

PDC JUMP START ASSESMENT (JULY 2025)

By Darko Šantić

Version: 28/06/2025

Dates & Timing:

- 12.07.2025. (Saturday) 11am-12pm
- 13.07.2025. (Sunday) 11am-12pm
- 19.07.2025. (Saturday) 11am-12pm
- 20.07.2025. (Sunday) 11am-12pm

**Start of the warmup 10 minutes before the start of the assessment*

Necessary equipment: Trunks / Suits

Venue: Singapore Sports School, 1 Champions Way, Singapore 737913

Conductor of the tests: Darko Šantić

EXPLENATION OF THE ASSESMENT

For all the tests we will be focusing more on the technical performance of the skills where contestants can get from 0 to 2 points. For some tests contestants will need to finish the test for a certain amount of time to get an additional 1 point. Each test will be explained by the coach and demonstrated by one of the players from Pacer Water Polo Academy.

Scoring system:

0 Points – Not able to perform the skill or accumulation of multiple mistakes

1 point - Performing the exercise properly. Can pass with few minor mistakes (coach's decision)

2 points - Performing the exercise perfectly

For the tests with timing – 1 point if you reach the requested timing

After the assessment we will rank the contestant based on the number of the points that they have collected. Final standings will be published on our website. Based on the numbers of applied contestants Pacer Water Polo Academy will award the best ones with 3 months of free practice subscription in one of our branches. Contestants who got the award will be contacted by the club management.

If you didn't manage to get the award but you still wish to become a part of Pacer Water Polo Academy you can contact any of the coaches or club manager members and they will provide you with all necessary information.

TESTS

No.	Tests	Explanation of the test	Possible mistakes
1	50m Freestyle (<i>passing time for 1 point – 00,50,00</i>)	Contestants will be checked for the style technique. An additional point will be given if they meet the time requirements.	> Short strokes > Not using the legs enough or not having a proper kicking rhythm > Twisting whole body when breathing > Not breathing on the side but lifting your head up > Holding fingers to wide when stroking > Moving your hips to the side > Feet flexed instead of being extended
2	50m Breaststroke style	Contestants will be checked for the style technique.	> Head staying on the surface all the time > Arms going to wide > Not closing the leg kicks properly > Not rotating the shins enough in order to “catch” the water > Making a “diamond” leg kick
3	50m Backstroke style	Contestants will be checked for the style technique.	> Legs too much under the surface > Hips too low > Not using legs enough or not having a proper kicking rhythm > Holding fingers to wide when stroking > Feet flexed instead of being extended > Looking up towards the sky
4	50m Butterfly style	Contestants will be checked for the style technique.	> Not being able to pull out the arms above the water when stroking > Short strokes > Holding fingers to wide when stroking
5	25m Breaststroke kicks (horizontal, holding the ball) (<i>passing time for 1 point – 00,33,00</i>)	Contestants need to swim breaststroke kicks in horizontal position while holding the ball with both hands in front of their head for 25m. They will be checked for the style technique. An additional point will be given if they meet the time requirements for the tests.	> Not closing the leg kicks properly > Not rotating the shins enough in order to “catch” the water > Making a “diamond” leg kick