

London Regional Artistic Swimming Trials

Date: Sunday 7th September 2025

Time: 4:00 – 8:00pm

Venue: London Aquatics Centre

Overview

This trial will assess athletes' artistic swimming skills both in and out of the water. The session will include learning and performing a short piece of routine choreography, land-based strength, speed, and flexibility assessments, and in-water technical, speed, and endurance assessments.

What to Bring

- Shorts or tight-fitting leggings for land assessments
- Thera band (you must be able to stand on the centre of your band and extend both arms above your head, holding the band in each hand)
- Yoga mat
- Yoga blocks (minimum x2 10cm blocks)
- Usual swimming kit (swimming costume, cap, goggles, nose clip)
- Water bottle and snacks

Routine Choreography

Athletes will learn a short routine during the trials and perform it to music. Assessment will focus on synchronisation with the music and other swimmers, accuracy of movements, performance quality, execution, artistic impression and retention of choreography.

Land-Based Tests

Strength & Speed

1. **10 x Jumping Squats + Wall Sit Hold** | Perform 10 squats to 90° at a set tempo, then immediately hold a wall sit position until failure or 2-minute cut-off
2. **10 x V-Sits + Front Plank Hold** | Perform 10 V-sits to tempo, then move into a plank position, holding as long as possible (up to 3 minutes)
3. **Continuous Narrow Press-Ups** | Press-ups to tempo, maintaining perfect form until failure.
4. **Fast Support Sculls with Thera Band** | Two 1-minute sets, sculling quickly and correctly, resting 30 seconds between sets.

Flexibility

1. **Left and Right Leg Split** | Hips square, legs straight, measured for flatness and alignment. Maximum 20cm over on front leg and 20cm over on back leg.
2. **Box Split** | Legs at 180°, posture upright, measured for distance to floor. Maximum 20cm over on each leg.
3. **Bridge** | Measuring distance between fingertips and heels.



4. **Leg Extension** | L-sit against wall, knees on the floor, measuring distance between the floor and the athletes heels.

5. **Feet Extension** | L-sit against wall, legs straight, measuring distance between the floor and the athletes toes.

Speed Swimming Tests

Speed & Endurance

1. 400m Timed Swim - Starting in the water, front crawl with tumble turns, no nose clip

2. **200m IM Kick Timed Swim** - Starting in water

No float to be used, no sculling/strokes, no nose clip, head position optional

- 25m fly kick underwater (no arms), 25m fly kick normal (optional back or front)
- 25m back kick arms vertically pointing to ceiling, 25m back kick arms streamline
- 25m breast kick underwater (no arms), 25m breast kick arms streamline
- 50m front crawl kick, arms streamline and no sculling

3. **150m Timed Hypoxic Test**

- 25m under
- 25m front crawl
- 25m back stroke
- 25m under
- 25m fly
- 25m front crawl

Time from the start, record the time of first 6 lengths, keep timer running and start second 6 lengths at 3 minutes, record time of second 6L (no additional rest given). No nose clip.

If an athlete comes in near/after 3 minutes, they should start second 6 lengths from in the water

Technical Tests

Ages 15+

1. **Half Twist + Continuous 720 Spin x3** - Facing left, forward, and right. Maintain height and vertical line throughout. Rest 30 seconds between each.
2. **Vertical 30 Support Sculls x2** - Hold vertical position for 30 sculls each time, with minimal travel. Maintain height and vertical line throughout. Rest 30 seconds between each.
3. **Unbalanced 360 Twirl x2** - See linked video. x2 twirls in one breath, short pause in table top between twirls. Speed should be rapid with full 360 rotation completed. Feet position optional.

Ages 13-15

1. **Vertical for 5 sculls + Continuous 720 Spin x3** - Facing left, forward, and right. Maintain height and vertical line throughout. Rest 30 seconds between each.
2. **Vertical 20 Support Sculls x2** - Hold vertical position for 20 sculls each time, with minimal travel. Maintain height and vertical line throughout. Rest 30 seconds between each.
3. **Unbalanced 360 Twirl x1** - See linked video. Speed should be rapid with full 360 rotation completed. Feet position optional.
4. **Vertical 360 Twirl x1** - See linked video. Speed should be rapid with full 360 rotation completed. Feet position optional.

Ages 12 & under

1. **Vertical for 5 sculls + 360 Spin x3** - Facing left, forward, and right. Maintain height and vertical line throughout. Rest 30 seconds between each.
2. **Vertical 15 Support Sculls x2** - Hold vertical position for 20 sculls each time, with minimal travel. Maintain height and vertical line throughout. Rest 30 seconds between each.
3. **Vertical 360 Twirl x1** - [See linked video](#). Speed should be rapid with full 360 rotation completed. Feet position optional.

Final Notes

All tests will be explained and demonstrated on the day. The routine choreography sequence will also be demonstrated and taught on the day. Athletes will be assessed on technique, control, and endurance, as well as speed where applicable. This is an opportunity to show both skill and potential. Give it your best effort, feel free to ask questions and enjoy the process!