



2016 13-15 Provincial Team Selection Criteria

Updated May 5th, 2016

COMPETITIVE EVENT: 2016 UANA Pan Am Championships

Location: San Juan, Puerto Rico

Competition Dates: Aug 30 - Sept 5, 2016

Travel Dates: To be finalized once registrations are complete/approved by UANA*

Still Pending are final details of bid approval by UANA and Synchro Canada. At this point, we have received tentative approval from Synchro Canada to send a 13-15 Team of 8 athletes with no alternates. See additional notes under **Authority for Selection below. Confirmation of the final UANA bid conditions are expected by ETA May 31.*

TRAINING PLAN:

Top 16 2-Day Selection Camp is scheduled for **June 18-19, 2016** at Toronto Pan Am Sports Centre. The Top 8 athletes, plus 2 additional athletes, will be selected at this camp to move on to the Pre-Competition Training Camp.

Pre-Competition Training Camp for Top 8 (+2) athletes, **Aug 8-29, 2016** at Etobicoke Olympium

Approx. 16-18 days of training total - Dates and off-days TBA

**Note final dates and locations may be subject to change and are being confirmed*

TEAM FEES/COSTS:

Phase 1 & Phase 2 cost is entry fee for 13-15 Figures (\$29.00)

Phase 3 cost for Top 16 Selection Camp (2 days) will be \$150.00

Pre-Competition Training Camp fees for Top 8 (+2) athletes will be \$1899 - \$150 = \$1749

Team Travel Costs for the Top 8 athletes travelling to UANA will be the cost of the flight to Puerto Rico and the UANA Hotel/Meal Plan, which will be communicated in the UANA Meet Package.

Eligibility:

- Selection is open to ALL athletes that are 13-15 as of December 31, 2016 and who are members in good standing of Synchro Swim Ontario.

Byes:

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.).

Authority for Selection:

IMPORTANT: At this time, Synchro Swim Ontario has been informed that due to the number of Canadian entries for the 13-15 category exceeding UANA guidelines, that Team Ontario, with special permission, will **ONLY** be allowed to attend with a maximum of **8 Athletes on the 13-15 Team**. It is SSO's plan to follow our Selection Process as posted as much as possible. The current plan is to have 10 athletes selected to attend the Pre-Competition Training Camp based on Phase 3 Selection Camp. In order to comply with the UANA/Synchro Canada restriction of having only 8 team members travelling to UANA, the 9th ranked athlete, as per normal process, will be designated as the official Alternate, who would be ready to replace an athlete if anyone needed to withdraw during the training period. The 10th place at the Pre-Competition Training Camp will be

offered to the highest-ranked athlete born in 2002 or 2003, as an opportunity for development. Unfortunately neither of these positions will have the opportunity to travel to Puerto Rico with the Team, but will have the full value and experience of the training camp and being a named member of the 2016 13-15 Provincial Team Ontario. Note that the 9th and 10th placed athletes must accept their positions at the Pre-Competition Training Camp knowing that they will not travel with the team to UANA.

The final decision-making authority to determine which athletes will be selected to the final 13-15 Team (Top 8, plus 2 athletes NOT travelling to UANA) will rest with the Synchro Swim Ontario HP/Technical Lead. The Sport Development Manager is responsible for ensuring that the process outlined in this document is properly followed and that the selection process is fair and equitable for all candidates. The Sport Development Manager reserves the right to ask other Synchro Swim Ontario representatives to help and support her in this task.

The Selection Process:

Phase 1: Provincial Championships 13-15 Figure Event

Phase	Date	Selection Event	Calculation	Selection	Notes
1	Feb 19-21, 2016	Provincial Championships 13-15 Figure Event*	100% Figures	Top 25	Advance to Phase 2

Notes:

- 1) *Provincial Stream 13-15 Athletes to enter event as Exhibition and pay \$29.00 figure entry fee.
- 2) Should an athlete decline their participation in Phase 2, she may be replaced by the next ranked athlete from Phase 1.

Phase 2: Top 25 13-15 Figure Event to be held before Hilton Invitational to select Top 16 Training Squad

Phase	Date	Selection Event	Calculation	Selection	Notes
2	April 14, 2016	Top 25 13-15 Figure Event to be held before Hilton Invitational (will be first event on Thursday). Figure group to be drawn 2 weeks in advance, with group swum at Provincials removed* (Posted by Noon on March 31, 2016).	100% Figures	Top 16	Invited to 13-15 June Top 16 Training Camp

Notes:

- 1) *To not swim the same figure group as Phase 1, the group drawn at Provincials will be removed from the draw, with the figure group for Phase 2 being drawn from the remaining two groups.
- 2) Should an athlete decline their participation at the June Training Camp, she may be replaced by the next ranked athlete from Phase 2.
- 3) Should an athlete be selected to the 13-15 NT at the 2016 Espoir Championships, the next eligible athlete as ranked in Phase 2 will be invited to participate in Phase 3.

Phase 3: June Top 16 Selection Camp

Phase	Date	Selection Event	Calculation	Selection	Notes
3	June 18-19, 2016	2-Day Selection Camp at the Toronto Pan Am Sports Centre	n/a	<p>Top 8 (+ 2)</p> <p>9th placement = Official Alternate</p> <p>10th placement = top-ranked athlete born in 2002 or 2003 for development purposes</p>	<p>Participation at Pre-Competition Training Camp (10 athletes), and participation at 2016 UANA Championships (8 athletes) Aug 30-Sept 5, in Puerto Rico</p> <p>*Pending final bid details from UANA & Synchro Canada</p>

The Top 16 athletes will be invited to a 2-Day Selection Camp. The purpose of the 2-Day camp is to learn the routine well and select the team based on the routine assessment combined with figure results. The goal of this phase is to select the best possible team of 8 athletes who will travel to UANA, and designate the Official Alternate and the one development placement for the Pre-Competition Training Camp. Factors that will be considered in selecting the “team” will include physical, mental and technical aspects of the sport, as well as team dynamics. It is understood that in selecting the best possible “team”, the best individual athletes may not be selected.

Note: Should an athlete decline their participation in the Pre-Competitive Training Camp, she may be replaced by the next ranked athlete.

The Selection Committee (refer to Appendix A) will review and discuss the following evaluations, observations, and attributes during the Phase 3 June Selection Camp to select the athletes for the Pre-Competitive Training Camp:

- Execution in routine skills (height in egg beater, height in vertical figure, height in position figure 1 leg, height in ballet leg, rapid and precise arm movement, rapid and precise leg movement, flexibility and extension, lightness in the routine)
- Propulsion and movement (in figures, egg beater, kicks, and figures in the team routine)
- Synchronization
- Training endurance (endurance in complete routines, consistency in training, giving best effort at all times, maintaining high intensity, timed swim)
- Competencies in Synchro Canada aligned LTAD testing
- Abilities in lifts (as a flyer, as a springer, as a pusher, having explosive strength to maintain a lift)
- Body and facial expression (must demonstrate body expression, energy, aggressive movements and as requested, be able to demonstrate one or several facial expressions during a routine)
- Behaviour and attitude (professional behaviour: punctuality, commitment/dedication, leadership, work ethic, concentration/focus, openness to comments, ability to self-evaluate, quick correction, communication)
- Psychological and physical readiness to handle the training camp and competition
- Team Chemistry – relationship with team mates, relationship with coaching staff and experts.

APPOINTMENT OF THE 13-15 TEAM SOLO(S) AND DUET(S) & ALTERNATES

Overview:

Appointments for the solo(s), duet(s) and alternates will be based on the process and criteria described in this document.

Criteria:

Synchronized Swimming is not a timed or measured event, but is a judged sport. Accordingly, performance and success in the sport are measured on the basis of both objective and subjective factors. As well, selecting athletes to Teams requires evaluation of athletes using both objective and subjective measures. The appointment of athletes from the 13-15 Team to the Solo and Duet events is based on evaluation by the Synchro Swim Ontario HP/Technical Lead, Head/Assistant Coaches, and the Sport Development Manager, with the Synchro Swim Ontario HP/Technical Lead having the final decision making authority regarding the final selection of solos and duet. These individuals will have discretion to make these decisions. In exercising this discretion, these individuals will consider all of the following criteria (listed below in priority of importance):

- Results and experience in Provincial and National Competitions
- Technical and artistic ability based on the assessment of Synchro Swim Ontario HP/Technical Lead, Assistant Coaches, and the Sport Development Manager, as well as judges' scores from competition
- Compatibility with athlete combinations, other athletes and coaches
- Physical competition readiness and physical suitability
- Alternate duet pairings may be considered if it is in the best interest of the teams goals, meaning different athletes may be paired together if it will increase chances of obtaining a better result.

The Synchro Swim Ontario HP/Technical Lead, Head/Assistant Coaches, and the Sport Development Manager may solicit feedback from other technical experts to assist in making their decision. The Synchro Swim Ontario HP/Technical Lead, Head/Assistant Coaches, and the Sport Development Manager may appoint alternates in the same manner, with the Synchro Swim Ontario HP/Technical Lead being the final decision making authority regarding the naming of alternates.

13-15 Team Selection Committee

The Selection Committee will record their feedback during Phase 3 of selection and will meet to discuss the 13-15 Team Selection. Minutes will be taken to ensure that all information discussed is documented. These minutes will be confidential to the Committee.

ROLES AND RESPONSIBILITIES:

Synchro Swim Ontario HP/Technical Lead

- Observes and records feedback on athletes during the selection process
- Provides expertise to ensure the best Team of athletes are selected
- Ensures the selection process is followed and appropriate reasoning and rationale are provided
- Makes the final decision regarding the selection of the athletes
- Acts as Mentor Coach to selected coaching team and provides overall leadership as required.

13-15 Team Head & Assistant Coaches

- Observes and records feedback on athletes during the selection process
- Contributes feedback and observations to the Synchro Swim Ontario HP/Technical Lead

Synchro Swim Ontario Sport Development Manager

- Observes and records feedback on athletes during the selection process
- Provides expertise as a Coach and Synchro Swim Ontario staff member to ensure the best Team of athletes are selected
- Ensures the selection process is followed and appropriate reasoning and rationale are provided

If for any reason all of the above mentioned individuals are unavailable to participate in the selection committee, Synchro Swim Ontario will select the next best-suited individual to replace them.