and assume a standing pike position.
- Torso is vertical and in line with the head. The chest and head are as close to the standing leg as possible.
- Split left leg is lifted to the vertical position with both hips, knee and foot of the vertical leg square.
- Minimal turnout is allowed (1:00 o'clock or less).
- Completely extended knees and feet – judges should remind the athletes if they are not extended
- No Shoes for this exercise.

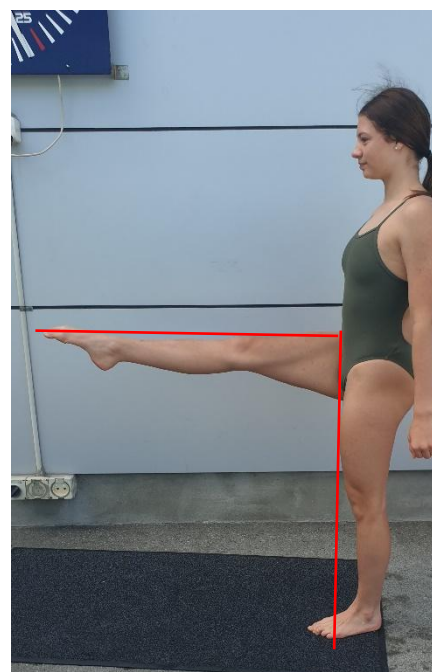


NEEDLE SPLIT	
	< 140 degrees
	Between 140 – 170 degrees
	> 170 degrees

#### 5. Right Ballet Leg

The goal is to achieve an extended horizontal ballet leg with good form and hold for 10 seconds when the photo will be taken. Good form is defined as:

- Athletes will stand against a wall (heels up to 2cm away from wall) with shoulders, hips and ankles aligned vertically (in most cases bottom will be touching the wall).
- Grounded leg must be straight – raised leg must be extended with toes pointed. Photo will not be taken until this is achieved.
- Hands by sides or raised horizontally but not touching the wall, raise right leg as high as possible while fully extended.
- Hold for 10 seconds. Photo will be taken at 10 seconds.
- No shoes for this exercise.
- Angle lines will be taken from centre point where top of thigh joins intersects with the body. Top line will extend to top of pointed toe, bottom line will extend down past the front of thigh. For example, image above is 90 degrees



BALLET LEG (Right)	
	< 75 degrees
	75-95 degrees
	> 95 degrees

**Achievement criteria**  
At least 4/5 yellow and/or green