



## 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 2023 Ignite Program or intend to participate in the 2024 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 15<sup>th</sup> 2023**
- 🌟 **February 15<sup>th</sup> 2024**

## 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
- 🌟 Routine Hybrids – Top 16 from Team BC only



## BCAS Events

During Pacific Coast Provincial Qualifier and Pacific Peaks Provincial Championships, athletes must compete in the **Team Element Event**.