



## Selection Criteria

2018 11-12 Provincial Team

Updated (as of May 24, 2018)

Competitive Event				
<b>Event:</b> SYNC (Synchro Youth Natation Challenge) <b>Date:</b> July 18-22 <sup>nd</sup> , 2018 <b>Location:</b> Toronto, Canada (Toronto Pan Am Sports Centre / TPASC)				
Pre-Competition Training Camp				
<b>Event:</b> Top 10 Pre-Competition Training Camp  <b>Dates:</b> June 30 – July 17th, 2018 (off-days TBD)  <b>Times:</b> Daily training times will vary according to pool availability. The majority of training days are planned to begin no earlier than 7am and finish by approx. 2pm.  <b>Location:</b> Toronto Pan AM Sports Centre (TPASC)  <b>Final Team Fee:</b> \$3400.00  <i>Note: The 2018 11-12 Team Fee is planned to include participation in Synchro Canada's 11-12 National Development Camp. The fee above may be reduced if the camp fees are lower than anticipated.</i>				
Synchro Canada National 11-12 Development Camp				
It is anticipated that Synchro Canada will be offering an 11-12 National Development Camp immediately following the SYNC Competition in Toronto (est. 2-3 days). It is Synchro Swim Ontario's intent to include this development camp within the 2018 11-12 Provincial Team program, with the 11-12 athletes/coaches attending the camp (cost to be included in 11-12 Team Fee – see above). Further details to be communicated upon release from Synchro Canada.				
Selection Process Summary				
Phase	Event	Date	Location	Registration Process
1 (Top 40 advance)	2018 Provincial Championships 11-12 Figure Event	February 16-18 <sup>th</sup> (see meet schedule)	Etobicoke Olympium Pool	<b>Fee:</b> \$29.00 <b>Due:</b> Tuesday January 9 <sup>th</sup> <b>Register:</b> Via online form provided by SSO
2 (Selected 16 advance)	11-12 Provincial Team Assessment #2 (at 2018 Hilton Worldwide Invitational)	Thursday April 19 <sup>th</sup> (see meet schedule)	Etobicoke Olympium Pool	<b>Fee:</b> \$29.00 <b>Due:</b> Thursday, March 8 <sup>th</sup> <b>Register:</b> Via online form provided by SSO (to be sent to eligible athletes' Clubs)

<p><b>3</b> (Selected 10 make final team)</p>	<p>Final 11-12 Provincial Team Selection Camp</p>	<p>Saturday June 16 - Sunday June 17th  (planned for 9:30-6:30pm, detailed schedule to be sent prior to Phase 3)</p>	<p>TPASC (Toronto Pan Am Sports Center)</p>	<p><b>Fee: \$150.00</b> <b>Due: Tuesday May 29</b> <b>Register:</b> Via online form provided by SSO (to be sent to eligible athletes' Clubs)</p>
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**OVERVIEW:**

1. Selection to the 2018 11-12 Provincial 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.
2. The top Ten (10) athletes in Phase 3 of this trials process will be selected to participate in the pre-competition training camp (as per dates above), and will compete at the 2018 SYNC Invitational in Toronto (July 18-22<sup>nd</sup>). Additionally, it is SSO's intent that the 11-12 Provincial Team athletes/coaches attend the Synchro Canada 11-12 National Development Camp immediately following SYNC, to be held in Toronto for approximately 2 or 3 days.

**Note** – In addition to the information contained in this document, please also refer to the Synchro Swim Ontario **Selection Policy**, which can be found on the SSO website (synchroontario.com > Member Resources > Policies and Forms).

**AUTHORITY FOR SELECTION** – Please see SSO Selection Policy

**Please note:** As per the SSO Selection Policy, the Authority for Selection consists of a Selection Committee which includes the Head Coach and Assistant Coach of the 11-12 Provincial Team (and others as determined by SSO). For Phase 2 of 11-12 Trials (April 19, 2018) only, SSO has designated the Head and Assistant Coach of the Canada Games Team to participate in the 11-12 Team Selection Process (as the 11-12 Provincial Team Head/Assistant Coaches have yet to be hired).

**ROLES AND RESPONSIBILITIES** – Please see SSO Selection Policy

**BYES** – Please see SSO Selection Policy

**APPEALS PROCESS** – Please see SSO Selection Policy

**ELIGIBILITY:**

3. For General Eligibility Requirements for Synchro Swim Ontario Teams, please refer to the SSO Selection Policy. Criteria specific to the 2018 13-15 Provincial Team shall be as follows:
  - Be aged 11 or 12 by December 31, 2018.

**DISMISSAL FROM TEAM** – Please see SSO Selection Policy as well as comments in the relevant phase of the Selection Criteria.

**SELECTION PROCESS:**

- The Selection Process for the 2018 11-12 Provincial Team shall be based on performance analysis for the components listed, and shall not be based entirely on a calculated result/ranking. The three phases of the selection process are described below:

**PHASE 1 - 2018 PROVINCIAL CHAMPIONSHIPS 11-12 FIGURE EVENT**

Phase	Date / Location	Event / Components	Selection Result:
1	February 16-18 <sup>th</sup> , 2018 (see meet schedule for exact date/time)	2018 Provincial Championships 11-12 Figure Event	<b>Top 40</b> Athletes advance to Phase 2
	Etobicoke Olympium Pool	Athletes are selected to advance to Phase 2 based on: <ul style="list-style-type: none"> <li>100% <b>11-12 Figure Event</b> results</li> </ul>	

**REGISTRATION FOR PHASE 1:**

- Phase 1 of the 11-12 Provincial Team Selection is open to **all age-eligible athletes** in either Competitive National or Competitive Provincial stream. **Provincial stream** athletes who wish to participate in Phase 1 must register as exhibition at Provincial Championships and must pay the \$29.00 figure entry fee. The deadline for registration in the 11-12 Provincial Team Trials will be **Tuesday January 9, 2018**, and will be conducted via online registration form as directed by Synchro Swim Ontario.

**PHASE 1 PROCESS:**

- To advance to Phase 2 of the selection process, an athlete must rank in the top 40 athletes at the 2018 Provincial Championships 11-12 Figure event. The official list of athletes invited to participate in Phase 2 shall be posted publicly (with eligible athletes highlighted).

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

Phase	Date / Location	Event / Components	Selection Result:
2	Thursday April 19 <sup>th</sup> , 2018 (see meet schedule for	11-12 Provincial Team Assessment Event #2 (at 2018 Hilton Worldwide Invitational)	<b>16</b> Athletes selected to advance to

	<i>exact date/time</i>	Athletes are selected to advance to Phase 3 based on:	Phase 3 by Selection Committee
	Etobicoke Olympium Pool	<ul style="list-style-type: none"> <li>• Figures Competition (Two Compulsory Figures)</li> <li>• Individual performance of a segment of the Synchro Canada 50m Synchro-Specific Swim</li> <li>• Flexibility Test</li> </ul>	

**REGISTRATION FOR PHASE 2:**

7. Athletes ranking in the top 40 athletes moving on 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 by Synchro Swim Ontario via email to eligible athletes' Clubs).
8. 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.
9. Athletes that do not place in the top 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. *Please see SSO Selection Policy.*

**PHASE 2 PROCESS:**

10. In Phase 2, the selected 40 athletes will compete in a Figures Competition (two Compulsory Figures), an individual performance of a segment of the Synchro Canada 50m Synchro-Specific Swim, and one (1) Flexibility Test. Testing events are to be held prior to the Hilton Invitational.
11. 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.
12. Coaching during Phase 2: Coaches may accompany athletes on deck for Phase 2 of Provincial Team Trials and during the general warm-up. Once the Referee signals the start of the trials event, all coaches must move to the designated coach area and may not coach athletes for the remainder of the event.
13. Once the Referee signals the start of the trials event, athletes will not be permitted use of the warm-up pool (except for designated warm-up times and a single lane for cool-down). Athletes are not permitted to land drill while waiting for their turn to swim the 50m Synchro-Specific swim, and will not be able to watch swimmers performing before them (athletes will be directed to a designated area where they will wait for their turn).
14. The order of competitors will be determined by random draw. 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.

15. Athletes will compete in the Figures Competition portion of the assessment as per the following:

Figure	DD	Weight	Notes
1. Straight Ballet Leg (106)	1.6	19%	<ul style="list-style-type: none"> <li>The two 11-12 Compulsory Figures are to be performed as per FINA descriptions</li> <li>A panel of judges shall assign scores as per FINA rules (Degrees of Difficulty are applied)</li> <li>Two panels of five judges, plus one alternate per panel, will evaluate this event</li> </ul>
2. Barracuda (301)	1.9	15%	
<b>Total Figures Score</b>	<b>3.5</b>	<b>100%</b>	

16. Upon completion of the Figures Competition, swimmers will participate in an individual performance of a segment of Synchro Canada's **50m Synchro-Specific Swim** as per the following:

- The individual 50m Synchro-Specific swim will be assessed by two designated assessors (two designated coaches, who will assess a single score between them).
- Segment start: Beginning of Lap 2 (Back Layout to Travelling Ballet Leg) to end
- A link to a demonstration video can be found here:  
[https://www.youtube.com/watch?v=oG5hjJcfKJo&feature=youtu.be&list=PLI\\_5k-PMxNK2vN6Zw5mini3tXiEY2JmTM](https://www.youtube.com/watch?v=oG5hjJcfKJo&feature=youtu.be&list=PLI_5k-PMxNK2vN6Zw5mini3tXiEY2JmTM) (Starting point shown at 1:00)
- Athletes should perform the segment exactly as described below (Note: the protocol below has been adapted from the Synchro Canada 'PSO NSO Skills Protocol 2017-18' document – link to original document here: <http://synchroontario.com/wp-content/uploads/2016/11/2017-2018-Skills-Protocol-and-Score-Sheets-Final.pdf>)

<b>Protocol – Segment of 50m Synchro-Specific Swim</b>
<ul style="list-style-type: none"> <li>A metronome will be set to 135 bpm (no timers will be used; no points assigned for time taken to complete)</li> <li>A figure marker will be placed at the 12.5m (half-way) mark of the pool</li> <li>Athletes start with fingers touching the pool side/deck</li> <li>Starter says: Ready... Whistle</li> </ul>
<b>PART 1: Ballet Leg</b> (Skill 4 in original document):
Athlete takes a back layout position, toes touching the wall, raises right leg to Ballet Leg position (through sailboat) without travelling and then travel 12.5m while maintaining right Ballet Leg position.
<b>PART 2: Fishtail / Body Boosts / Thrust</b> (Skill 5 in original document)
At 12.5m mark, athlete goes from right ballet leg position to inverted tuck position, hold 4 counts, assumes a Fishtail position (either leg), holds for 16 counts, completes a back tuck somersault into three Boosts – 1st boost: no arms, 2nd boost: right arm, 3rd boost: left arm directly into a submerged back pike position and completes a Thrust (called a 'rocket' in original document). Athlete completes a back tuck somersault, turns ½ turn underwater and surfaces going immediately into left travel Eggbeater.
<b>PART 3: Eggbeater</b> (Skill 6 in original document)
Left travelling Eggbeater kick from 12.5m marker to 25m wall/ bulkhead. Right arm horizontal on surface. Evaluation stops when athlete touches the wall with the left hand.

- e. Assessment is as per LTAD competencies checklist and height checks in the scoring chit below:

**Segment of 50m Synchro-Specific Swim**  
*Scoring Chit*

Ballet Leg		
1	0	Surface leg parallel to surface
1	0	Vertical leg 90deg from trunk & perpendicular to surface
1	0	Alignment of ear, shoulder & hip joint, ankle of horizontal leg
1	0	Knees and ankles extended
<input type="text"/> <b>Score (out of 4)</b>		
Height Check		
8.5	Mid thigh	
7.5	Low thigh (well above knee cap)	
6.5	Above knee cap	
5.5	Knee cap or lower	
<input type="text"/> <b>TOTAL (score out of 4 plus Height Check)</b>		

Fishtail Position		
1	0	Foot of forward leg at the surface
1	0	Hip joints are on horizontal line and square
1	0	Support scull is used
1	0	Alignment of ear, shoulder & hip joint, and ankle bone
1	0	Full extension of knees and plantar-flexion of ankles
1	0	16 count hold
<input type="text"/> <b>Score (out of 6)</b>		
Height Check		
10	Suit with back of horizontal leg dry	
9.5	Upper thigh	
8.5	Mid thigh	
7.5	Low thigh (well above knee cap)	
6.5	Above knee cap or lower	
<input type="text"/> <b>TOTAL (score out of 6 plus Height Check)</b>		

Body Boosts		
1	0	Vertical alignment of body
1	0	Rapid rise
<input type="text"/> <b>Score (out of 2)</b>		
Height Check		
8.5	Mid pelvis or lower	
7.5	Top of pelvis or higher	
<input type="text"/> <b>TOTAL (score out of 2 plus Height Check)</b>		

Thrust		
1	0	Alignment of ears, shoulders, hip & ankle at the Vertical Position
1	0	Rapid rise with no pauses (obvious increase in the speed of action)
<input type="text"/> <b>Score (out of 2)</b>		
Height Check		
9.5	Ribs or higher	
8.5	Waist or lower	
<input type="text"/> <b>TOTAL (score out of 2 plus Height Check)</b>		

Eggbeater		
1	0	horizontal arm remains straight and at surface
1	0	vertical body perpendicular to water surface
1	0	hips under shoulders
1	0	Effortless: appears stable with minimal movement
<input type="text"/> <b>Score (out of 4)</b>		
Height Check		
9.5	Mid bust	
8.5	Arm pit dry	
6.5	Clavicle dry	
4.5	Mid-neck or lower	
<input type="text"/> <b>TOTAL (score out of 4 plus Height Check)</b>		

<input type="text"/> <b>TOTAL SCORE</b>
<b>MAXIMUM POSSIBLE SCORE = 64</b>

17. Pending available pool space, swimmers will participate in a Flexibility Test either upon completion of the Segment of the 50m Synchro-Specific Swim, or a second station for Flexibility Testing may be run concurrently (order will be as per Figures Competition draw order, and station splits will be determined by the Referee). The Flexibility Test will be conducted as per the following:
- a. The Flexibility Test will be assessed by three designated assessors (two Judges who work together to assess one score, and a designated Coach who will assess a second score).

<b>Protocol – Flexibility Testing</b>	
<ul style="list-style-type: none"> <li>• The Flexibility Test will be an Ariana Rotation on land</li> <li>• Athletes will be tested one at a time by assessors</li> <li>• A yoga mat (or similar) with a tape mark down the centre will be set up at the testing station</li> <li>• A metronome will be set to 135 bmp</li> </ul>	
Ariana Rotation on Land Description:	
Athlete assumes a left split position (left leg in front) on centerline with maximum leg extension and holds 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 (right leg in front) on the centerline. Athletes may use hands and arms to assist with rotation and hold the position for 2 full sets of 8 counts.	

- a. Assessment is as per LTAD competencies checklist (see scoring chit below). *Note: No score is assigned for holding each split for two counts of eight, however if athletes fail to hold each split for this length of time it may impact their score as evaluators will not have enough time to properly assess all competencies.*

#							
	L		C		R		
	Vertical Alignment of ears, shoulders and torso	1	0	1	0	1	0
	Hips and shoulders square	1	0	1	0	1	0
	Extension of both knees and ankles as per Canadian Standard	1	0	1	0	1	0
	Complete Flat Split	4	0	4	0	4	0
	<b>Total out of 7 (for each split):</b>						

18. To advance to Phase 3 of the selection process, an athlete must be one of the 16 athletes named by the Selection Committee. The list of 16 athletes shall be posted publicly in alphabetical order within (7) days of the selection event. The Selection Committee shall create a list of six (6) alternates that will be referred to in the event that an athlete withdraws prior to Phase 3.

## PHASE 3 – FINAL 11-12 PROVINCIAL TEAM SELECTION CAMP

Phase	Date / Location	Event / Components	Selection Result:
3	<p>Date: June 16-17<sup>th</sup></p> <p>(planned for 9:30-6:30pm, detailed schedule to be sent prior to Phase 3)</p> <p>Location: TPASC (Toronto Pan Am Sports Centre)</p>	Final 11-12 Provincial Team Selection Camp	<p><b>Top 10</b> Athletes selected to the final 2018 11-12 Provincial Team by the Selection Committee</p>
		<p>Athletes are selected to the final team based on:</p> <p><b>2-Day Selection Camp:</b></p> <ul style="list-style-type: none"> <li>• <b>Routine Set</b> score (performed individually for a panel of judges)</li> <li>• <b>In-Pattern Evaluation</b> (performed in groups of 4 and 8, un-scored, assessment notes by judges and coaches)</li> <li>• <b>Time Trial</b> (100m Free / 25m Front Flutter)</li> <li>• <b>Flexibility Test</b> (performed individually for a panel of judges)</li> <li>• <b>General Flexibility Assessment</b> (un-scored, assessment notes made by coaches)</li> </ul>	

### REGISTRATION FOR PHASE 3:

- Athletes named to the list of 16 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 of **\$150.00**. (Registration link/details to be provided by Synchro Swim Ontario via email to eligible athletes' Clubs).
- 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.

### PHASE 3 PROCESS:

- In this Phase of the selection process, the selected 16 athletes will perform a **Routine Set** (11-12 Provincial Team Routine), which will be performed individually for a panel of judges. Athletes will also participate in an **In-Pattern Evaluation** which will be performed in groups of 4 and 8. Additionally, athletes will complete a **Time Trial**, a **Flexibility Test** (scored by judges) and a **General Flexibility Assessment** (un-scored, assessment notes made by coaches). Protocols for all components are below.
- Each athlete will complete all Phase 3 components in a plain black suit and white cap (or coloured cap as designated and provided by SSO), and will not wear any distinguishing items such as jewelry or nail polish.



23. Viewing during Phase 3: Phase 3 will be a Selection Camp, and as such will be closed to viewing – only participating athletes will be permitted on deck; coaches/parents may not observe in the gallery.
24. Once the Referee signals the start of the trials event, athletes will not be permitted use of the warm-up pool (except for designated warm-up/cool-down times and lanes). Athletes are not permitted to land drill while waiting for their turn to swim the Routine Set, and will not be able to watch swimmers performing before them (athletes will be directed to a designated area where they will wait for their turn).
25. A maximum of two (2) athletes who do not advance to Phase 3 may be invited to "pre-swim" in Phase 3 to gain experience swimming before judges in a selection trial.
26. Athletes will compete in the Routine Set portion of the assessment as per the following:

<b>Protocol – Routine Set (Performed Individually)</b>
<b>General:</b>
<ul style="list-style-type: none"> <li>• Athletes will perform the Routine Set once, individually as per below</li> <li>• Athletes will wear a white cap for the individual Routine Set Performance (as per #22)</li> <li>• The 11-12 Routine Set must be performed exactly as described in the video provided</li> <li>• Athletes will perform Lap 1 and Lap 2 of the Routine Set (0:00 - 1:51 of the music file)</li> <li>• Athletes will begin from a position on the bulkhead (as per the video)</li> <li>• The Referee will ensure that the athlete is in position/ready, and will blow the whistle to signal the music start</li> <li>• Routine Set performances will be recorded for reference by the Selection Committee</li> </ul>
<b>Draw Order / Warm-up</b>
<ul style="list-style-type: none"> <li>• Order for the Routine Set will be by random draw (draw to be posted prior to Phase 3)</li> <li>• Prior to the performance of the Routine Set, a warm-up will be held: <ul style="list-style-type: none"> <li>○ Judges/coaches to watch wave warm ups</li> <li>○ 2 groups of 8 athletes wave warm up: <ul style="list-style-type: none"> <li>▪ Athletes who draw 1-8 are wave 1</li> <li>▪ Athletes who draw 9-16 are wave 2</li> </ul> </li> </ul> </li> </ul>
<b>Scoring:</b>
<ul style="list-style-type: none"> <li>• Judges provide 2 scores – one for Execution and one for Manner of Presentation.</li> <li>• Coaches will provide additional notes/comments on execution and timing (no formal score provided); if an athlete makes a choreography error (goes in a wrong direction, misses a section of legs/arms, uses wrong leg/arm etc.), coaches will make a note of the error (no formal score deduction, however errors will be considered in final team selection)</li> <li>• <b>Total score</b> = Execution 65% + Manner of Presentation 35%</li> </ul>
<b>Resources</b>
<ul style="list-style-type: none"> <li>• Athletes/coaches can access the Routine Set videos (land drill and in-pool) and Routine Set music file on the Synchro Ontario Website:</li> <li>• <b>Website:</b> <a href="http://synchroontario.ca">Synchroontario.ca</a> &gt; Competitive &gt; High Performance &gt; Team Athlete Portal</li> <li>• <b>Direct Link:</b> <a href="http://synchroontario.com/competitive/high-performance/team-athlete-portal/">http://synchroontario.com/competitive/high-performance/team-athlete-portal/</a></li> <li>• <b>Password for Team Athlete Portal</b> will be emailed directly to Clubs with eligible athletes</li> </ul>

27. Athletes will complete the Time Trial as per the following:

<b>Protocol – Time Trial</b>	
<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.</li> <li>• Starter says: Ready... Whistle.</li> <li>• 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 after completing the 100m free (4 laps).</li> </ul>
<b>25m Front Flutter</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.</li> <li>• Starter says: Ready... Whistle.</li> <li>• Hands must be held together at all times; face may enter the surface water; and athletes may breath when necessary (forward facing ONLY)..</li> <li>• Timer will record time when athlete touches the poolside with one hand after completing the 25m free (1 lap)</li> </ul>

28. Athletes will complete the Flexibility Test as per the following:

<b>Protocol – Flexibility Test</b>	
<b>Flexibility Test (Right Split Hold &gt; Walkout)</b>	<ul style="list-style-type: none"> <li>• The Flexibility Test will be performed as per the video example provided, and the Flexibility Test Counts document provided</li> <li>• The Flexibility Test will be performed individually on a panel for judges</li> <li>• Judges will mark on the FINA 10-point scale (according to the FINA Manual 'Guiding scale for splits'). One mark will be provided for the following:               <ul style="list-style-type: none"> <li>○ Right Split Hold</li> </ul> </li> <li>• Additionally, the Flexibility Test will be assessed by Coaches (notes will be recorded – no formal score provided)</li> <li>• The judges' score and the Coaches' assessment notes will both be taken into consideration.</li> <li>• Flexibility Test performances may be recorded for reference by the Selection Committee</li> </ul>
<b>Resources</b>	
<ul style="list-style-type: none"> <li>• Athletes/coaches can access the Flexibility Test video and Counts document on the Synchrono Ontario Website:</li> <li>• <b>Website:</b> <a href="http://synchronoontario.ca">Synchronoontario.ca</a> &gt; Competitive &gt; High Performance &gt; Team Athlete Portal</li> <li>• <b>Direct Link:</b> <a href="http://synchronoontario.com/competitive/high-performance/team-athlete-portal/">http://synchronoontario.com/competitive/high-performance/team-athlete-portal/</a></li> <li>• <b>Password for Team Athlete Portal</b> will be emailed directly to Clubs with eligible athletes</li> </ul>	

29. An additional Flexibility Assessment will be conducted as per the following:

<b>Protocol – General Flexibility Assessment</b>	
<b>General Flexibility Assessment</b>	<ul style="list-style-type: none"> <li>• The General Flexibility Assessment will be an informal (un-scored) component of the trials</li> <li>• Athletes will participate in a Coach-led land flexibility session which may include elements such as knee/foot/ankle extension, splits, back arch/shoulders etc.</li> <li>• Athletes will be required to perform skills to demonstrate flexibility including, but not limited to, splits, ariana rotations, needles etc., as per coach instructions</li> <li>• Coaches will observe athletes and make notes on flexibility standards for each athlete</li> </ul>
<b>Resources</b>	
<ul style="list-style-type: none"> <li>• For flexibility guidelines, please refer to Ontario LTAD Testing Guidelines posted online at: <a href="http://synchroontario.com/competitive/ltad-testing/">http://synchroontario.com/competitive/ltad-testing/</a></li> </ul>	

30. Swimmers will complete the In-Pattern Evaluation as per to the following:

<b>Protocol – In-Pattern Evaluation (Groups of 4 and 8)</b>
<b>Patterns/Positions</b>
<ul style="list-style-type: none"> <li>• Following calculation of scores from the Individual Routine Set swim, athletes will be assigned to groups and will be given a coloured cap. Groups will be based on ranking from the Individual Routine Set: <ul style="list-style-type: none"> <li>○ Group 1 = Athletes ranked #1-4</li> <li>○ Group 2 = Athletes ranked #5-8</li> <li>○ Group 3 = Athletes ranked #9-12</li> <li>○ Group 4 = Athletes ranked #13-16</li> </ul> </li> <li>• Coaches will direct athletes to their positions within groups of 4</li> </ul>
<b>Performing Routine Segments in Groups of 4 and 8:</b>
<ul style="list-style-type: none"> <li>• Athletes will participate in routine segments as directed by the coaches</li> <li>• Group 4 will perform the first segment as directed by coaches; Group 3 will then perform the same segment, followed by Group 2, and then Group 1 (each group may perform the segment multiple times, and coaches may give corrections between segment performances)</li> <li>• Coaches will direct when to move to the next segment</li> <li>• Judges will provide notes on execution, manner of presentation, synchronization etc., for each segment performed (no formal scores provided). Coaches will provide additional notes (no formal score provided)</li> <li>• In-Pattern Evaluation performances may be recorded for reference by the Selection Committee</li> </ul> <p>Note: Following the assessment of the Groups of 4 In-Pattern Evaluations, coaches may elect to move the athletes into groups of 8 and will direct the performance of routine segments.</p>

31. This phase of the selection process involves the Selection Committee selecting the best possible team of 10 athletes to the 2018 11-12 Provincial Team from the 16 athletes named 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.
32. In this Phase of the selection process, athletes may participate in pattern swims and may participate in executing highlights. Full testing components are as stipulated in this document.
33. In selecting the team of 10 athletes, the Selection Committee will consider the following factors, along with any other factors which in the sole and absolute discretion of the Selection Committee are deemed relevant. This may include a review of athletes' 2017-18 competitive inclusive of all phases of Provincial Team Trials. These factors are in alignment with Synchro Canada standards:

**Factor One – Quality and Energy of Movement**

- a) Technical abilities and potential – height and accuracy of positions as per FINA descriptions and the specific choreography movements
- b) Extension & Flexibility – Leg and feet extension and flexibility as per the international synchro swimming standard
- c) Energy, force and extension of all movements
- d) Achieving stillness at the ends of all movements (finishing one movement before the next starts)
- e) Quality of underwater work
- f) Preparation counts
- g) Posture of the body
- h) Technical accuracy and clarity of movements

**Factor Two – Synchronization**

- a) Synchronization (as per FINA definition) – the precision of movement in unison, one with the other and the music, at and below the surface

**Factor Three – Speed/Propulsion of Movement**

- a) Propulsion - propulsion and movement egg beater, kicks and elements of the routine
- b) Speed – swimming, kicking, underwater
- c) Sculling speed and Endurance
- d) Ability to swim in pattern and pattern awareness – ability to maintain patterns and ability to execute pattern changes with precision and accuracy. Points a-b-c all affect pattern accuracy and ability

**Factor Four - Speed, Accuracy of Spins, Thrusts and Twirl Actions**

- a) Spins will be precise with water levels even, body extension and accurate 180 turns
- b) Thrusts will be rapid and snappy with hips and legs moving directly up the vertical line. Stillness at the top of the thrust is evident
- c) Twirls will be rapid and hips and body will move as one. The twirl will appear quick and light.

**Factor Five – Gymnastic/Acrobatic/ Extraordinary Ability/Diving skills**

- a) Abilities in lifts as a flyer
- b) Ability in lifts as a middle, having explosive strength to maintain a lift

**Factor Six – Manner of Presentation (as per FINA definition)**

- a) The manner in which the swimmer presents the routine to the viewers

- Athlete will exude confidence
  - Charisma - body language is commanding
  - Athlete flows effortlessly through the performance with an appearance of ease
- b) Ability to “perform” - total command of the performance of the routine segments. Presentation is genuine and fills the room

#### **Factor Seven – Intangible Qualities**

- a) *Good People First* – attitude for gratitude, positive person that people enjoy being around, sincere, has integrity, appreciates the opportunities they are given
  - b) *Demonstrated Commitment to Being a High Performance Athlete Through Daily Actions* – consistently sets a high standard of training, work ethic and habits are still present when no one is watching, consistently works outside of their comfort zone, manages health and wellness on a daily basis
  - c) *Accountable and Responsible* – finds solutions vs. making excuses, takes responsibility for actions, complete tasks and meets deadlines, is responsible for their own performance pathway
  - d) *Communication* – takes ownership over communication, proactive, respectful, honest, seeks out the right person to talk to
  - e) *Performance Under Pressure* – manages anxiety, confident, ability to handle pressure situations without it affecting performance, ability to handle "curve balls" or changes in plans without it affecting training or performance, recovers easily from mistakes/set backs, has excellent emotional control in all situations
  - f) *Competitiveness/Drive/Determination* – raises the level in any competitive environment, trains and competes with heart and determination, never gives up
  - g) *Coachability* – Hungry to learn, learns from their mistakes, motivated to improve, willing to try new things, easily adapts
  - h) *Team First Mentality* – positive, contributing member to team success, respectful of each other’s differences, energy givers not energy takers, positively impacts teammates in the DTE and competition, builds trust through everyday words and actions, “all in” when it comes to team vision and goals
34. The above factors are not weighted, are not listed in an order of importance and may be revised from time to time to ensure short term and long-term success in international competition for Canada.
35. In order for Ontario to achieve the podium for both Duets/Solos and Teams at the 11-12 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.
36. The 10 athletes selected to the 2018 11-12 Provincial Team will participate in the 2018 SYNC Invitational in Toronto, Canada.

## **APPOINTMENT OF TEAM SOLO(S) AND DUET(S) & ALTERNATES (IF APPLICABLE)**

Appointments for the solo(s), duet(s) and alternate(s) on provincial teams will be based on the selection process and selection criteria described in this document and the Selection to Provincial Team Policy.

The Athlete Selection Committee will also consider the following criteria, listed below in priority of importance:

- Results and experience in Provincial and National Competitions
- Technical and artistic ability based on their own assessment as well as judges' scores from Competition
- Compatibility with athlete combinations, other athletes and coaches
- Physical competition readiness and physical suitability.

The Athlete Selection Committee may solicit feedback from other technical experts to assist in making their decision. The Head Coach of the team has the final decision making authority regarding the naming of solo(s), duet(s) and alternate(s) on provincial teams.