



2009 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 2009 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 13-15, 2009	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 19, 2009 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 added for Top 12	Top 12 (pending competition)	All travel, Summer 2008; no guarantees of a swim
			Sr. Team Elements	40%			

NOTES REGARDING SELECTION EVENTS:

- The privilege of granting byes will be given at the discretion of the Synchro Swim Ontario Provincial Team Selection Jury of Appeal. Byes may be given during any phase and final selection to the team. The bye process must be followed including proper and official written documentation by the athlete requesting a bye (written explanation, doctor's note, etc.).
- 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.
- Senior Team elements to be competed will be: Thrust/Twirl element, Walkover Front element, Nova element and Rocket Split element (same as 2008). DVD of elements & written standards are available from the office if you do not have a copy from last year.
- Registration fee for Provincial Team Trials April 19, 2009 will apply.
- **IF** the team travels to a Senior meet . . . any current provincial aged senior athlete who was a Canadian National Team member in 2008 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.

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, 2009 – 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 13-15, 2009	Provincial Championships	Tier 6 Figure Event	20%	100% Phase 1 score to determine Top 50	Top 50	-
2	April 19, 2009 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 added for Top 22	Top 10*	13-15 A Team All participate, Summer 2008; no guarantees of a swim
			Tier 6 Team Elements	30%		Ranking 11-22* (12)	13-15 B Team B Team Camp - Summer 2009
		LTAD Testing: Stamina – 400m Free Speed – 25m Flutter <i>(with boards)</i> Suppleness – Right Split Position in water (judged by officials) Strength – TBA	15%				

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- Provincial Championships entry package will require confirmation of athlete's Phase 1 Provincial Team Trials participation
- 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. Contact office if you need a copy.
- Registration fee for Provincial Team Trials April 19, 2009 will apply.

**First round offers will go to the top 10 athletes. If an athlete declines their position, they are removed from the program and position 11 will be offered and it will reach to the next ranking athletes.*

**13-15 A team positions will be filled first, before B team offers are extended.*

12 & Under Selection Criteria and Timeline

- Selection open to **Tier 2** and higher athletes that are 12 & under as of December 31, 2009
- 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 13-15, 2009	Provincial Championships	FINA 12 & Under figure group <i>(drawn in advance)</i>	35%	100% Phase 1 score to determine Top 50.	Top 50	All eligible (T2+) 12&U athletes can enter figure event.
2	April 19, 2009 Orangeville (Alder St. Pool)	Provincial Team Trials	FINA 12 & Under figure group* <i>(Figure group will be drawn after Phase 1 is completed)</i>	50%	Phase 1 & 2 scores added for Top 24	Top 12*	12&U A Team All participate, Summer 2009; no guarantees of a swim (if attending a competition)
			LTAD Testing: Stamina – 300m Free Speed – 25m Flutter <i>(with boards)</i> Suppleness – Ariana Rotation in the water (judged by officials) Strength – TBA	15%		Ranking 13-24* (12)	12&U B Team B Team Camp - Summer 2009

NOTES REGARDING SELECTION EVENTS:

- The privilege of granting byes will be given at the discretion of the Synchro Swim Ontario Provincial Team Selection Jury of Appeal. Byes may be given during any phase and final selection to the team. The bye process must be followed including proper and official written documentation by the athlete requesting a bye (written explanation, doctor's note, etc.).
- Tier 2+ athletes entering the 12&U Figures event for Phase 1 12&U Provincial Team Trials at Provincial Championships will be required to pay a \$23.00 entry fee for the 12&U Figure Competition.
- Registration fee for Provincial Team Trials April 19, 2008 will apply.
- *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 2.1
2. 301 Barracuda 2.0

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

**First round offers will go to the top 10 athletes. If an athlete declines their position, they are removed from the program and position 11 will be offered and it will reach to the next ranking athletes.*

**12&U A team positions will be filled first, before B team offers are extended.*



NEW PROGRAM!

10 & Under Provincial Training Squad

- Selection open to athletes that are 10 & under as of December 31, 2009.
- Participation in a summer weekend (Saturday-Sunday) camp (anticipate to coincide with Provincial Team training days).

Phase	Date	Competition	Event	Weight	Calculations	Selection	Notes
1	June 13-14, 2009	12&U Provincial Championships (Trilliums)	10 & Under Figure Group (pre-set) LTAD Testing: Stamina – 200m Free Speed – 25m Flutter (with boards) Suppleness – TBA Strength – TBA	TBA TBA	100% Phase 1 score to determine Top 24.	Top 24	10&U Talent ID Camp (2-day) Summer 2009

NOTES REGARDING SELECTION EVENTS:

- The privilege of granting byes will be given at the discretion of the Synchro Swim Ontario Provincial Team Selection Jury of Appeal. Byes may be given during any phase and final selection to the team. The bye process must be followed including proper and official written documentation by the athlete requesting a bye (written explanation, doctor's note, etc.).
- Athletes entering the 10&U Figures event are required to pay the \$23.00 figure entry fee.
- An additional entry fee for LTAD events for selection to the Talent ID Camp will apply (\$25.00).
- 10 & Under figures are as follows (found in Provincial Rulebook). Please refer to the FINA handbook for figure descriptions.
Split Position, Back Tuck Somersault, Sailboat Alternate, Front Pike Pulldown to Submerged Double Ballet Leg.
- *Please note Provincial Rulebook Section F: 12 & Under Open Championships (Trilliums), 1.3 Eligible Competitors: Swimmers 12&U and currently registered as a recreational swimmer with Synchro Ontario may "upgrade" to a competitive swimmer in order to enter 10 & Under or 12 & Under events. Swimmers must be members of a registered Club and complete a minimum of Star 3 by the entry deadline. Star Test Sheets must accompany entry forms.*