



Swimming Canterbury West Coast Squads and Pathway

2018 Criteria

Aim:

- To provide a competition pathway for athletes of all ages. The main focus of the pathway is the constant pursuit of improved performance, skills and technique by allowing the athletes to be exposed to different training and racing environments along with different coaching styles.
- To provide a pathway for coaches to learn from each other and to be exposed to athletes of all ages and abilities

Outline:

- Qualification Period: 1st January 2018 – 21st April 2018 (inclusive) in Long Course Olympic Events. If an athlete does not have a Long Course time to be ranked then Short Course converted times may be considered. As the pinnacle event for our open aged athletes (NZ Opens) now falls in July 2018 outside the qualification period the coaching group has decided to carry the existing athletes forward until this time.
- The age of the athletes for qualification will be as at the 31st of December 2018.
- Swimmers must reside and be training within the Swimming Canterbury West Coast regional boundary.
- Final selections will be made by the coaches committee and may take into account other factors including but not restricted to injury, training attendance and work ethic.
- Incentive for swimmers to improve and to move up squads and into squads but they must commit to the programme by signing the contract supplied and returning promptly.
- Coach Driven and organised
- Professional Development for all coaches in the SCWC region.



GOALS AND OBJECTIVES OF THE PROGRAMME

Swimmers

- Squad Member/s on the Aquablack team at a pinnacle event by 2024 while based in the Canterbury Region
- Deliver the swimmer/s to the team with a “winning edge”
- Provide opportunities to improve quality of training (challenges and stimuli’s)
- Promote the rehearsal of international standards and protocols
- Increase exposure to international competition and first class resources
- Have a base of swimmers capable of moving into a Performance Centre when the new pool complex is completed
- Challenge to be the No 1 province in New Zealand for athletes at all levels
- All swimmers recognise the pathway and strive to be part of it

Coaches

- Provide the framework that allows coaches to refine and repeat the process of excellence
- Full written support from all coaches in the region with anti-coaching clause in the agreement
- On-going support and professional development for coaches from the region
- Develop coaches to the highest level and provide local support for them so they can join their swimmers on NZ teams
- Sharing of ideas and information between coaches for the betterment of swimmers



Selection and Rankings

Platinum – Open Age Group.

Rankings- Use best 2018 FINA Long Course Points in one Olympic Event during qualifying period.

Minimum FINA Points Standards – Female 680, Male 680

Gold – Age Group 15-18

Rankings - Use best 2018 FINA Long Course Points in one Olympic Event during qualifying period.

Minimum FINA Points Standards – Female 600, Male 590

Silver – Age Group 13-15

Rankings - Use best 2018 FINA Long Course Points in one Olympic Event during qualifying period.

Minimum FINA Points Standards – Female 560, Male 520

Bronze – Age Group 13-15

Rankings - Use best 2018 FINA Long Course Points in one Olympic Event during qualifying period.

Minimum FINA Points Standards – No minimum standard as top 12 female and top 12 male ranked

Talent ID – Age Group 11-13

Rankings – Use XLR8 Points in 4 events (Distance Free, IM, 200 Form and any other event)

Minimum XLR8 Standards – 2500 points plus wildcards

Development – Age Group 11-13

Rankings – Use XLR8 Points in 4 events (Distance Free, IM, 200 Form and any other event)

Minimum XLR8 Standards – 2000 points plus wildcards



Level 1 – Development Squad 2018 Selection Criteria

Coach in Charge – Peter Burgon

- Age 11-13 years as at 31st of December 2018
- Swimmers must reside and be training within the Canterbury West Coast regional boundary.
- Greater than 2000 XLR8 Points from 4 category swims
- 4 Categories are 200 IM, Distance Free (400, 800 and 1500), 200 Form Stroke and another form stroke any distance
- Squad will be reselected for each camp
- Camp 1 Sunday 29th July – selection period 30/7/17 – 8/7/18
- Camp 2 Sunday 16th September – selection period 17/9/17 – 26/8/18
- Camp 3 Sunday 11th November – selection period 12/11/17 – 21/10/18
- Camps consist of skills acquisition and relay based racing sessions
- Charge for each camp per athlete \$10

Level 2 – Talent ID Squad 2018 Selection Criteria

Coach in Charge – Peter Burgon

- Age 11-13 years as at 31st of December 2018
 - Swimmers must reside and be training within the Canterbury West Coast regional boundary.
 - Greater than 2500 XLR8 Points from 4 category swims in the selection period 1/5/17 – 21/4/18
 - 4 Categories are 200 IM, Distance Free (400, 800 and 1500), 200 Form Stroke and another form stroke any distance
 - Squad remains in place for all the camps
 - Camp 1 Sunday 29th July – selection period 30/7/17 – 8/7/18
 - Camp 2 Sunday 16th September – selection period 17/9/17 – 26/8/18
 - Camp 3 Sunday 11th November – selection period 12/11/17 – 21/10/18
 - Camps consist of testing and relay based racing sessions
 - Charge for each camp per athlete \$10
- Squad reselected following the final camp with Top 16 (8 female/8 male) XLR8 combined points scorers to attend Southland Champs in Invercargill with the Bronze Squad (see below).



Level 3 –Bronze Squad 2018 Selection Criteria

Coach in Charge – Brigitte Mahan

- Age 13-15 years as at 31st of December 2018.
- Limited to 24 swimmers
- Top ranked 12 male and 12 female swimmers on their best 2018 FINA Long Course points score during the qualification period in an Olympic event.
- Swimmers must reside and be training within the Canterbury West Coast regional boundary.
- The squad will be reselected on the 10th of October from performances during period 1/5/18 – 6/10/18
- The final squad and tour selection will be made by the coaches committee.

TRAINING AND COMPETITION TOUR

- Mid Year Target Competition - Four day Tri Series Tour (8/7/18 – 11/7/18)
- End of Year Target Competition - Southland Champs (13/12/18 – 17/12/18)

Level 4 - Silver Squad 2018 Selection Criteria

Coach in Charge – Brigitte Mahan

- Initial Selection 13-15 years as at 31st December 2018.
- There will be no reselection but athletes achieving the selection criteria during a further selection period maybe added to the squad at the discretion of the coaching group
- Male athletes scoring 520 FINA points or more and female swimmers scoring 560 FINA points or more in a single Olympic Event during the qualification period.
- Swimmers must reside and be training within the Canterbury West Coast regional boundary.
- The final squad and tour selection will be made by the coaches committee.

TRAINING AND COMPETITION TOUR

- Silver Squad Testing Sessions Saturday 11/8/18 and Saturday 27/10/18
- Mid Year Target Competition - Four day Tri Series Tour (8/7/18 – 11/7/18)
- End of Year Target Competition – Swimming Waikato meet in Hamilton preceded by training camp in Cambridge 11/12/18-17/12/18



Level 5 - Gold Squad 2018 Selection Criteria

Coach in Charge – Dave Prattley

- Initial Selection 15-18 years as at 31st December 2018.
- There will be no reselection but athletes achieving the selection criteria during a further selection period maybe added to the squad at the discretion of the coaching group
- Male athletes scoring 590 FINA points or more and female swimmers scoring 600 FINA points or more in a single Olympic Event during the qualification period.
- Swimmers must reside and be training within the Canterbury West Coast regional boundary.
- The final squad selections will be made by the coaches committee.

TRAINING AND COMPETITION TOUR

- Gold Squad Testing Sessions Saturday 11/8/18
- Home Camp (including 1 testing session) – Friday 9/11/18 – Sunday 11/11/18
- End of Year Target Competition – Victorian State Champs in Melbourne (approx dates TBC 5/12/18-12/12/18)

Level 6 - Platinum Squad 2018 Selection Criteria

Coach in Charge – Dave Prattley

CRITERIA

- Open Age Group as at 31st December 2018
- There will be no reselection but athletes achieving the selection criteria during a further selection period maybe added to the squad at the discretion of the coaching group
- Male athletes scoring 680 FINA points or more and female swimmers scoring 680 FINA points or more in a single Olympic Event during the qualification period.
- Swimmers must reside and be training within the Canterbury West Coast regional boundary.
- The final squad selections will be made by the coaches committee.

TRAINING AND COMPETITION TOUR

- Platinum Squad Testing Session: Saturday 11/8/18
- Home Camp (including 1 testing session) – Friday 9/11/18 – Sunday 11/11/18
- End of Year Target Competition – Queensland State Champs in Brisbane (approx. dates TBC 13/12/18-22/12/18)