

The background of the entire image is a dark grey color, overlaid with numerous overlapping circles in various shades of purple and blue. These circles vary in size and opacity, creating a bokeh-like effect. A white, hand-drawn style rectangular border with slightly irregular edges frames the central text area.

Adaptive Artistic Swimming Information Session

Sunday, April 14th

2:30pm

Centennial Pool

Welcome

- Welcome families and athletes
- Introductions



What is Adaptive Artistic Swimming (AdAS)

- Adaptive Artistic Swimming Programs provide recreational and competitive (Provincial and National) level opportunities for athletes with disabilities to participate.
- AdAS is open to any individual with a varying physical or cognitive ability that prevents competitive involvement in other event categories.
- There are two (2) classifications for athletes: physical or intellectual



Athlete Eligibility

Athletes have the choice of which competition category they compete in.

- Athletes with a cognitive disability may compete in the competition category of their choice. They are not required to prove disability and their competition level will be based on a good-will system until the athlete qualifies for competitions outside of Canada.
- Athletes with Down Syndrome must have an Atlanto Axial X-ray within the last five years and/or be cleared by a physician to participate. New athletes must submit clearance forms from a physician before participating.

Competitive Structure

- Athletes will be awarded in three (3) categories: AdAS Physical, AdAS Cognitive and Mixed Ability Duet (trios can compete in the duet category).
- Four levels of competition will be provided: Figures, Solo, Duet and Team. Coaches will determine the level of their athletes. In each level there will be separate awards for Adaptive-Physical and Adaptive-Cognitive.
- AdAS athletes may choose to compete in local, provincial or national level competitions.
- If an AdAS athlete wishes to compete at the National Championships they are required to compete at the National Qualifier in order to advance.



Figures

- Figures are a single element/move performed in the water by a swimmer and can be modified as appropriate.
- This is an individual event.
- Coaches may assist or guide and athlete in their swim-on, alignment with the marker, swim-off, as well as their entry and exit from the pool during figures events.
- The coach of an Adaptive Athlete-Cognitive may communicate with the athlete after a wrong figure is performed, prior to the second attempt.

Level	Group 1	Group 2	Group 3
1	<ul style="list-style-type: none"> • Back layout • Split 	<ul style="list-style-type: none"> • Pike • Tub 	<ul style="list-style-type: none"> • Vertical at ankles • Front layout
2	<ul style="list-style-type: none"> • Sailboat alternate • Split to vertical at ankles 	<ul style="list-style-type: none"> • Front pike pulldown • Back tuck somersault 	<ul style="list-style-type: none"> • Bent knee position • Oyster
3	<ul style="list-style-type: none"> • Ballet leg single • Front pike pulldown to split (1st 1/2 of front walkover) 	<ul style="list-style-type: none"> • Surface prawn • Kipnus 	<ul style="list-style-type: none"> • Bent knee join to vertical & sink • Blossom
4	<ul style="list-style-type: none"> • Straight leg ballet leg • Front walkover 	<ul style="list-style-type: none"> • Tower • Kip 	<ul style="list-style-type: none"> • Water drop (no spin) • Barracuda
5	<ul style="list-style-type: none"> • Flamingo bent knee • Ariana 	<ul style="list-style-type: none"> • Porpoise • Kip Spin 180 	<ul style="list-style-type: none"> • Water drop (with 180 spin) • Barracuda spin 180

Continue

Solos

- In each level there will be separate awards for Adaptive-Physical and Adaptive-Cognitive.
- The routine must be at least 50% of the max time.
- Athletes may exceed the maximum time limit for walk-ons.
- Coaches, assistants, support person, or service animal may assist or guide an athlete in their walk-on, walk-off, as well as their entry and exit from the pool in the routine event.
- Coaches may assist on land by providing cues to Adaptive-Cognitive athletes during routines.
- Solo Free and Solo Tech routines can be competed. Solo Tech is only competed at Level 6.
- <https://www.cbc.ca/player/play/1.6840203> (Solo tech @ 2:36)

Adaptive Duets and Teams

- Athletes from different levels (1–6) and categories (physical/cognitive) may compete together in duet and team.
- Adaptive duets that include an adaptive–cognitive and an adaptive–physical athlete will swim in the Adaptive–Physical category.
- Adaptive teams that include an adaptive–cognitive and an adaptive–physical athlete will swim in the Adaptive–Physical category.
- Acrobatics are not required.
- Duet Free and Duet Tech routines can be competed. Duet Tech is only competed at Level 6.
- Team Free and Team Tech routines can be competed. Team Tech is only competed at Level 6.
- https://www.facebook.com/watch/live/?ref=watch_permalink&v=1619560388499325 (Trio @ 11:30)
- <https://www.cbc.ca/player/play/1.6842947> (Team @ 0:00)

Mixed Ability Category

- Defined as an adaptive physical or cognitive athlete swimming with an athlete from another event category (youth, junior or senior).
- Mixed ability is an open category and all genders will compete in the same category.



Routine Times

Level	Solo	Duet	Team
Level 1	1:30	1:45	2:00
Level 2	2:00	2:30	3:00
Level 3	2:15	2:45	3:15
Level 4	2:15	2:45	3:30
Level 5	2:15	2:45	3:30
Level 6	Tech - 2:00 Free - 2:15	Tech - 2:00 Free - 2:45	X
Mixed Abilities	X	Level A - 1:30 Level B - 2:00 Level C - 2:30	X

There is an allowance of 5 seconds over the allotted maximum time.

What does a training session look like?

- Greet athlete and discuss plans for the session
- Dry land training including stretching and land drills
- Endurance training in the pool
- Figures training
- Routine training
- Most importantly, it's FUN!!!



Coaches

- All artistic swimming coaches within Canada, over the age of 18, are required to provide a valid police record check and any other background check (vulnerable sector)
- Must be Instructor Beginner (AquaGO!) trained or Synchro instructor trained for recreational programs (AquaGO! Modules 1-6, Ethical Decisions, Emergency Action Plan)
- NCCP (National Coaching Certification Program) in order to be on deck instructing any competitive program. (Competition modules 1-8, Making Headway, Ethical Decisions, Emergency Action Plan)
- All Atlantis coaches have many years of experience in and out of the pool.
- NCCP Coaching Athletes with a Disability module (Inclusion and Diversity in Aquatic Sports)



Cost and Time Commitment

- Training costs are determined before the beginning of each season and depends on hours and coaches.
- Club gear – jacket, black figures bathing suit, club suit, competition suit, tshirt, caps, nose clips, goggles, backpack
- Competitions – local, within the maritimes and/or National
- In consultation with the coach, athlete and family, AdAS athletes can swim between 1 to 4 hours per week split over 1–2 training session.

Thank you!!!

- For more information, please contact Andrea Cohen
- Now let's go downstairs and see some artistic swimming skills in-action!!

