



2015 Canada Games Team Selection Criteria and Program Timelines

Overview:

Selection to the 2015 Canada Winter Games Team 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.

Eligibility:

- Athletes must be registered members in good standing with Synchro Swim Ontario.
- Athlete eligibility as per the 2015 Canada Winter Games Synchronized Swimming Technical Package.
- Ontario's Canada Games Team Selection is open to 13-15 FINA and Junior FINA age eligible athletes, with a try-out option for age eligible Provincial Stream athletes.
- As per the 2015 Canada Winter Games Technical Package, athletes who have been members of the Junior National Team or who make the team in 2014 are not eligible for the 2015 Canada Winter Games. Athletes who have been members of the 13-15 National Team or who make the team in 2014 are eligible for the 2015 Canada Winter Games.
- Try-out option for Provincial Stream athletes:
 - Provincial Stream athletes who are Canada Games Team age eligible, and who would like to challenge for a position on the Canada Games Team are invited to enter as Exhibition at the 2014 Provincial Championships in the appropriate age category (13-15 FINA or Junior FINA).
 - Provincial Stream athletes must attain a figure score at Provincial Championships.
 - If a Provincial Stream athlete ranks in the top 15 at the Provincial Championships they may then apply to the High Performance Committee to be considered for invitation to the Assessment Camp in June 2014.

Authority for Selection:

The final decision-making authority to determine which athletes will be selected to the 2015 Canada Winter Games Team Training Pool (Top 16) and the Final 2015 Canada Winter Games Team (Top 10) rests with the Head and Assistant Coach as described in The Selection Process portion of this document. The Sport Development Manager, High Performance & CS4L 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, High Performance & CS4L will ensure final scores have been calculated accurately. The Sport Development Manager, High Performance & CS4L reserves the right to ask other Synchro Swim Ontario representatives to help and support her in this task.

Unforeseen Circumstances:

In situations where unforeseen circumstances do not allow the process for selection as described in this document to be fairly applied, the Synchro Swim Ontario Board of Directors reserves the right to determine an appropriate course of action. Depending on the circumstances, such course of action may involve implementation of an alternate process for team selection.

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.).

Appeals Process:

Decisions on Canada Games Team Selection are subject to appeal pursuant to the Synchro Swim Ontario Appeals Policy (as posted on www.synchroontario.com).

The Selection Process:

Phase 1: Average of Provincial Championships, National Qualifier and National Championships (COSSC or Espoir) Figure Scores.

Phase	Date	Selection Event	Calculation	Selection	Notes
1	Feb 22-23, 2014	2014 Provincial Championships Junior FINA Figures or 13-15 FINA Figures	Average of all 3 figure events	Top 15 Juniors* & Top 15 13-15 athletes	Invited to One-Day Canada Games Team Training Pool Assessment Camp
	March 10-16, 2014	2014 National Qualifier Junior FINA Figures or 13-15 FINA Figures			
	Apr 30-May 4, 2014 or Jun 4-8, 2014	2014 COSSC Junior FINA Figures or 2014 Espoir Championships 13-15 FINA Figures			

Notes:

1. **Top 15 Juniors not including past or new Junior NT members (will go down the list to fill to 15)*
2. *Should an athlete decline their participation at the Training Pool Assessment Camp, she may be replaced by the next ranked athlete in Phase 1.*

Synchro Swim Ontario - Phase 2: Canada Games Team Training Pool Assessment Camp (May 9, 2014)

Phase	Date	Selection Event	Calculation	Selection	Notes
2	June 13-14, 2014 Variety Village Pool	Canada Games Team Training Pool Assessment Camp	See Below	Top 16	Top 16 to be determined based on physical testing assessments, and basic routine & figure skills.

The Top 15 Juniors and Top 15 13-15 athletes will be invited to a Canada Games Team Training Pool Assessment Camp. The goal of this phase is to select the best possible training pool of 16 athletes. Top 16 to be determined based on physical testing assessments, and basic routine & figure skills. Note: Should an athlete decline their participation in the Top 16, she may be replaced by the next ranked athlete.

Physical Testing Assessments: Athletes will be assessed by the coaches with results going towards an Overall Athletic Abilities mark worth 5%.

Skill	Criteria
1. Low Plank (on hands)	Low plank position (position at the bottom of a push up). Push up to a plank on one count. Hands should be directly below shoulders, legs together and extended. Bodyline should be ankles; hips, shoulders, ears and the core should be tight. Fingers should be pointing forward and eyes facing down. Hold the position for 20 seconds.
2. 25m Flutter Kick	Athletes start with one hand on the pool deck, the other arm is on the water surface facing the direction of the pool lanes, body in a tuck position, two feet touching the

	wall. Starter says: Ready... Whistle. Hands must be held together at all times; face may enter the surface water; and athletes may breathe when necessary (forward facing only). Time will be recorded when athlete completes a two hand touch on side of pool.
3. 400m Free	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. Timer will record time when athlete touches the poolside with one hand. Athletes will receive a "2 LAP" remaining warning.
4. 50m Underwater Swim	Athletes start in the water with one hand on pool deck, and the other arm in on water surface facing the direction of pool lanes. Body in a tuck position and two feet on the wall. Push off the wall when whistle is blown. The entire 50m should be facing down (on stomach). Athletes should be underwater for the flip turn at 25m. Time will be recorded when the athletes completes the 50m with both hands touching the wall of pool.
5. Body Boost x 10	Demonstrated individually on own counts, athletes will start in the water, swim on, and on the cue "under" will then set-up underwater. Set up with eyes forward, body at 45 degrees, and legs beside chest. Boost and have maximum height, arms straight beside the body. Maintain posture until fully submerged. Set up again. Repeat 10 times.
6. 25m Forward Eggbeater (half no arms, half double arm)	Athletes will set-up in stationary eggbeater directly in front of the wall. Whistle will be blown and athletes will begin forward eggbeater with arms extended out to the sides and fully dry at the surface. Legs under body with full body extension. At marked 12.5m mark raise arms to double arm eggbeater with arms extended beside ears. Legs under body with full body extension. Time will be recorded when the athlete completes the 25m with two hands touching the wall of the pool maintaining the eggbeater posture. Athletes will be assessed for posture and quality.
7. Thrust (3 times)	Demonstrated individually on own counts, athletes start in the water with swim on, and on the cue "under" will then set-up underwater. Set up with legs on the vertical line, body less than 45 degrees, and one hand depth from the surface, hands beside the ankles and reach back. Thrust in one count and reach to maximum height. Maintain vertical until fully submerged. Set up again and repeat 3 times without surfacing.
8. 25m Kick Pull Kick	Athletes start in the water with one hand on pool deck, and the other arm on the water surface facing the direction of the pool lanes. Body in a tuck position and two feet on the wall. Push off the wall when the whistle is blown. Alternate arms every 2 kicks (right, right, left, left, etc.). Upper body needs to maintain a upright position. Both arms need to be straight on the kick. Arms and legs need to do full recovery between each kick. Time will be recorded when the athlete completes the 25m with one hand touching the wall of the pool maintaining the Kick Pull Kick posture. Athletes will be assessed for posture and quality.
9. Military style push-up	From a plank position, arms should bend at elbow level with elbows staying in towards the body. Body alignment of ankles, hips, shoulders and ears should remain throughout. Body should come down to a parallel to the ground. 10 full push-ups return to start position, one push up for every two count. Legs should remain straight and together, face should remain looking at the ground.

10. Ariana rotation on land	A tape centreline will be placed on the deck. Assume a left split position on centerline with maximum leg extension and hold 2 full counts of 8. A rotation is executed to assume the center split. Athletes may use hands and arms to assist with rotations and maintain the center split for 2 full sets of 8 counts. A rotation is executed to assume the right split position on the centerline. Athletes may use hands and arms to assist with rotation and hold the position for 2 full set of 8 counts.
11. Bridge	Starting with a position lying on back, heels to bum, legs together and hands prepared at the head. Push up to bridge position for eight counts keeping feet and hands in starting position. Body should come over hands and legs should extend. The energy should push through the shoulders. Fingers should point to heels and elbows should be fully extended.
12. Extension check	Start in a 90 Pike position lying on back, your trunk should be flat on the ground, shoulder blades down, arms beside the body. Focus on 90 position, legs should be together, perpendicular with the body. The legs should be in full extension and the eyes looking at ceiling. Knees are stretched through into leg, calf muscle is fully engaged. Foot is curled at toe and ankle is stretched through. Maintain the position for 2 full counts of 8.

Figure Skills: This section will be worth 45% of the overall score, and will be marked by a panel of judges.

- 1) Porpoise Twist Spin (Full figure)
- 2) Airborne Split (Full figure)
- 3) Aurora - Knight Position and Join
- 4) London - Tuck to end of Spin Down
- 5) Jupiter- Start to Knight
- 6) Jupiter- Knight to End
- 7) Manta Ray - Start to Fishtail
- 8) Manta Ray - Fishtail to End

Routine Skills: This section will be worth 45% of the overall score, and will be marked by judges.

- Athletes are to learn the 1st lap of the 13-15 National Team Routine Set for Assessment. The routine is posted on Synchro Canada’s Dartfish Channel.
- Individual swims judged by 2 judges for Artistic Impression and 2 judges for Execution.

Impression: This section will be worth 5% of the overall score and assessed by the coaches.

- Impression of abilities in Routine Skills (timing, extension, height)
- Impression of behaviour and attitude during Phase 2 assessment (punctuality, concentration, focus, confidence)

Phase 3: Final Canada Games Team Selection

Phase	Date	Selection Event	Weight	Selection	Notes
3	End of November or Beginning of December 2014	Canada Games Team Selection	n/a	Top 10	See selection below.
	January 2015	Solo & Duet Selection	n/a	2 Solos 2 Duets	See selection below.

The top 16 athletes will be invited to the first 3 months of Canada Games Team Training. The goal of this phase is to select the best possible team of 10 athletes. 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 Top 10, she may be replaced by the next ranked athlete.

The Observation Committee (refer to Appendix A) will review and discuss the following evaluations, observations, and attributes during the first 3 months of training to select the 10 athletes for the 2015 Canada Winter Games Team:

- 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, 400m timed swim)
- 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)
- Previous International Experience
- Team Chemistry – relationship with team mates, relationship with coaching staff and experts.

If a consensus cannot be reached by the Canada Games Team Coaches on the best possible team of athletes, the Chair of the High Performance Committee will have the final decision making authority.

APPOINTMENT OF THE CANADA GAMES TEAM SOLOS AND DUETS

Overview:

Appointments for the 2 solos and 2 duets 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 Canada Games Team to the Solo and Duet events is based on evaluation by the Head and Assistant Coach of the Canada Games Team in conjunction with the Chair of the High Performance Committee. 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):

Synchro Swim Ontario 2015 Canada Games Team Selection Criteria and Program Timelines – FINAL – May 9, 2014

- Results and experience in National and International Competitions
- Results from National competitions (Canadian Open, Espoir and Qualifier Championships) and National Team Selections
- Technical and artistic ability based on the assessment of the Head and Assistant Coach and Chair of the High Performance Committee, as well as judges' scores from competition
- Compatibility with athlete combinations, other athletes and coaches
- Physical competition readiness and physical suitability

The Canada Games Team Coaches and the Chair of the High Performance Committee may solicit feedback from other technical experts to assist in making their decision. The Canada Games Team Coaches and the Chair of the High Performance Committee may appoint alternates in the same manner.



Appendix A: 2015 Canada Winter Games Team Observation Committee

The Observation Committee will record their feedback during Phase 3 of selection and will meet to discuss the 2015 Canada Games Team Selection. Minutes will be taken throughout to ensure that all information discussed is documented. These minutes will be confidential to the Observation Committee.

ROLES AND RESPONSIBILITIES:

Canada Games Team Head Coach

- Observes and records feedback on athletes throughout the entire selection process
- Ensures the best Team of 10 athletes are selected to the Team

Canada Games Team Assistant Coach

- Observes and records feedback on athletes throughout the entire selection process
- Ensures the best Team of athletes are selected to the Team

Two Level IV or higher Judges appointed by Synchro Swim Ontario

- Observes and records feedback on athletes during a pre-determined time period of the selection process
- Provides judges perspective to coaches (listed above) in selecting the best Team of athletes to the 2015 Canada Winter Games Team

Expert Technical Advisor appointed by Synchro Swim Ontario

- Observes and records feedback on athletes during a pre-determined time period of the selection process
- Provides expertise and analysis of performance skills of training pool to coaches (listed above) in selecting the best Team of athletes to the 2015 Canada Games Team

Synchro Swim Ontario High Performance Committee Chair

- Observes and records feedback on athletes during a pre-determined time period of the selection process
- Provides expertise as a judge and to ensure the best Team of athletes are selected to the 2015 Canada Winter Games Team
- Ensures the selection process is followed and appropriate reasoning and rationale are provided

Sport Development Manager, High Performance & CS4L

- Observes and records feedback on athletes during a pre-determined time period of the selection process
- Provides expertise as a Coach and Synchro Swim Ontario staff member to ensure the best Team of athletes are selected to the 2015 Canada Winter Games Team
- 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 observation committee, Synchro Swim Ontario will select the next best-suited individual to replace them.