



## Selection Process & Criteria

2018 Junior Provincial Team & 2019 Canada Games Team

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### OVERVIEW:

1. Selection to the 2018 Junior Provincial Team and 2019 Canada Games Team (Ontario) will be based on a 3-phase selection process, as described in this document. Athletes must participate in Phase 1 in order to be considered for advancement to Phase 2 and Phase 3.
2. The top Ten (10) athletes in this trials process will be selected to participate in the final 2019 Canada Games Team Training Camps and Competition (assuming all eligibility requirements are met).
3. The next Ten (10) athletes will be selected to participate in the 2018 Junior Provincial Team Training Camp and Competition (assuming all eligibility requirements are met).
4. Athletes entering this trials process must be willing to accept placement on either the 2018 Junior Provincial Team OR the 2019 Canada Games Team should they be selected (assuming they meet the eligibility criteria as outlined below).
5. The 10 athletes selected to the 2019 Canada Games Team will participate in all Canada Games Team Training Camps (and competitions, if applicable) and will compete at the 2019 Canada Winter Games in Red Deer, Alberta. The 10 athletes selected to the 2018 Junior Provincial Team will participate in the 2018 SYNC Invitational in Toronto, Canada.

### AUTHORITY FOR SELECTION:

6. The Synchro Swim Ontario Board of Directors has delegated the authority for all decision making under this policy to a Selection Committee comprised of:
  - SSO High Performance/Technical Expert
  - Canada Games Team Head and Assistant Coaches (for Canada Games Team)
  - Junior Provincial Team Head and Assistant Coaches (for Junior Provincial Team)
  - SSO Sport Development Manager

The final decision-making authority to determine which athletes will be selected to each subsequent phase of the trials and to the final 2019 Canada Winter Games Team (Top 10) & 2018 Junior Provincial Team (next 10) rests with the Head Coach of the respective team as described in The Selection Process portion of this document. 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. Since the selection process outlined in this document is partially based on judge evaluations, the Sport Development Manager will ensure final scores have been calculated accurately. The Sport

Development Manager reserves the right to ask other Synchro Swim Ontario representatives to help and support her in this task.

The Athlete Selection Committee will record their feedback during all phases of the selection process and will meet to discuss athlete selection. Minutes will be taken to ensure that all information discussed is documented. These minutes will be confidential to the Committee.

## **ROLES AND RESPONSIBILITIES:**

### **Team Head Coach (Canada Games Team / Junior Provincial Team)**

- Observes and records feedback on athletes during the selection process
- Ensures the selection process is followed and appropriate reasoning and rationale are provided
- Contributes feedback and observations to the Synchro Swim Ontario HP/Technical Expert
- Provides expertise to ensure the best team of athletes is selected. This may include adding athletes to the selection process on the basis of exceptional performance during the season (e.g., at Canadian Qualifier, Canadian Championships, or Canadian Espoir Championships, or National Team Trials/Selection events), if the Head Coach believes this is appropriate.
- Makes the final decision regarding the selection of athletes with input provided by the selection committee

### **Team Assistant Coach (Canada Games Team / Junior Provincial Team)**

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

### **Synchro Swim Ontario HP/Technical Expert**

- Observes and records feedback on athletes during the selection process
- Provides expertise to ensure the best team of athletes is selected. This may include objective individual athlete evaluation and recommendations to determine the addition of athletes to the selection process on the basis of exceptional performance during the season (e.g., at Canadian Qualifier, Canadian Championships, or Canadian Espoir Championships, or National Team Trials/Selection events).
- Acts as Mentor Coach to the selected coaching team and provides overall leadership as required

### **Synchro Swim Ontario Sport Development Manager**

- Appointed Staff Designate
- Observes and records feedback on athletes during the selection process
- Provides input and data as required supporting transparency of selection criteria to ensure the best team of athletes is selected
- Ensures the selection process is followed and appropriate reasoning and rationale are provided and documented
- Supports all communication and administrative efforts for the Team

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

## **BYES:**

The Selection Committee will review Bye requests and make recommendations for the granting of byes to the Provincial Jury of Appeal. Final authority to grant bye requests, as per the Provincial Rulebook, rests with the Provincial Jury of Appeal.

7. **Medical Bye:** If an athlete is unable to participate in trials or has to leave once trials are underway due to an injury or illness, the Selection Committee has the authority to add that athlete to the selection pool at any phase if they believe this is appropriate based on the athlete's ability as demonstrated through results during the season. A Medical Bye requires a signed and dated letter from a Physician stating that the athlete is unable to participate for a medical reason, submitted together with the Synchro Swim Ontario Bye Request Form (available on the SSO website at [synchroontario.com](http://synchroontario.com)).
8. **Family Emergency Bye:** If an athlete is unable to participate in trials or has to leave once trials are underway due to a family emergency, the Selection Committee has the authority to add that athlete to the selection pool at any phase if they believe this is appropriate based on the athlete's ability as demonstrated through results during the season. A family emergency is defined as: Death, injury, or medical emergency relating to the following family members: a parent, step-parent, grandparent, step-grandparent, a brother or sister, a stepbrother or step-sister. A Synchro Swim Ontario Bye Request Form (available on the SSO website at [synchroontario.com](http://synchroontario.com)) must be submitted.

#### **APPEALS PROCESS:**

9. Decisions regarding 2019 Canada Games Team and 2018 Junior Provincial Team Selection are subject to appeal pursuant to the Synchro Swim Ontario Appeal Policy, which is available on the SSO website at [synchroontario.com](http://synchroontario.com).

#### **ELIGIBILITY:**

10. To be eligible to participate in the selection process and to be considered for selection to the 2019 Canada Games Team or 2018 Junior Provincial Team, athletes must meet the following criteria:

##### **GENERAL** (Applicable to both Canada Games Team and Junior Provincial Team):

- Be registered and in good standing with Synchro Swim Ontario and hold a current CASSA Membership.
- Pay any required fees.
- At the time of Phase 3 of the selection events, be able to participate fully in all team activities including selections, training, demonstrations, travel and competitions.
- Complete all parts of the selection process as required.

##### **SPECIFIC TO CANADA WINTER GAMES TEAM:**

- Be age eligible as per the 2019 Canada Winter Games Synchronized Swimming Technical Package: 15 to 21 years of age as of December 31, 2019 (Year of Birth: 1998 to 2004 inclusive).
- Meet all Athlete Eligibility Criteria as per the 2019 Canada Winter Games Synchronized Swimming Technical Package.

##### **SPECIFIC TO JUNIOR PROVINCIAL TEAM:**

- Be age eligible as per CASSA/FINA Junior age group rules (15 to 18 years)
- Be an Ontario resident as of September 1 of the year in which the competition is held.

#### **DISMISSAL FROM THE 2019 CANADA GAMES TEAM / 2018 JUNIOR PROVINCIAL TEAM:**

*\*This section to be confirmed – final information to be added by January 31, 2018*

11. The 2019 Canada Games Team / 2018 Junior Provincial Team Selection Committee has the authority to remove/excuse an athlete from the Team where the athlete:
  - Is unable to meet performance expectations;
  - Is unable to perform due to injury, illness or for other medical reasons, as determined by a physician and the Selection Committee;
  - Violates the SSO Code of Conduct & Ethics
  - Violates the Team Ontario Code of Conduct/Member Agreement
  - Exhibits any conduct that is detrimental to the image of the Team Ontario / Canada Games Team program
  - Voluntarily withdraws/retires
  - Commits fraudulent misrepresentation
  
12. In the event that athlete replacements are required, please refer the relevant phase of the Selection Criteria.
  
13. Should an athlete be removed/excused or voluntarily withdraw/retire from a team, the Head Coach may permanently or temporarily replace the athlete with another. The choice of replacement athlete will be at the sole discretion of the Head Coach of the respective team, who will consider not only the skills, ranking, and ability of the replacement, but also the integrity of the team as a whole and the integrity of other teams that might be affected by the replacement.
  
14. Any ambiguity or possible conflict in how the above statements or processes in the Selection Criteria might be affected by other SSO policies, or vice-versa, will be resolved by the Executive Director (to be confirmed).

**SELECTION PROCESS:**

11. The Selection Process for the 2019 Canada Games Team and 2018 Junior Provincial Team shall be based on performance analysis for the components listed, and shall not be based on a calculated result/ranking. The three phases of the selection process are described below:

**PHASE 1 - ASSESSMENT EVENT #1 (AT 2018 PROVINCIAL CHAMPIONSHIPS)**

<b>Phase</b>	<b>Date / Location</b>	<b>Event / Components</b>	<b>Selection Result:</b>
<b>1</b>	Friday February 16 <sup>th</sup> , 2018	Canada Games Team/Junior Provincial Team Assessment Event #1 (at 2018 Provincial Championships)	<b>40</b> Athletes selected to advance to

	Etobicoke Olympium Pool	Athletes are selected to advance to Phase 2 based on: <ul style="list-style-type: none"> <li>• Five (5) <b>Junior FINA Team Elements</b> scores (performed for a panel of judges)</li> <li>• One (1) <b>Flexibility Test</b> score (performed for a panel of judges)</li> <li>• <b>Time Trial</b> (100m Free)</li> </ul>	Phase 2 by Selection Committee  <i>*Note – selection number may be increased pending initial athlete registration</i>
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**REGISTRATION FOR PHASE 1:**

12. Phase 1 of Ontario's Canada Games Team / Junior Provincial Team Selection is open to **all age-eligible athletes** in either Competitive National or Competitive Provincial stream. Ontario athletes who wish to participate in Phase 1 must register electronically by the Provincial Championships Meet Registration Deadline (**Monday December 11**) and must pay the Trials – Phase 1 entry fee of \$29.00 (Registration link/details to be provided via Synchro Swim Ontario via email communication).

**PHASE 1 PROCESS:**

13. In Phase 1, athletes will compete in a judged elements competition, in which the five (5) Junior FINA Team elements, plus one (1) Flexibility Test, will be performed individually for a panel of judges. Additionally, athletes will complete a time trial.
14. Each athlete will complete all Phase 1 components in a plain black suit and white cap, and will not wear any distinguishing items such as jewelry or nail polish.
15. Videos of the five (5) Elements and one (1) Flexibility Test will be available for distribution. The elements and flexibility test must be performed exactly as described in the video (including counts/timing). A metronome set to 135 beats per minute will be played during the elements and flexibility components of Phase 1.
16. The order of competitors will be determined by random draw. There will be two pre-swimmers for this event.
17. The order of the five elements will be as per the FINA Manual (Junior Team Required Elements); the Flexibility Test will follow the Elements as per the panel order below.
18. Two panels of five judges, plus one alternate per panel, will evaluate this event. The order of the panels will be as follows:

**First Rotation:**

- Panel #1 - Bent Knee Vertical Thrust
- Panel #2 - Vertical Twist Spin

**Second Rotation:**

- Panel #3 - Cyclone

Panel #4 - Manta Ray Hybrid

**Third Rotation:**

Panel #5 - Barracuda Airborne Split

Panel #6 - Flexibility Test (Right Split)

**Time Trial:** Upon completion of all five (5) elements and the Flexibility Test, swimmers will move to the time trial station to complete the 100m Free time trial. The time trial will be overseen by SSO staff and/or volunteers.

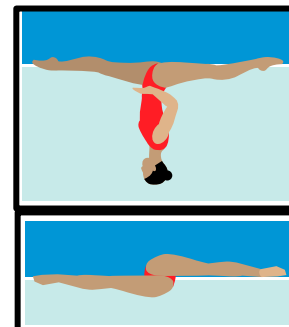
19. The Elements and Flexibility Test Components shall be held according to FINA Rules AS 8 (Figure Session), 9 (Figure Panels), 10 (Judgement of Figures), 11 (Penalties in Figures Session) and 12 (Calculation of the Figure Result). The five (5) elements will be weighted as per the FINA Manual as detailed in the chart below. The Selection Committee shall review the scores/ranking for each individual element as well as the overall scores/rankings of all five (5) elements combined to assist them in selecting the list of athletes to move on to Phase 2.
20. The scores/ranking for the Flexibility Test and the ranking of the Time Trial will also be assessed.
21. To advance to Phase 2 of the selection process, an athlete must be one of the 40 athletes named by the Selection Committee. The Selection Committee shall create a ranked list of five (5) alternates in the event that an athlete withdraws prior to Phase 2.
22. The final list of 40 athletes named by the selection committee shall be posted publicly in alphabetical order within seven (7) days of the selection event.

**DETAILS OF PHASE 1 COMPONENTS:**

Element	DD	Weight	Notes
1. Bent Knee Vertical Thrust	2.3	19%	<ul style="list-style-type: none"> <li>• Elements are to be performed as per FINA Manual (<i>Junior Team Required Elements</i>) and as per Elements Videos provided</li> <li>• Judges shall assign scores as per #18 above</li> <li>• Additionally, the timing of each element will be assessed by Canada Games Team Coaches (timing shall be as per the posted videos)</li> <li>• The judges' scores and the Coaches' timing assessment will both be taken into consideration when selecting the 40 athletes to advance to Phase 2</li> </ul>
2. Vertical Twist Spin	1.8	15%	
3. Cyclone	2.6	21%	
4. Manta Ray Hybrid	3.1	25%	
5. Barracuda Airborne Split	2.5	20%	
<b>Total Element Score</b>	<b>12.3</b>	<b>100%</b>	

<b>Flexibility Assessment</b>	
<b>Lateral Split</b>	<ul style="list-style-type: none"> <li>• Performed individually on a panel for judges (marked on FINA 10-point scale, no DDs will be applied)</li> <li>• Additionally, the Lateral Split will be assessed by Canada Games Team Coaches using a checklist to attribute points on the athletes' in-water suppleness skills. The judges' score and the Coaches' assessment will</li> </ul>

	<p>both be taken into consideration when selecting the 40 athletes to advance to Phase 2.</p> <p><b>Specific Scoring Checklist/Criteria:</b> <i>*Subject to change following Synchro Canada Fall Development Camp</i></p> <p><b>LATERAL SPLIT IN WATER</b></p> <table border="1"> <tr> <td>Full Extension of the legs throughout</td> <td>1</td> <td>0</td> </tr> <tr> <td>Horizontal alignment of legs on centre line</td> <td>1</td> <td>0</td> </tr> <tr> <td>Hips square</td> <td>1</td> <td>0</td> </tr> <tr> <td>Back leg knee cap facing the ceiling</td> <td>1</td> <td>0</td> </tr> <tr> <td>Complete FLAT split</td> <td>4</td> <td>0</td> </tr> <tr> <td><b>Total out of 8 :</b></td> <td></td> <td></td> </tr> </table>	Full Extension of the legs throughout	1	0	Horizontal alignment of legs on centre line	1	0	Hips square	1	0	Back leg knee cap facing the ceiling	1	0	Complete FLAT split	4	0	<b>Total out of 8 :</b>		
Full Extension of the legs throughout	1	0																	
Horizontal alignment of legs on centre line	1	0																	
Hips square	1	0																	
Back leg knee cap facing the ceiling	1	0																	
Complete FLAT split	4	0																	
<b>Total out of 8 :</b>																			



Time Trial	
<b>100m Free</b>	<ul style="list-style-type: none"> <li>Athletes start in the water, with one hand on the pool deck; the other arm is on water surface facing the direction of pool lanes; body in a tuck position; and two feet touching the wall. Starter says: Ready... Whistle. Flip turns are permitted. Dolphin kick during streamline push-off from flip turns are permitted.</li> <li>Timer will record time when athlete touches the poolside with one hand.</li> <li>The time trial result will be taken into consideration when selecting the 40 athletes to advance to Phase 2.</li> </ul>

**PHASE 2 – ASSESSMENT EVENT #2 (at 2018 HILTON WORLDWIDE INVITATIONAL)**

Phase	Date / Location	Event / Components	Selection Result:
<b>2</b>	<p>Final date to be confirmed: Wednesday April 18<sup>th</sup> or Thursday April 19<sup>th</sup>, 2018</p> <p>Etobicoke Olympium Pool</p>	<p>Canada Games Team / Junior Provincial Team Assessment Event #2 (at 2018 Hilton Worldwide Invitational)</p> <hr/> <p>Athletes are selected to advance to Phase 3 based on:</p> <ul style="list-style-type: none"> <li><b>Individual Routine Set</b> scores (performed for a panel of judges)</li> <li><b>Time Trial</b> (100m Free)</li> </ul>	<p><b>24</b> Athletes selected to advance to Phase 3 by Selection Committee</p> <p><i>*Note – selection number may be increased pending initial athlete registration</i></p>

**REGISTRATION FOR PHASE 2:**

23. Athletes named to the list of 40 athlete selected from Phase 1 to Phase 2 will be asked to confirm their registration prior to the Phase 2 selection event and must pay the Trials – Phase 2 entry fee of \$29.00 (Registration link/details to be provided via Synchro Swim Ontario via email to athletes' Clubs).

24. Should an athlete decline their participation in Phase 2, they may be replaced by the next ranked athlete from Phase 1 as specified by the Selection Committee.
25. Athletes that do not place high enough to be included in the 40 athletes moving on from Phase 1 may be added based on the athlete's ability as demonstrated through results during the season if the Selection Committee determines this is appropriate.

**PHASE 2 PROCESS:**

12. In Phase 2, the selected 40 athletes will compete in an Individual Routine Set competition, which will be performed for a panel of judges. Additionally, athletes will complete a time trial.
13. Each athlete will complete all Phase 2 components in a plain black suit and white cap, and will not wear any distinguishing items such as jewelry or nail polish.
14. A video of the Individual Routine Set will be available for distribution. The routine must be performed exactly as described in the video. A list of height standards will be provided.
15. The order of competitors will be determined by random draw. Note: A maximum of two (2) athletes who do not advance to Phase 2 may be invited to "pre-swim" in Phase 2 to gain experience swimming before judges in a selection trial.

**Time Trial:** Upon completion of the Individual Routine Set, swimmers will move to the time trial station to complete the 100m Free time trial. The time trial will be overseen by SSO staff and/or volunteers.

16. To advance to Phase 3 of the selection process, an athlete must be one of the 24 athletes named by the Selection Committee.

Specific Phase 2 selection format will be updated by January 31, 2018.

**PHASE 3 – FINAL CANADA GAMES TEAM / JUNIOR PROVINCIAL TEAM SELECTION CAMP**

Phase	Date / Location	Event / Components	Selection Result:
<b>3</b>	Date TBD: June 2018  Location TBD	Final Canada Games Team / Junior Provincial Team Selection Camp	<b>Top 10</b> Athletes selected to the final 2019 Canada Games Team by the Selection Committee  <b>Next 10</b> Athletes
		Athletes are selected to the final teams based on: <ul style="list-style-type: none"> <li>• Selection Criteria TBD</li> </ul>	



			selected to the final 2018 Junior Provincial Team by the Selection Committee
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**REGISTRATION FOR PHASE 3:**

- 17. Athletes named to the list of 24 athletes selected from Phase 2 to Phase 3 will be sent an electronic registration form following official release of Phase 2 results. Athletes who wish to participate in Phase 3 must register by the stated deadline and pay the Selection Camp entry fee (TBD).
- 18. Should an athlete decline their participation in Phase 3, they may be replaced by the next ranked athlete from Phase 2 as specified by the Selection Committee.
- 19. Athletes that do not place high enough to be included in the 24 athletes moving on from Phase 2 may be added based on the athlete's ability as demonstrated through results during the season if the Selection Committee determines this is appropriate.

**PHASE 3 PROCESS:**

- 20. This phase of the selection process involves the Selection Committee selecting the best possible team of 10 athletes to the 2019 Canada Games Team and the best possible team of 10 athletes to the 2018 Junior Provincial Team from the 24 named athletes after Phase 2. It is understood that in selecting the best possible "team," the Selection Committee may not select the best possible "individual athletes" based on ranking or judges' scores.
- 21. In this Phase of the selection process, athletes will participate in pattern swims of the and may participate in executing highlights.
- 22. In selecting the team of 10 for each respective team, the Selection Committee will consider physical and technical factors as well as team dynamics and attitude. Final list of factors TBD.
- 23. In order for Ontario to achieve the podium for both Duets and Teams at the Canada Games and at the Junior Provincial Team competition, the Selection Committee reserves the right to make recommendations on athletes with specific abilities that will contribute to competition Events as a first priority.
- 24. The 10 athletes selected to the 2019 Canada Games Team will then participate in all Canada Games Team Training Camps and will compete at the 2019 Canada Winter Games in Red Deer, Alberta. The 10 athletes selected to the 2018 Junior Provincial Team will participate in the 2018 SYNC Invitational in Toronto, Canada.

Specific Phase 3 selection format will be updated by April 30, 2018.