

## **UTL SCREENER**

Done in quick succession, or individually over different sessions if that is all that time allows:

- 1. 2x unbroken 50-Yd Figure 8s within 2:30 (no breaths during 12.5-yd underwater portion of fig 8)**
- 2. 50-yd Duck Dives within 1:45 (4 line touches in each 25-yd portion)**
- 3. :30 static breath hold directly into a 25-yd UnderWater Crossover (no breath break)**
- 4. Trickshot medley: On one breath, swimmer attempts 3 torpedo shots at the goal from 1 line away, then proceeds to the other side of the pool to attempt 3 more shots at the other goal. (Successful goals made is not necessary, just keeping your composure while attempting the shot).**

Inability to pass any of these activities means two things:

1. You are welcome to play in all scrimmage practices outside of Competitive Tournament Prep ones, dates of those TBD based on when tournaments are scheduled.
2. You are encouraged to attend the UTL Instructional period from 8:30-9am on Sundays, run alongside the regular drills/scrimmaging, led by a designated Instructor. They will help you develop the skills to help you pass the screener, as well as any other gameplay skills you might want to work on. After that period, you are welcome to join the regular scrimmage.

Passing the screener means you are free to play in any of the scrimmages, including competitive tournament prep ones.

We will run the Screener every so often as necessary to get everyone “onboarded” before any Competitive Tournament Prep begins eventually. Individuals may request a test during the 8:30-9am Instructional Period any Sunday.

Instructors should report whether an individual passed a Screener test or not by marking the date of completion on the DEF/UTL Sheet under the “UTL Screener” Tab, alongside the instructors initials.

## TO POTENTIALLY COVER DURING UTL BEGINNER INSTRUCTIONAL PERIOD

1. What is your experience with the game so far?
2. Safety First: -Cover deep breaths, and NO Hyperventilation allowed
  - Cover “I’m OK” signal
  - Cover Valsalva and do a bob test 1-3 times for ears
  - Cover biggest injury risk is other people’s limbs: protect yourself.
  - Cover Hypoxia signs (tingling, vision narrowing, dizziness)
  - Tread while going over rules (next) to see their water confidence:
3. (While treading) Basic Rules:
  - Goal is to get torpedo into the opposing team’s net.
  - No surfacing of any part of your body with the torpedo
  - Can only grab someone if they have the torpedo, but CAN screen/move others, just no grabbing.
  - No intentionally surfacing anyone
  - No more than 2:2 scrum from each team (no 3:1, no 3:2)
  - No kicking (impact), Single-limb manipulation, punching, pinching, biting, or anything above the neck (house rules).
4. If breath holding is a concern, consider doing a short Static Breath Hold Ladder to build their familiarity with urges=warnings, not always limits.
5. Duck Dives
6. Dolphin Kick
7. Figure 8s
8. Torpedo Handling: passing and shooting, ideally while progressing forward
9. Team Play Strategy:
  - Be aware of your teammates!
  - Be at the bottom as much as possible when torpedo is near you
  - Be within reasonable passing distance, it travels shorter than you’d expect.
  - Keep space between you and anyone grabbing you: with your feet or knees up, stiff arms, etc.

Positions:

<b>Offense/Fwd/ “1, 2, ~3”</b> <ul style="list-style-type: none"><li>-In possession? Go to the Goal!</li><li>-Not in possession? Harass or Screen them!</li><li>-Pass and be available</li></ul>	<b>Tank/Mid “~3, 4”</b> <ul style="list-style-type: none"><li>-You are “first goalie”. Get a turnover, or at least slow them down.</li><li>-Be a hybrid: get back and forth to the action</li></ul>	<b>Goalie “5”</b> <ul style="list-style-type: none"><li>-Hang behind your team until the action is close.</li><li>-Get DOWN to the bottom, planting your feet as much as you can.</li></ul>
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for passes. (get closer to your teammates!) - "3" is back of triangle	quickly.	-Be patient!
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