

2011-2012 Club Testing: Provincial Stream

RATIONAL

To encourage the training of physical capacities needed for Synchro

To create a basis of comparison between all athletes of a similar level outside of competitions

AWARDS

Awarded at the Jean Peters Provincial Championship Banquet

Top 8 in stamina, speed, strength (averaged throughout the season)

All who had flat splits in the compulsory figure at Regionals and Jean Peter Provincials

Testing for Levels 1 – 3

Suppleness (Flexibility) Testing: Split in compulsory figure

One official at each competition will be awarding a yes/no mark to whether splits are flat during the figure

Test dates: all figure competitions

Stamina: 300m Swim

Tested four times throughout the year, with results sent into the Synchro BC office. The average, fastest and slowest speeds will then be sent all participating clubs as a basis for comparison.

Speed: 25m FC Sprint

Tested four times throughout the year, with results sent into the Synchro BC office. The average, fastest and slowest speeds will then be sent to all participating clubs as a basis for comparison.

Strength: Sit-ups and Push-ups*

Maximum number exerted until fatigued. Results are sent into the Synchro BC office, and the average, maximum, and lowest results will be sent to all participating clubs.

* Clear directions and protocols will be distributed at the start of next season to ensure consistent testing across the province.

Testing for Levels 4 – 5

Suppleness (Flexibility) Testing: Split in compulsory figure

One official at each competition will be awarding a yes/no mark to whether splits are flat during the figure

Test dates: all figure competitions

Stamina: 400m Swim

Tested four times throughout the year, with results sent into the Synchro BC office. The average, fastest and slowest speeds will then be sent all participating clubs as a basis for comparison.

Speed: 50m FC Sprint

Tested four times throughout the year, with results sent into the Synchro BC office. The average, fastest and slowest speeds will then be sent to all participating clubs as a basis for comparison.

Strength: Sit-ups and Push-ups*

Maximum number exerted until fatigued. Results are sent into the Synchro BC office, and the average, maximum, and lowest results will be sent to all participating clubs.

* Clear directions and protocols will be distributed at the start of next season to ensure consistent testing across the province.

Test dates for all levels:

October 31, 2011

January 31, 2012

March 31, 2012

May 31, 2012