



## 2010 Provincial Teams Selection Criteria and Timelines

### Canada Games Team Selection Criteria and Timeline:

- Selection is open to **Tier 6 or 7** athletes that are Canada Games eligible. Athletes may also compete on National 13-15 Team. Canada Games Technical package can be found <http://www.synchro.ca/e/competitions/documents/2011CanadaGamesSynchroTechPackage.pdf>. This outlines all eligibility items.
- Any athlete selected as a member of the Canada Games Team must follow the additional conditions of selection as found in Appendix A. Failure to comply will result in removal from the team.
- Training camp followed by travel to an international competition or training camp in 2010 as schedule, budget, and qualifying marks permit. Approval also required from Synchro Canada. Schedule/training program is likely to include both regular practices and camp-like components. Canada Games are in Halifax in February 2011.
- 10 athletes will travel.

Phase	Date	Competition	Event	Weight	Calculations	Selection	Notes
1	Feb 20-21, 2010	Provincial Championships	Tier 7 Jr. Figure Event Tier 6 (13-15) Figure Event	100%	100% Phase 1 score to determine Top 24 Tier 7Jr. + T7Sr. + Top 6 Tier 6 13-15	Top 24 T7Jr. + T7Sr. * + Top 6 ranked Tier 6 swimmers***	Senior swimmers register as exhibition in the T7 Jr. figure event
2	Date TBA (1 <sup>st</sup> choice May 15/16, 2 <sup>nd</sup> choice May 22/23)	Provincial Team Trials	Tier 7 Jr. Figure Event ** (8 figures)	50%	Top 10 **	Top 10	<i>At this time it is undetermined what routine they will be using.</i>
			Routine Set (2 lengths)	50%			

### NOTES REGARDING SELECTION EVENTS

\*Only Senior aged swimmers placing within the top 24 Jr. aged swimmers in the tier 7Jr. figure event will be invited to phase 2

\*\*Top 10 from ranking from all *Canada Games eligible (age and otherwise) athletes* in the event as per the Canada Games Technical Package

\*\*\*Top 6 ranked Tier 6 swimmers ONLY (from the T6, 13-15 figures event) will be invited, regardless of declines

- The privilege of granting byes will be given at the discretion of the Synchro Swim Ontario High Performance Selection Committee. 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 Senior swimmers entering as exhibition in Tier 7 Figures are required to pay the \$23.00 entry fee.
- Routine set to be completed within phase 2.
- Registration fee for Provincial Team Trials (date TBA) will apply.
- Once an athlete is registered and their athlete contract is submitted there is no refund on fees for any reason. Should an athlete remove herself from the team or be removed from the team for any reason (injury, illness, behaviour, etc), the decision: a) **if** another athlete will be called up to fill the spot or not AND b) **what athlete** will be named to the team; will be the sole discretion of the HP Selection Committee.

*2010 Approved Provincial Team Trials Selection Process – as of November 17, 2009- R1 Dec 2, CG team routine selection*

## 13-15 Team Selection Criteria and Timeline

- Selection is open to Tier 6 and 7 athletes that are 13-15 years of age by December 31, 2010.
- Athletes may also compete on National 13-15 Team, but no other National team.
- Any athlete selected as a member of the **13-15 A** Provincial Team must follow the additional conditions of selection as found in Appendix B. Failure to comply will result in removal from the team. This does not apply to the 13-15 B members.
- Participation in an enhanced training program is the goal, which may include a competition and/or training camp.

Phase	Date	Competition	Event	Weight	Calculations	Selection	Notes
1	Feb 20-21, 2010	Provincial Championships	Tier 6 Figure Event	100%	100% Phase 1 score to determine Top 40	Top 40	Scores and rankings do NOT carry forward from phase 1 to phase 2
2	Mid May Date TBA	Provincial Team Trials	Tier 6 Figure Group (8 figures)	50%	100% Phase 2 score only to determine Top 22	Top 10*	<b>13-15 A Team</b> All participate in 2010/2011 swim year; no guarantees of a swim; International Competition/Camp and Ontario Camp
			Modified Routine Set	50%		Ranking 11-22* (12)	<b>13-15 B Team</b> International Competition/Camp and Ontario Camp

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

### **NOTES REGARDING SELECTION EVENTS:**

- The privilege of granting byes will be given at the discretion of the Synchro Swim Ontario High Performance Selection Committee. 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
- Registration fee for Provincial Team Trials (date TBA) will apply.
- Once an athlete is registered and their contract submitted, there is no refund on fees for any reason. Should an athlete remove herself from the team or be removed from the team for any reason (injury, illness, behaviour, etc) she will not be replaced by another athlete. Should the team be jeopardized due to multiple exits, the HP Selection Committee may overrule and call another athlete to the team. Teams participating in CAMP ONLY programs may be replaced by the next athlete as ranked in the phase two final results.

## 11-12 Selection Criteria and Timeline

- Selection is open to athletes that are 11-12 as of December 31, 2010.
- Any athlete selected as a member of the **11-12 A** Provincial Team must follow the additional conditions of selection as found in Appendix A. Failure to comply will result in removal from the team. This does not apply to the 11-12 B Team members.
- Participation in an enhanced training program is the goal, which may include a training camp and/or competition.

Phase	Date	Competition	Event	Weight	Calculations	Selection	Notes
1	Feb 20-21, 2010	Provincial Championships	FINA 12 & Under figure group	100%	100% Phase 1 score to determine Top 40.	Top 40	All eligible 11-12 yr athletes can enter figure event. Scores and rankings do NOT carry forward from phase 1 to phase 2
2	Mid May date TBA	Provincial Team Trials	FINA 12 & Under figure group (8 figures)	80%	100% Phase 2 score to determine top 22	Top 12*	<b>11-12 A Team</b> All participate in 2010/2011 swim year; no guarantees of a swim; International Competition/Camp and Ontario Camp
			LTAD Testing** <b>Stamina</b> <b>Speed</b> <b>Suppleness</b>	20%		Ranking 13-24* (12)	<b>11-12 B Team</b> International and Ontario camp – summer 2010

\*11-12 A team positions will be filled first, before B team offers are extended

\*\*TBD by LTAD Committee

### NOTES REGARDING SELECTION EVENTS

- The privilege of granting byes will be given at the discretion of the Synchro Swim Ontario High Performance Selection Committee. 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 12 & Under Figures event for Phase 1 of the 11-12 Provincial Team Trials at Provincial Championships will be required to pay a \$23.00 entry fee for the 12 & Under Figure Competition. Registration fee for Provincial Team Trials in mid-May will apply.
- Once an athlete is registered and their contract submitted, there is no refund on fees for any reason. Should an athlete remove herself from the team or be removed from the team for any reason (injury, illness, behaviour, etc) she will not be replaced by another athlete. Should the team be jeopardized due to multiple exits, the HP Selection Committee may overrule and call another athlete to the team. Teams participating in CAMP ONLY programs may be replaced by the next athlete as ranked in the phase two final results.
- FINA 12 & Under figures are as follows :

#### Compulsory

1	101	Ballet Leg Single	1.6
2	360	Walkover Front	2.1

#### Group 2

3	355	Porpoise	1.9
4	401	Swordfish	2.0

#### Group 1

3	321	Somersub	2.0
4	315	Kipnus	1.6

#### Group 3

3	344	Neptunus	1.8
4	301	Barracuda	2.0

2010 Approved Provincial Team Trials Selection Process – as of November 17, 2009- R1 Dec 2, CG team routine selection

## 10 & Under Provincial Training Squad

- Selection open to athletes that are 10 & under as of December 31, 2010
- Any athlete selected as a member of the 10 & Under Squad must be a member in good standing of Synchro Ontario.
- 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 12-13, 2010	12&U Provincial Championships (Trilliums)	10 & Under Figure Group (pre-set) *  LTAD Testing:* <b>Stamina</b> <b>Speed</b> <b>Suppleness</b> <b>Strength</b>	80%  20%	100% Phase 1 score to determine Top 24.	Top 24	10&U Talent ID Camp Summer 2010

\*TBD by LTAD Committee

### NOTES REGARDING SELECTION EVENTS:

\*drawn as per Provincial Rules

- The privilege of granting byes will be given at the discretion of the Synchro Swim Ontario High Performance Selection Committee. 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).
- Once an athlete is registered and their contract submitted, there is no refund on fees for any reason. Should an athlete remove herself from the team or be removed from the team for any reason (injury, illness, behaviour, etc) she may be replaced by the next ranked athlete from the trials final results.
- 10 & Under figures are as follows (found in Provincial Rulebook). Please refer to the FINA handbook for figure descriptions.

#### Compulsory:

1 302 Blossom 1.4  
2 320 Front Pike Somersault 1.7

#### Group 2

3 303 Somersault Back Pike 1.5  
4 Sailboat Alternate 1.3

#### Group 1

3 310 Back Tuck Somersault 1.1  
4 101 Ballet Leg Single 1.6

- 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.



## **Synchro Swim Ontario 2010 Athlete Selection Criteria**

### **Appendix A 2011 Canada Games Team**

Athletes who accept a spot on the **2011 Canada Games Team** are required to:

1. Be members in good standing with Synchro Swim Ontario for the 2010-2011 season.
2. Be registered and compete in 2011 competitions by participating in a full competitive program for the 2010 – 2011 season (September 2010 – June 2011) which is defined as follows:
  - a. For athletes Tier 6 (T6)15 & Under for 2010 – 2011:
    - Minimum of Tier 6 15 & Under Team Competition in National Stream Competition and Tier 6 15 & Under FINA Figures in National Stream competition, and may include extra routines such as solo, or duet, and/or combo.
    - In the event that a club cannot field a National Stream Tier 6 15 & Under Team, the athlete must participate in National Stream Competition in three of five possible events: 1. Figures; 2. Solo; 3. Duet; 4. Team; 5. Free Combination Routine.
    - In the event that there is only one Tier 6 15 & Under National Stream athlete in a club, they must compete in a minimum of two National Stream events
  - b. For athletes Tier 7 (T7) Junior in 2010 – 2011:
    - Minimum of team competition in National Stream (T7) Junior Competition and (T7) Junior Figures in National Stream Competition and may include extra routines such as solo or duet and Free Combination Routine.
    - In the event that a club cannot field a National Stream (T7) Junior Team, the athlete must participate in National Stream Competition in three of five possible events: 1. Figures; 2. Solo; 3. Duet; 4. Team; 5. Free Combination Routine.
    - In the event that there is only one (T7) Junior National Stream athlete in a club, they must compete in a minimum of two National Stream (T7) Junior events
  - c. For athletes Senior in 2010 – 2011:
    - Involves competing in two of seven Senior disciplines which may include any combination of Technical Solo, Free Solo, Technical Duet, Free Duet, Technical team, Free Team, or Free Combo Routine. (Senior athletes as determined by FINA Rules and that are under 22 yrs of age)



## **Synchro Swim Ontario 2010 Provincial Team Athlete Selection Criteria**

### **Appendix B 11-12 A & 13-15 A Teams**

Athletes who accept a spot on the 13-15 A Team Ontario or the 11-12 A Team Ontario teams are required to:

1. Be members in good standing with Synchro Swim Ontario for the 2010-2011 season.
2. Participate in a full competitive program for the 2010 – 2011 season (September 2010 – June 2011) which is defined as follows:
  - a. For athletes 15 & Under for 2010 – 2011:
    - Minimum of participation on an age-appropriate Team in the Synchro Ontario competitive stream, and may include extra routines such as solo, or duet, and/or combo. This athlete will be registered and compete on this team in 2011 competitions.
    - In the event that a club cannot field an age-appropriate Team, the athlete must participate in 3 of the following events: 1. Figures; 2. Solo; 3. Duet; 4. Team; 5. Free Combination Routine. This athlete will be registered and compete in 2011 competitions.