

# Thailand Aquatic Association (TAA)

## THAILAND ARTISTIC SWIMMING NATIONAL TEAM TRIALS 2026

Age Group: 14 years and Older (15,16,17,18...)

Duration: 4 Days

Purpose: National Team Selection and Long-Term Athlete Development

### **Date and time of Trials**

27-28-29-30 January from 17.00 to 20.00

### **Location**

Sport Authority of Thailand Swimming Pool

(The location can be subject to changing)

### 1. REQUIREMENT

1. Athletes (woman e man) born from 2012 and above (2011,2010...)
2. Good swimming skills for both
3. Good Artistic swimming skills for both gender
4. Attitude to work
5. Attitude to team work

### 2. TARGET

The target of this selection is to identify and evaluate artistic swimming talents inThailand aged **14 years and older** through a structured, transparent, and practical testing system.

The program assesses swimming abilities, technical skills, coordination, adaptably, flexibility, speed of memorizing process, endurance ,physical readiness, and team work.

### 3. STRUCTURE OF THE TESTING PROGRAM

#### **Day 1**

- stretching, gym, strength, muscle power and land gymnastic
  1. Test of jump
  2. Test of endurance abs
  3. Test of flexibility and mesurment
- Swimming
  1. Test and evaluation of swimming technique
  2. Test and evaluation of swimming warm up program
  3. Test and evaluation of scrolling in movement

#### **Day 2**

- Memory land drill test
  1. Testing the ability and the speed to learn new routine on dry land
- Swimming and Endurance
  2. Test of 500
  3. Best time 25- 50 -100
  4. Test and evaluation Artistic swimming stroke
  5. Test and evaluation of artistic swimming scrolling and underwater capacity

#### **Day 3**

- Warm up in Team to recall the routine of the day 2 (team effort)
- Swimming and Artistic Swimming high level skills
  1. Learn the tech element of team tech
  2. Perform the tech element of team tech on the music alone
  3. Perform the tech element of team tech in pattern
  4. Perform the tech element of team tech on the music in pattern

#### **Day 4**

- Work on team work
  1. Try lift approccing
  2. Try team cooperation to achieve a target
  3. In water coordination for duet lift
  4. Dive and jump from outside ( look for hidden skills)
  5. Learn and play free part of team teach and tech element

The presence of the club coach on the pool floor during **ALL** the trials is **MANDATORY**.  
**NO PARENTS IS ALLOWED TO STAY AND WATCH THE TRIALS**

**Equipment :**

*Gym equipment* :(shoes, socks, short pants, sport bra , t-shirt, bottle of water)

*Water equipment* : swimsuit (NO pant or bikini for woman, NO short pants for man), google, nose clip, swimcap, water, mineral salt and little snack

After every day of trials National team staff select who pass at the next day.

Register UNTIL Monday 26 January 2026, please contact Thailand Swimming Association for more details.

Before apply keep in mind that National team training EVERY DAY (excluse Monday)

After try out at all the athletes that will be selected the staff provide to give training schedule, details and the contract of National Team.