



**REGIONAL SQUADS PROGRAMME  
SELECTION POLICY & STANDARDS  
2019**

## INTRODUCTION -

Over the last two years Swimming Waikato have put in place the foundations of our regional development pathway to encourage the development of a sustainable performance environment and culture within our region.

My predecessor posed the question of how we bridge the gap from where swimming is now and how we advance towards the pinnacle competitions in our sport. What was identified was that the sport of swimming had been run on a '100-year-old competitive template', a model which had failed to adapt.

In our bid to rush swimmers towards 'high performance' I believe we have globally neglected the experience and the journey of the swimmer. There is no hiding away from the fact that to reach the pinnacle meets in our sports there will be a great demand placed on our swimmers, this should not be overlooked; however, the path towards these competitions is long and to advance our swimmers at lightning speed is no longer sustainable.

Swimming Waikato have chosen to take a different approach with the introduction of a number of initiatives to encourage and celebrate participation for those swimmers that are at the beginning of their swimming journey. By doing so we hope to engage and inspire a new generation of swimmers who swim because it's the sport they love!

Our ability to adapt is key to building a strong swimming culture in the Waikato and throughout the country. The pathway within this document is one such adaptation, one that has holistically looked at how we can improve the sport for our swimmers.

*Darren Ward*

Hub Head Coach

## **BACKGROUND CONTEXT –**

This document sets out the overall principles guiding the selection of the Swimming Waikato Swimmer Pathway Squads. In considering any changes to the existing policy, which itself was updated in 2017 the following was taken into consideration:

1. Coaching Feedback
2. Clarity of qualification standards
3. Available Squad Resources
4. Focus on long term retention and performance

It is Swimming Waikato's belief that swimmers should improve over a range of abilities to begin with and focus on specific events only when reaching a higher level of performance. For this reason, the squad criteria has been designed to include a variety of event disciplines within each stage; by doing so we aim to encourage appropriate physical development at the appropriate time.

The following amendments to the Swimming Waikato Swimmer Pathway have been introduced to highlight with clarity the requirements for each squad stage. The concept and spirit of the original model is contained within the pathway with a continuation of a Talent ID model selection, this will be reviewed on individual merit and in consultation between the Hub Head Coach and the Club Coach.

## **GOALS AND OBJECTIVES -**

The Pathway Squad is great opportunity to work alongside the top swimmers and coaches in the region. It should be a reward for the process of qualification and a great tool to help advance each individual swimmer forward in the sport. The goal is to make it something worthy of attendance for swimmers and coaches and an opportunity to have fun and learn at the same time.

I have made it very clear that it is my wish to see this region to advance collectively towards a reputation for swimming excellence. The Swimmer Pathway is key towards this goal.

## SWIMMING WAIKATO SQUADS OVERVIEW

### FINA POINTS REQUIREMENTS

AGE	TAPS SQUAD		POTENTIAL SQUAD		PATHWAY SQUAD	
	Male	Female	Male	Female	Male	Female
18 +	700	700	x	x	x	x
17	650	700	600	x	x	x
16	600	650	550	600	x	x
15	550	600	500	550	450	x
14	x	550	450	500	400	450
13	x	x	x	450*	350	400*
12	x	x	x	x	300	350*
11	x	x	x	x	x	300*

### REQUIRED NUMBER OF EVENTS

AGE	TAPS SQUAD		POTENTIAL SQUAD		PATHWAY SQUAD	
	Male	Female	Male	Female	Male	Female
18 +	1	1	x	x	x	x
17	1	1	1	x	x	x
16	2 (Max 1 @ 50)	2 (Max 1 @ 50)	2 (Max 1 @ 50)	2 (Max 1 @ 50)	x	x
11-15 years selection must not include 50's						
15	2 (1 @ 200+)	2 (1 @ 200+)	2 (1 @ 200+)	2 (1 @ 200+)	2 (1 @ 200+)	x
14	x	3 (2 @ 200+)	3 (2 @ 200+) *	3 (2 @ 200+)	3 (2 @ 200+) *	3 (2 @ 200+)
13	x	x	x	3 (2 @ 200+) *	3 (2 @ 200+) *	3 (2 @ 200+) *
12	x	x	x	x	3 (2 @ 200+) *	3 (2 @ 200+) *
11	x	x	x	x	x	3 (2 @ 200+) *

#### \* Sensitive Period (PHV/Rapid Growth)

**200+** = all 200m, 400m, 800m and 1500m events.

**Example:** A 12-year-old female swimmer aiming to qualify for 2019 Pathway Squad needs to achieve an average of 350 Fina Points minimum across 3 differing events, 2 of which must be at 200+ meter events. This is written as 3 (2 @ 200+). Points from 50m events will not be counted at this stage.

*Flora Macdonald (12yrs) 200 IM = 341 Fina, 200 Freestyle = 380 Fina, 100 Backstroke = 352 Fina.*

**341 + 380 + 352 = 1073 ÷ by 3 = 357!** ✓

## SQUAD ENTRY AGE -

Level	Boys Age	Girls Age
TAPs	15+	14+
Potential	14+	13+
Pathway	12+	11+

*The age differential for Squads supports the recognition of gender differences regarding maturity and development. Fundamentally, female swimmers tend to hit a period of significant physiological growth (sensitive period) two years ahead of males.*

## OPEN WATER SQUAD SELECTION -

Swimmers achieving the following criteria will be considered for selection onto the Swimming Waikato Potential and TAPS Squads. Swimmers attempting to qualify into Pathway Squads will do so under the standard procedure outlined for this squad outlined earlier in this document.

Swimmers must achieve the following to be considered for **Potential Squad**

- National medallist in the 5K for their Age Group
- Swimmer must also score the following points in the 1500 Freestyle for their age:

AGE	Male	Female
17	600	x
16	550	600
15	500	550
14	450	500
13	x	450

Swimmers must achieve one of the following to be considered for **TAPs Squad**

- Top 5 at NZ Open 10K
- Swimmer must also score the following points in the 1500 Freestyle for their age:

AGE	Male	Female
18+	700	700
17	650	700
16	600	650
15	550	600
14	x	550

## QUALIFYING CONDITIONS -

- Qualifying window is from 1<sup>st</sup> Jan to 31<sup>st</sup> Dec each year (Fina Points are updated on the 1<sup>st</sup> of January)
- All Fina point results in 2018 are valid for 2019 Squad Qualification only.
- Age as of the 31<sup>st</sup> of December each year
- Swimmers are required to requalify on the 1<sup>st</sup> January each year.
- Short Course conversions into Long Course can be used. (will be reviewed for 2020)
- Swimmers cannot score points from the same event more than once within the year.
- Fina points from 50m events will not be accepted for swimmers aged 11-15
- Wild Card entries will be used at the Hub Head coach's discretion
- Swimmers must reside and be training in the Waikato regional boundary
- Swimmers will be required to apply for qualification through the Swimming Waikato website as part of the qualifying procedures. Reminders will be sent out but failure to apply will result in non-entry to squads for that year.
- Squads will be announced and posted online after the Waikato Senior Champs at the beginning of the year.
- Swimmers qualifying for Swim NZ Pathway Squads will continue to receive support from Swimming Waikato based on their pathway level. (Priority will be given to Swim NZ camps if event dates conflict)
- Qualification criteria will be updated annually.
- The Hub Head Coach will make the final decision on all entries into squads

## **DISCRETIONARY SELECTIONS (WILD CARDS) -**

When deliberating on discretionary selections, the following will be reviewed.

- Past, current and planned level of training
- Rate of performance progression
- Achievement of previously agreed targets
- Mindset
- Discussion with home club coach

## **RETENTION IN THE PROGRAMME WILL BE BASED ON THE FOLLOWING CRITERIA -**

- Training attendance and commitment
- Engagement with coaches and staff
- Technical assessment and improvement
- Trainability & Resilience
- Work ethic
- Openness to learning
- Personal Accountability
- Swimmer buy-in

## **PARENT SUPPORT PROGRAMME -**

As part of our Squad Programs we believe it is vital that we engage our swimmers support staff aka their parents. We will be looking to hold opportunities for our parents to participate in seminars which will help you to support your aspiring champions. You will also gain access to our *new online education platform* which will be updated with useful information.

Areas that will be highlighted are:

- General updates
- Lifestyle (nutrition, education, social)
- Club Support
- Supporting the coach
- Long Term Athlete Development
- Anti-Doping

## **CLUB COACHES -**

Coaches with qualified swimmers will be invited to attend and participate in all squad training opportunities, working in unison with the Hub Head Coach.

## **2019 SQUAD DEVELOPMENT OPPORTUNITIES -**

**(Reviewed Annually)**

### **TAPS SQUAD**

1 x Combined Squad Training Week

Qld State Championships (AUS) – Dec 2019

IPP Support from Hub Head Coach

Squad Specific Educational Sessions

T3 Sponsored Kit

Access to Website Education Portal

### **POTENTIAL SQUAD**

4 x Combined Squad Training Weekends

Qld State Championships (AUS) – Dec 2019

IPP Support from Hub Head Coach

Squad Specific Educational Sessions

T3 Sponsored Kit

Access to Website Education Portal

### **PATHWAY SQUAD**

4 x Combined Squad Training Weekends

Squad Specific Educational Sessions

Squad Log-Book & Review

T3 Sponsored Kit

Access to Website Education Portal

Stroke Clinic Dates & Location: TBC

## SWIMMING WAIKATO'S XLR8 ACHIEVERS CLUB -

Swimming Waikato's XLR8 Achievers Club rewards our junior swimmers for their improved performances through the provision of badges to acknowledge the accumulation of XLR8 points –

- **2.5k Club (2,500+ XLR8 points)**
- **2K Club (2,000+ XLR8 points)**
- **1.5k Club (1,500+ XLR8 points)**

For more information on Swimming Waikato's XLR8 Achievers Club please visit our website at:

<http://www.swimmingwaikato.co.nz/programmes/xlr8-achievers-club>

### 2.5k CLUB STROKE CLINICS –

11 & 12-year-old swimmers who qualify for the **2.5K XLR 8 Achievers Club** will have the opportunity to attend four annual Stroke Clinics lead by the Swimming Waikato Hub Head Coach. Swimmers already on Pathway Squads will not qualify for these stroke clinics.

The Swimmers who qualify for the Stroke Clinics will be contacted by Swimming Waikato, therefore are not required to apply via the website.

Stroke Clinic Dates & Location: TBC



# SWIMMING WAIKATO REGIONAL SQUADS PROGRAMME

## APPLICATION FORM

Please make sure you have read the qualifying criteria to enable you to complete this form in full.

Name of Applicant: .....

Club: .....

Date of Birth: ...../...../.....

Age as at 31 December 2018: .....

### WHICH SQUAD ARE YOU APPLYING FOR (please circle one)

PATHWAY

POTENTIAL

TAPS

MEET DETAILS	STROKE	DISTANCE	TIME	FINA POINTS

Signed: .....

Verified by: .....  
(Coach)

You can complete this application form as soon as you have met the qualifying criteria for either the Pathway, Potential or TAPs squads. Please email this completed form, along with a recent photograph of yourself, to [cherie@swimmingwaikato.co.nz](mailto:cherie@swimmingwaikato.co.nz). The cut off date for applying for a position on a 2019 squad is 31 December 2018.