



**REGIONAL SQUADS PROGRAMME  
SELECTION POLICY & STANDARDS  
2020**

## **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, the following was taken into consideration:

1. Coach feedback
2. Increased competitive long course availability in the Region
3. 2019 application numbers and standards
4. Learnings from 2018 Squad Camps
5. Available coaching resources
6. 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.

## **GOALS AND OBJECTIVES -**

The Regional Squads are a 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 POINT REQUIREMENTS 2020						
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+)	
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 2020 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! ✓**

## QUALIFYING CONDITIONS -

- Qualifying window is from 1<sup>st</sup> Jan 2019 to 31<sup>st</sup> Dec 2019
- FINA points acquired in 2019 are valid for 2020 Squad Qualification only.
- Age as of the 31<sup>st</sup> of December 2019
- Swimmers are required to requalify on the 1<sup>st</sup> January each year.
- **Potential & TAPs squad applications must use FINA Points from long course events only. Short course conversions will not be accepted for these two squads.**
- **Short course conversions will continue to be accepted for PATHWAY squad applications. Advice on how to convert short course into long is provided within this document.**
- Fina Points to be taken from the Swimming NZ Database (Not Take Your Marks)
- It is expected that all swimmers are engaged in a club Dry-Land Programme.
- Swimmers cannot score points from the same event more than once within the year.
- Fina points from the 50 Free/Back/Breast/Fly will not be accepted for swimmers aged 11-15
- Wild Card entries will be used at the Hub Head coach's discretion
- Swimmers must compete for a Waikato affiliated club
- Swimmers will be required to apply via an online form at [www.swimmingwaikato.co.nz](http://www.swimmingwaikato.co.nz)
- Application 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 early February 2020
- Swimmers qualifying for Swim NZ Pathway Squads will continue to receive support from Swimming Waikato
- Qualification criteria will be updated annually.
- The Hub Head Coach will make the final decision on all entries into squads
- Swimmers are more than welcome to update their applications throughout the year if they improve their FINA point totals.

## **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 to the Regional Hub Programme

**REGIONAL SQUAD COACHES** – To be announced later in 2019

## 2020 SQUAD DEVELOPMENT OPPORTUNITIES -

### TAPS SQUAD

#### **Domestic Training Camp / Testing**

**International Training Camp - July 2020** - Participation is dependent on current performance and training levels. At the discretion of the Regional Hub Head Coach.

**Qld State Championships (AUS) – Dec 2020** - Participation is dependent on current performance and training levels as well as no. of qualified entries. At the discretion of the Regional Hub Head Coach

IPP Support from Hub Head Coach

Squad Specific Educational Sessions

Squad Kit

### POTENTIAL SQUAD

#### **Domestic Training Camp / Testing**

**International Training Camp - July 2020** - Participation is dependent on current performance and training levels. At the discretion of the Regional Hub Head Coach.

**Victorian Age Championships (AUS) – Dec 2020** - Participation is dependent on current performance and training levels as well as no. of qualified entries. At the discretion of the Regional Hub Head Coach

IPP Support from Hub Head Coach

Squad Specific Educational Sessions

Squad Kit

### PATHWAY SQUAD

#### **Weekend Domestic Training Camp / Testing**

#### **Training Day Camps**

#### **NZ Based Meet**

Squad Specific Educational Sessions

Log-Book Reviews

Squad Kit

All squad dates & locations TBC later in 2019

## 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 three annual Swimming Waikato Stroke Clinics. Swimmers already on Pathway Squads will not qualify for these stroke clinics.

Swimmers who qualify for the Stroke Clinics will be contacted by Swimming Waikato, therefore are not required to fill out an application form.

Stroke Clinic Dates & Locations TBC



## SWIMMING WAIKATO REGIONAL 2020 SQUADS PROGRAMME

### ONLINE APPLICATION FORM

Online applications can be found on the Swimming Waikato website from February 2019

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

You can complete the online application form as soon as you have met the qualifying criteria for either the Pathway, Potential or TAPs squads. **The cut-off date for applying for a position on a 2020 squad is midnight on 31 December 2019.**



## SHORT TO LONG COURSE CONVERSION SUPPORT – PATHWAY SQUAD ENTRY ONLY

**Step.1** Start with the short course time you are looking to convert

**Step.2** Open up the conversion tool of choice, an easy to use option is on the Swim Swam website

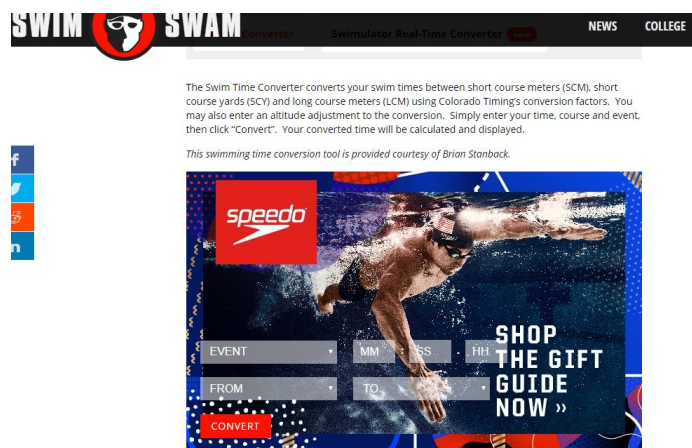
<https://swimswam.com/swimming-times-conversion-tool/>

**Step.3** Enter the Event you are converting

**Step.4** Enter the short course time in

**Step.5** Make sure to select **From:** Short Course **To:** Long Course

**Step. 6** Click **CONVERT** - This will give you the Short Course time converted into Long course



Now all you need to do is take the converted time and plug it into a FINA Points Calculator such as

[http://talbotco.co.nz/FINA\\_Points.aspx](http://talbotco.co.nz/FINA_Points.aspx)

Home Solution Overview FAQ Contact Us

FINA points are now an important part of the swimming. They are used for comparing swimmers and as a basis for team selection. Therefore knowing your FINA points and knowing the times you need to swim to achieve a certain number of FINA points is very important. This tool enables swimmers to calculate their FINA points for a swim or to calculate the time required to achieved the required FINA points.

Please contact us if you would like to embedded this free tool onto your web site.

The tool is currently available in English, German, Polish, Slovenian, Latvian and Russian. Please contact us if you would like this tool in another language and you can provide a translation.

If you would like to donate to the swimming tools continued development please click on the donations button

[Donate](#)

### FINA Points Calculator

To use the tool select the FINA time standard and Distance/Stroke of the swimmer. Then enter either the time or the points and click the calculate button to determine the time required or points achieved. Yards calculations use a conversion factor to estimate the 25 meters equivalent times for the calculations. The resulting times are the time required to be swum in the selected pool length.

FINA Time Standard: 2018 Distance/Stroke: 400m / 500yd Free Language: English - US

Points / Time (0000 / mm:ss.ss): 04:10.00

Pool Length	Men	Women
25m	612	826
50m	682	846
25y	872	1177

Calculate Yards info

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