

9. Appendix D: 10 & Under Provincial Stream



COMPETITIONS

- ✓ Training Meet and Technical Conference #1
- ✓ Training Meet and Technical Conference #2
- ✓ Training Meet #3
- ✓ PS Provincial Qualifier (Mable Moran)
- ✓ PS Provincial Championships (Jean Peters)

See Section 5.4 for the Qualifying Pathway.



10&U FIGURE GROUPS

TRAINING MEETS 1 & 2

Group selection 4 weeks prior to competition

| Group 1 | Group 2 | Group 3 | Group 4 |
|--------------------|-----------------------------|------------------------------|---------------|
| Right Split | Left Split | Right Split | Surface Arch |
| Back Layout | Front Layout | Bent Knee Back Layout | Ballet Leg |
| Front Pike | Submerged Double Ballet Leg | Submerged Back Pike Position | Inverted Tuck |
| Bent Knee Vertical | Fishtail | Knight | Vertical |

For all positions starting underwater, start the skill with a body boost 'pop-up'.

TRAINING MEET 3

No draw: compulsory halves only. No additional transitions permitted.

Compulsory Halves

- Back Layout** position to **Ballet Leg** position (through **Bent Knee Back Layout** Position) (1st half of ballet leg single)
- Ballet Leg** position to **Back Layout** position (through **Bent Knee Back Layout** Position) (2nd half of ballet leg single)
- Back Layout** position to **Back Pike** position (1st half of barracuda)
- Back Pike** position to the end of the vertical descent (2nd half of barracuda)

For all transitions starting underwater, start the skill with a body boost 'pop-up'

QUALIFIER & CHAMPIONSHIPS

Group selection 1 week prior to competition

| Compulsory | Group 1 | Group 2 |
|-------------------------|-----------------------------|---------------------|
| Ballet Single Leg (1.6) | Modified Front Ariana (2.2) | Surface Prawn (1.3) |
| Barracuda (1.9) | Neptunus (1.7) | Kipnus (1.4) |

For all figures starting underwater, start the skill with a body boost 'pop-up'



PROVINCIAL MEETS

TRAINING MEET & TECHNICAL CONFERENCE #1 & #2

- ✦ Basic Positions
- ✦ Learning & Technical Sessions

TRAINING MEET #3

- ✦ Compulsory Halves*
 - ✦ Primary Water Routine Feedback
- *No additional transitions can be added to the figure half

QUALIFIER & CHAMPIONSHIPS

- ✦ Whole Figures
- ✦ Water Routines



TIME LIMITS

- ✦ ALL routines are +/- 5 seconds
- ✦ Deck work must be 10 seconds or less
- ✦ For team routines, walk on must be less than 30 seconds, timed from the first athlete crossing the starting point until all are stationary; For solos, duets and Trios: walk on must be less than 20 seconds from the first athlete crossing the starting point until all are stationary

| Solo | Duet | Mixed Duet | Team |
|------|------|------------|------|
| 1:15 | 1:45 | - | 2:15 |



LTAD SKILLS

Appendix N outlines the **optional**, but recommended, Long Term Athlete Development standards.