



## 2008 Provincial Teams Selection Criteria and Timelines

### Junior Team Selection Criteria and Timeline

- Selection is open to **Tier 6 or 7** athletes that are FINA Junior age-eligible (\*see exception for Seniors). Athletes may also compete on National 13-15, Junior, A or B Teams.
- Training camp followed by travel to an international competition summer 2008 as schedule, budget, and qualifying marks permit. Approval also required from Synchro Canada.
- 10 athletes will travel; 12 if there is a combo team entry.

Phase	Date	Competition	Event	Weight	Calculations	Selection	Notes
1	Feb 15-17, 2008 Guelph	Provincial Championships	Tier 7 Jr. Figure Event	30%	100% Phase 1 score to determine Top 24	Top 24	Tier 6 or Senior swimmers register as exhibition in the event.
2	April 26, 2008 Orangeville (Alder St. Pool)	Provincial Team Trials	Tier 7 Jr. Figure Event <i>(Figure group will be drawn after Phase 1 is completed)</i>	30%	Phase 1 & 2 scores averaged for Top 12	Top 12 (pending competition)	All travel, Summer 2008; no guarantees of a swim
			Sr. Team Elements*	40%			

### NOTES REGARDING SELECTION EVENTS:

- There will be no byes.
- Provincial Championships entry package will require confirmation of athlete's Phase 1 Provincial Team Trials participation and any Tier 6 or Senior swimmers entering as exhibition in Tier 7 Figures are required to pay the \$23.00 entry fee.
- In phase 1, athlete selection will not surpass the top 30 athletes.
- DVD of Senior elements is included in the Provincial Team Trials Registration Package (distributed to Clubs at Provincials + will be emailed to Club Registrars). Written Standards accompany the DVD (included in package) and will be emailed to Head Coaches.
- Senior Team elements to be competed will be: Thrust/Twirl element, Walkover Front element, Nova element and Rocket Split element
- Registration fee for Provincial Team Trials April 26, 2008 will apply – see registration package.
- **IF** the team travels to a Senior meet . . . any current provincial aged senior athlete who was a Canadian National Team member in 2007 will be granted a position on the team
- Any current provincial senior aged athlete is welcome to participate in Junior Team Trials. Placement will be counted **IF** a Senior meet is selected. If a Junior meet is selected, they are ineligible.

2008 Provincial Team Trials Selection Process – updated April 8, 2008

## 13-15 Selection Criteria and Timeline

- Selection is open to Tier 6 and 7 athletes that are 13-15 years of age by December 31, 2008 – including any athletes who has or may make the National 13-15, Junior, A or B Teams.
- Participation in an enhanced training program is the goal, which may include a competition or training camp, etc.

Phase	Date	Competition	Event	Weight	Calculations	Selection	Notes
1	Feb 15-17, 2008 Guelph	Provincial Championships	Tier 6 Figure Event	20%	100% Phase 1 score to determine Top 30	Top 30	-
2	April 26, 2008 Orangeville (Alder St. Pool)	Provincial Team Trials	Tier 6 Figure Group <i>(Figure group will be drawn after Phase 1 is completed)</i>	35%	Phase 1 & 2 scores averaged for Top 20	Top 10	<b>13-15 A Team</b> All participate, Summer 2008; no guarantees of a swim
			Tier 6 Team Elements	30%			
			LTAD – 3 S's testing each at 5%: <b>Stamina</b> – 400m Free <b>Speed</b> – 25m Flutter <i>(with boards)</i> <b>Suppleness</b> – Right, Middle and Left Splits	15%		Ranking 11-20	<b>13-15 B Team</b> B Team Camp - Summer 2008 <i>Tentatively scheduled: Keuka, NY Camp July 21-25, 2008</i>

### NOTES REGARDING SELECTION EVENTS:

- There will be no byes
- Provincial Championships entry package will require confirmation of athlete's Phase 1 Provincial Team Trials participation
- In phase 1, athlete selection will not surpass the top 36.
- In phase 2, "A" Team selection will not surpass the athlete placing 18<sup>th</sup>, "B" Team selection will not surpass the athlete placing 28<sup>th</sup>.
- DVD of Tier 6 standardized elements available from Synchro Swim Ontario. Elements are: Ballet Leg Combo, Walkout, Rocket Split and Eggbeater Boost-Eggbeater (same as 2006-07 DVD). Please use counts as demonstrated in the land drill.
- Registration fee for Provincial Team Trials April 26, 2008 will apply – see registration package.

## 12 & Under Selection Criteria and Timeline

- Selection open to **Tier 4 and higher** athletes that are 12 & under as of December 31, 2008
- Participation in an enhanced training program is the goal, which may include a training camp or competition, etc.

Phase	Date	Competition	Event	Weight	Calculations	Selection	Notes
1	Feb 15-17, 2008 Guelph	Provincial Championships	Tier 6 Figure Event	30%	100% Phase 1 score to determine Top 36.	Top 36	Tier 4-5 athletes register as exhibition in the event
2	April 26, 2008 Orangeville (Alder St. Pool)	Provincial Team Trials	FINA 12 & Under figure group* <i>(Figure group will be drawn after Phase 1 is completed)</i>	40%	Phase 1 & 2 scores averaged for Top 20	Top 10	<b>12&amp;U A Team</b> All participate, Summer 2008; no guarantees of a swim (if attending a competition)
			LTAD - 3 S's testing each at 10%: <b>Stamina</b> – 300m Free <b>Speed</b> – 25m Flutter <i>(with boards)</i> <b>Suppleness</b> – Right, Middle and Left Splits	30%		Ranking 11-20	<b>12&amp;U B Team</b> B Team Camp - Summer 2008 <i>Tentatively scheduled: Keuka, NY Camp July 21-25, 2008</i>

### NOTES REGARDING SELECTION EVENTS:

- There will be no byes
- Provincial Championships entry package will require confirmation of athlete's Phase 1 Provincial Team Trials participation
- In phase 1, athlete selection will not surpass the top 40.
- In phase 2, "A" Team athlete selection will not surpass the athlete placing 18<sup>th</sup>, "B" Team selection will not surpass the athlete placing 28<sup>th</sup>.
- Tier 4 & 5 Athletes entering Provincial Championships Tier 6 Figures are required to pay the \$23.00 entry fee
- Registration fee for Provincial Team Trials April 26, 2008 will apply – see registration package.
- \*FINA 12 & Under figures are as follows (FINA Handbook p.308). Please refer to the FINA handbook for figure descriptions.

#### COMPULSORY:

1. 360 Walkover Front
2. 301 Barracuda

#### OPTIONAL GROUP 1:

3. 355 Porpoise 1.9
4. 101 Ballet Leg Single 1.6

#### OPTIONAL GROUP 2:

3. 401 Swordfish 2.0
4. 344 Neptunus 1.8

#### OPTIONAL GROUP 3:

3. 311 Kip 1.8
4. 324 Ballerina 2.0

### **NOTES:**

- **Swimmers should wear black suits and white caps, as they would for a figure event.**
- **Lane ropes will not be used as we are switching from figure events to time trials quickly.**
- **Penalties will be issued for each violation.**

### **Stamina Test: 300m Free (12&U) / 400m Free (13-15)**

- Stamina test will be a 300m Free (front crawl) for 12&U, and a 400m Free (front crawl) for 13-15.
- Time trial will be swum in a 25m pool requiring 12 lengths for a 300m and 16 lengths for a 400m.
- Flip turns should be performed.
- Time trial will begin in the water, with one hand holding the wall. Athletes may push off the wall to start.
- These FINA Freestyle rules will be followed (SW 5). If these rules are not followed a **2.0 second penalty** will be issued.
  - **SW 5.1** Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
  - **SW 5.2** Some part of the swimmer must touch the wall upon completion of each length and at the finish.
  - **SW 5.3** Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters after the start and each turn. By that point, the head must have broken the surface.
- Time trial ends when swimmer touches the wall (as per rule above). The timer will not press stop until the swimmer touches the wall to end the time trial.

### **Speed Test: 25m Front Flutter Sprint (with flutter boards)**

- Speed test will be a 25m front flutter sprint (with flutter boards) for both 12&U and 13-15.
- Test will be swum in a 25m pool requiring 1 length of the pool for the time trial.
- Both hands must remain on the board at all times with hands held at the top or side of the board with arms extended. If a swimmer removes their hands, sculls or strokes a **2.0 second penalty** will be issued.
- Swimmers must keep their **head up** at all times. If a swimmer places their entire face in the water a **2.0 second penalty** will be issued.
- Swimmers must only do flutter kick the entire length of the pool, any dolphin or whip kick will result in a **2.0 second penalty**.
- Time trial will begin in the water, with one hand holding the wall. Athletes may push off the wall to start, bringing their hands together onto the board immediately after departing the wall. Time trial ends when the top of flutter board hits the wall. The timer will not press stop until the flutter board touches the wall to end the time trial.

### **The Start/False Starts (for 300m Free / 400m Free / 25m Kick)**

- Referee will ask swimmers to enter the pool and take their places in their assigned lane, with one hand holding the wall.
- When all swimmers are in the places and stationary, the Referee will call "Take your marks"
- The referee will then blow their whistle short and fast for the race to start
- If any swimmer starts before the starting signal, the referee will blow their whistle for the time trial to stop. Swimmers false starting will be issued a **2.0 second penalty** each time they false start. There will be no disqualifications.

## **Suppleness Test: Land Splits Standards**

### **Test:**

- Right, Left and Middle Splits
- Must hold splits for 10 seconds (stop watch)
- Splits will be measured by officials, and recorded

### **Standards:**

- With the hips centered on an established straight line (will be using a taped line), a **fully extended\*** split must be assumed
- The split position must be flat, hips and legs in full contact with the floor
- For right and left splits:
  - The front leg must be **extended\*** forward parallel to and on one side of the line, and the back leg must be **extended\*** backward parallel to and on the other side of the line.
  - The torso and head must be fully extended, directly over the hips.
  - If the split is flat - the arms must be fully extended out to the sides and the position held for 10 seconds. If the split is not flat the arms may be holding up the split position and held for 10 seconds.
- For middle splits:
  - The legs must be **extended\*** sideways along the line with hips in line with legs.
  - If the splits are flat - chest to the floor with arms extended or out the side, If the splits are not flat - arms may be in front holding torso up while keeping hips and legs in line
  - The position must be held for 10 seconds.

**\*Officials may issue a 2 point (4 cm) penalty for each split where swimmers who DO NOT fully extend their knees.**