



## SELECTION POLICY AND CRITERIA

### 2017-2018 Synchro Canada Regional Training Centre - ONTARIO

The following Synchro Canada policies and documents form part of this selection criteria:

- Appeals Policy
- Health and Wellness Policy
- Prevention and Management of Eating Disorders Policy
- National Team Code of Conduct
- Policy – replacement of national team athletes

#### PURPOSE:

1. The purpose of this document is to describe the procedures and criteria that will be used by Synchro Canada to identify and select an *Athlete Pool* from 12-20 athletes who will centralize and train together for the 2017-2018 season at the Regional Training Centre (RTC) in Toronto, Ontario. Training will commence officially on Wednesday, September 6<sup>th</sup>, 2017 and conclude on Thursday, June 28<sup>th</sup>, 2018. These dates do not include potential International events or summer Provincial Team training.

#### OVERVIEW:

2. Selection to the 2017-2018 Regional Training Centre *Athlete Pool* will be based on a five-section selection process as described in this document.
3. The RTC Selection Trials will take place in Toronto at TPASC on **Tuesday, May 16<sup>th</sup>, 2017**. The time of the trials will be from **4:00-8:00pm**.  
  
\*\*If an athlete is unable to be at the selection trial due to severe injury or illness they may apply to the selection committee for the ability to do the trials via video. There is no guarantee that the application will be accepted.
4. Registration for athletes trying out is to be completed by May 14<sup>th</sup>, 2017 by 17:00 EST, using the attached registration form. Completed forms must be sent to the RTC Manager at [Kristin.eb.mccoy@gmail.com](mailto:Kristin.eb.mccoy@gmail.com) by the above noted time. The registration fee of \$150 can be sent to [payment@synchro.ca](mailto:payment@synchro.ca).
5. **Athlete Exemptions:** Those athletes who are members of the 2024 NextGen Team and the Junior National Team are not required to attend the RTC 2017-2018 Trial. These athletes must still complete the application online by completing the Athlete Questionnaire and by signing the

athlete intention agreement for the 2017/2018 season. The deadline for signing the athlete intention agreement is May 16<sup>th</sup>, 2017. This agreement is included in the link above.

#### ELIGIBILITY:

6. Synchro Canada and Synchro Swim Ontario are committed to supporting and growing the PSO clubs and ensuring optimal development of their athletes.
7. Athlete intake to the RTC-Ontario for the 2017-2018 season, will focus on athletes born in 2002 and earlier, who are at minimum, 15 years of age as of Dec 31, 2017.
8. To be eligible for selection into the *Athlete Pool of the RTC-Ontario*, athletes must satisfy the following conditions:
  - Be a registered athlete in good standing with Synchro Canada;
  - Absence of any outstanding fees/fines payable to Synchro Canada;
  - Be a Canadian Citizen as of **May 15, 2017** (proof of Canadian citizenship is required) and an Ontario resident as of September 2017
  - Payment of the trial fee
  - Complete all parts of the Selection Process as required

#### AUTHORITY FOR SELECTION:

9. The Board of Directors of Synchro Canada has delegated the authority for all decision making under this Policy to the RTC Head Coach.
10. The role of the RTC Management Team is to; make assessments for areas where their marks are required, make observations throughout the five sections of the RTC Selection Trials, provide advice and/or suggestions and guidance to the Head Coach in the final selection meeting.
11. The RTC Team Manager, RTC-CSIO Manager, as well as the appointed Referee for the Selection Process are responsible for safeguarding the overall process outlined in this document to ensure it is; properly followed and implemented, fair, equitable, and that all data is properly tracked and calculated. The RTC Team Manager, RTC-CSIO Manager, and appointed Referee reserve the right to ask other Synchro Canada representatives to help and support them in this task.

#### SELECTION PROCESS EVALUATORS

12. The Selection Process Evaluators will record their assessments via scores or points throughout the selection process and those numbers will be used in calculating the final scores for each athlete in the Selection Process. Evaluators may also take notes and observations throughout the Selection Process that will be submitted and discussed in the Final Selection Meeting.
13. Panel of evaluators will be comprised of a combination of some/all of the following members:
  - Regional Training Centre Head Coach
  - Regional Training Centre Assistant Coach
  - The Ontario High Performance Technical Lead
  - 3 FINA Judges appointed by Synchro Canada
  - CSIO Expert

14. If for any reason, any of the above-mentioned individuals are unavailable to participate, Synchro Canada will select the next best-suited individual to replace them.

#### APPEALS PROCESS:

15. Decisions on RTC Selections are subject to appeal pursuant to the Synchro Canada Appeals Policy (refer to Appeals policy).

#### DISMISSAL FROM THE REGIONAL TRAINING CENTRE SELECTION PROCESS:

16. The assigned RTC Head Coach and the Synchro Canada Consultant, as per the appropriate Synchro Canada Policy, may remove an athlete from the *Selection Process* where the athlete:
  - i. Is unable to perform due to injury, illness or for other medical reasons as determined by CSIO's medical staff;
  - ii. Commits fraudulent misrepresentation

#### REGIONAL TRAINING CENTRE PRIORITIES

17. For Canada to achieve the podium for both Duets and Teams at the Junior World Championships and Olympic Games, the Selection Advisory Committee reserves the right to make recommendations on athletes with specific ***abilities that will contribute to the Olympic Events as the first priority.***
18. It is understood that athletes selected to the Athlete Pool are committed to high performance and are seeking to represent Canada in future International and Olympic competitions. As a point of reference for RTC applicants, Synchro Canada encourages athletes who qualify for the National Team to consider targeting two Olympic cycles of participation.

#### FINAL TEAM SELECTION

19. The final team selection will take place during the selection meeting with the RTC Management Team following the completion of the RTC Selection Trials. Minutes will be taken throughout to ensure that all information discussed is documented. These minutes will be confidential to the RTC Management Team.
20. The RTC Head Coach will have sole authority on the basis of the 2017/2018 RTC Selection Criteria and Process to decide if an athlete is selected to the 2017/2018 RTC *Athlete Pool*. If the Head Coach cannot make a decision, the Synchro Canada Consultant will have final decision-making authority. In the event the Synchro Canada Consultant is unable to make the final decision due to unforeseen circumstances or conflict, the Consultant will appoint a replacement to make the final decision.
21. Athletes will be selected to the RTC-Ontario in the following order:
  - i. 2024 NextGen Team athletes
  - ii. Junior National Team athletes
  - iii. Rank order from the RTC Selection Trials on May 16<sup>th</sup> based on the combined score of the five sections listed below (details included in Appendix A)
    - Section One – Flexibility and Core (20%)
    - Section Two – Speed and Hypoxia (15%)
    - Section Three – Basic Skill Testing (25%)

- Section Four – Individual Technical Routine Swim (30%)
  - Section Five – Pattern Swim (10%)
- iv. The RTC Head Coach may recommend to the RTC Management Team that up to 20% of final team size is made up of athletes selected based on the subjective assessment of the RTC Head Coach considering factors such as:
- Abilities in lifts (as a flyer, as a middle, having explosive strength to maintain a lift)
  - Behaviour and attitude (consistency in training, giving best effort at all times, punctuality, commitment/dedication, leadership, good work ethic, concentration/focus, openness to comments, ability to self-evaluate, ability to make quick corrections)
  - Potential duet ability for short term and long term.
22. Final team size is up to 20 athletes and is at the discretion of the RTC Head Coach considering feedback from the RTC Management Team, the RTC priorities and the overall needs of the program.
23. All athletes selected in the FINAL RTC FINAL SELECTION will only be officially confirmed as part of the RTC 2017-2018 Program once each athlete has undergone full Medical Screening with the RTC Medical Staff and other experts as required. The medical screening will be completed by July 31, 2017. Athletes will be informed of provisional selection no later than June 7, 2017.

Approved by the Synchro Canada Board of Directors – April 10, 2017

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CEO

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## RTC SELECTION TRIALS

1. The RTC Selection Trials will take place in Toronto at TPASC on Tuesday, May 16th, 2017. The time of the trials will be from 4:00-8:00pm.
2. The RTC Selection Trials will include five sections, each with a different weighting to their score. All five sections will be combined to determine the final rank order for each athlete and that rank will be used in the final RTC selection as outlined in the RTC Selection Policy – Final Team Selection
  - i. Section One – Flexibility and Core (20%)
  - ii. Section Two – Speed and Hypoxia (15%)
  - iii. Section Three – Basic Skill Testing (25%)
  - iv. Section Four – Individual Technical Routine Swim (30%)
  - v. Section Five – Pattern Swim (10%)

## SECTION ONE: FLEXIBILITY AND CORE ASSESSMENT

**Assessors:** Regional Training Centre Coaching Staff and CSIO Expert

**Percentage of Total Score: 20%**

In this section, all athletes will participate in flexibility and core session with one of the RTC coaches who will provide and lead the sessions and evaluate the standard of all athletes as outlined below.

**1. CORE**

- a. Plank 30 seconds
- b. V---Up 30 seconds
- c. Squats 30 seconds

Criteria used to assess each position:

**PLANK POSITION (30S)**

Upper arm in 12 o'clock position (hands below shoulder)	<b>1</b>
Legs in full extension and together	<b>1</b>
Ears, shoulders, hips, knees, ankles in horizontal line	<b>1</b>
Elbows in full extension (no hyperextension)	<b>1</b>
Gluts engaged	<b>1</b>
Neutral spine (cervical, thoracic, lumbar) is maintained	<b>1</b>
Fingers pointing forward and head is looking down	<b>1</b>
Hold for a 30s	<b>1</b>
<b>TOTAL OUT OF 8:</b>	

**V-UP (30S)**

Legs in full extension and together	<b>1</b>
90 degree flexed position attained each repetition	<b>1</b>
Fingers maintain contact with the ground	<b>1</b>
Torso (hips, shoulder, head) aligned & fully extended.	<b>1</b>

Torso and legs are synchronized for each flexion	1
Torso and legs are synchronized for each extension	1
<b>TOTAL OUT OF 6:</b>	

**SQUAT (20R)**

Movement initiated first with a hip hinge	1
A minimum horizontal position with the top of their thigh is achieved	1
Tibia's remain close to vertical line	1
Knees do not extend over toes	1
Heels remains in contact with the floor	1
Vertical line running from ear to malleolus	1
Balanced control	1
<b>TOTAL OUT OF 7:</b>	

**2. FLEXIBILITY**

- a. Shoulders
- b. Knees
- c. Ankles
- d. Bridge
- e. Needles (right, left)
- f. Figure trainer

Criteria used to assess each element:

**TOES FLEXION & ANKLE PLANTAR FLEXION**  
(DISTANCE FROM GREAT (BIG) TOE TO FLOOR)

< 1,5 CM FROM BIG TOE TO FLOOR	5	5
1.6 CM -- 3 CM	4	4
3.1 CM -- 4.5 CM	3	3
4.6 CM -- 6 CM	2	2
6.1 CM -- 7 CM	1	1
> 7.1 CM	0	0
<b>TOTAL OUT OF 5 FOR EACH FOOT:</b>		

**KNEES EXTENSION**  
(DISTANCE FROM THE HEALS TO FLOOR)

> 7.6 CM	5	5
6.1 CM -- 7.5 CM	4	4
4.6 CM -- 6 CM	3	3
3.1 CM -- 4.5 CM	2	2
1.6 CM -- 3 CM	1	1
< 1,5 CM	0	0
<b>TOTAL OUT OF 5 FOR EACH KNEE:</b>		

**90 DEGREE PIKE POSITION**

Legs at 90 angle perpendicular with the body.	1
Legs together	1
Knees fully extended (as per Canadian standard)	1
Ankles fully plantar flexed (as per Canadian standard)	1
Flat body	1
Hold for 15 sec.	1
<b>TOTAL OUT OF 6:</b>	

**BRIDGE**

Legs in full extension and together	1
Ears aligned with shoulder in vertical alignment	1
Upper arm in 12 o'clock position	1
Hands remain on spot	1
Feet remain on spot	1
Elbows in full extension (no hyperextension)	1
Hold for 15 sec.	1
<b>TOTAL OUT OF 7:</b>	

**SHOULDER HYPER EXTENSION**

(DISTANCE FROM BAR TO FLOOR)

> 60 cm stick to floor	5
50cm – 59cm	4
40cm – 49cm	3
30cm – 39cm	2
20cm – 29cm	1
<29cm	0
<b>TOTAL OUT OF 5:</b>	

**NEEDLE - RIGHT**

Left leg is at 12 o'clock (up)	4
Right leg is at 6 o'clock	1
Body alignment at 5/8 o'clock	1
Vertical alignment of ears, shoulders and torso	1
Turnout of 1 o'clock or less	1
Knees are fully extended	1
Left ankle in full plantar flexion	1
Maintain the position for 2 full counts of 8	1
<b>TOTAL OUT OF 11:</b>	

**NEEDLE - LEFT**

Right leg is at 12 o'clock (up)	4
Left leg is at 6 o'clock	1
Body alignment at 5/8 o'clock	1

Vertical alignment of ears, shoulders and torso	1
Turnout of 1 o'clock or less	1
Knees are fully extended	1
Right ankle in full plantar flexion	1
Maintain the position for 2 full counts of 8	1
<b>TOTAL OUT OF 11:</b>	

**FIGURE TRAINER HEADSTAND SPLIT – RIGHT LEG**

Head (ears specifically), shoulders and hips aligned	1
Torso is perpendicular to floor	1
Hips and shoulders square	1
Extension of right leg and right ankle	1
Extension of left leg and left ankle	1
Alignment of right leg (in accordance to center line)	1
Alignment of left leg (in accordance to center line)	1
Complete flat split	4
Hold for 15 sec.	1
<b>TOTAL OUT OF 12:</b>	

**FIGURE TRAINER HEADSTAND SPLIT – LEFT LEG**

Head (ears specifically), shoulders and hips aligned	1
Torso is perpendicular to floor	1
Hips and shoulders square	1
Extension of right leg and right ankle	1
Extension of left leg and left ankle	1
Alignment of right leg (in accordance to center line)	1
Alignment of left leg (in accordance to center line)	1
Complete flat split	4
Hold for 15 sec.	1
<b>TOTAL OUT OF 12:</b>	

**FIGURE TRAINER HEADSTAND SPLIT – MIDDLE SPLIT**

Head (ears specifically), shoulders and hips aligned	1
Torso is perpendicular to floor (no arch)	1
Hips and shoulders square	1
Extension of right leg and right ankle	1
Extension of left leg and left ankle	1
Alignment of right leg (in accordance to center line, view on the side)	1
Alignment of left leg (in accordance to center line, view on the side)	1
Complete flat split	4
Hold for 15 sec.	1
<b>TOTAL OUT OF 12:</b>	



## SECTION TWO: SPEED AND HYPOXIA

**Assessors:** There is no judging during this testing. Coaches will record the time taken for each swimmer and observe the athlete's ability to complete the test with proper execution.

**Percentage of Total Score: 15% (Speed 5%/Hypoxia 10%)**

### 1. 25m Front Kick

- Completed with a kick board from a one-handed hold on wall.
- Time is stopped when the board hits the bulkhead.
- Points will be awarded, based on the time it takes to complete the 25m front kick, as described below:

<b>25M FRONT KICK AWARDED</b>	<b>POINTS</b>
18 seconds	<b>10</b>
19 seconds	<b>9</b>
20 seconds	<b>8</b>
21 seconds	<b>7</b>
22 seconds	<b>6</b>
23 seconds	<b>5</b>
24 seconds	<b>4</b>
25 seconds	<b>3</b>
26 seconds	<b>2</b>
27 seconds	<b>1</b>
<b>TOTAL OUT OF 10:</b>	

### 2. 50m Freestyle

- Completed from a dive start and will include a flip turn.
- Time is stopped when one hand hits the bulkhead.
- Points will be awarded, based on the time it takes to complete the 50m freestyle, as described below:

<b>50M FREESTYLE AWARDED</b>	<b>POINTS</b>
30 seconds	<b>10</b>
31 seconds	<b>9</b>
32 seconds	<b>8</b>
33 seconds	<b>7</b>
34 seconds	<b>6</b>
35 seconds	<b>5</b>
36 seconds	<b>4</b>
37 seconds	<b>3</b>
38 seconds	<b>2</b>
39 seconds	<b>1</b>
<b>TOTAL OUT OF 10:</b>	

### 3. 25m Whip Kick

- Completed with a kick board from a one-handed hold on wall.
- Time is stopped when the board hits the bulkhead.
- Points will be awarded, based on the time it takes to complete the 25m whip kick, as described below:

<b>25M WHIP KICK AWARDED</b>	<b>POINTS</b>
22 seconds	<b>10</b>
23 seconds	<b>9</b>
24 seconds	<b>8</b>
25 seconds	<b>7</b>
26 seconds	<b>6</b>
27 seconds	<b>5</b>
28 seconds	<b>4</b>
29 seconds	<b>3</b>
30 seconds	<b>2</b>
31 seconds	<b>1</b>
<b>TOTAL OUT OF 10:</b>	

### 4. 250m Hypoxic

- Each athlete will perform the 250m-hypoxia swim once as follows:
  - i. Athlete will start from a dive
  - ii. An under-water lap with breaststroke on the front is completed. At the end of the lap the athlete may surface (without breath) and one freestyle stroke may be completed to initiate a flip turn.
  - iii. After the flip turn the athlete will complete freestyle for 25m with a flip turn initiated at the end of the lap.
  - iv. The flip turn will enter directly into the next underwater lap
  - v. The 50m set will occur consecutively to a total of 250m (5 times 50m under/free)
- A deduction of 0.5 points will be issued for any break in the following criteria:
  - i. An additional breath is taken.
  - ii. A flip turn is missed.
  - iii. The underwater lap is completed on the back, instead of the front.
- Points will be awarded, based on the time it takes to complete the 250m hypoxia, as described below:

<b>250M HYPOXIA AWARDED</b>	<b>POINTS</b>
3:20-3:30 minutes	<b>10</b>
3:30-3:40 minutes	<b>9</b>
3:40-3:50 minutes	<b>8</b>

3:50-4:00 minutes	7
4:00-4:10 minutes	6
4:10-4:20 minutes	5
4:20-4:30 minutes	4
4:30-4:40 minutes	3
4:40-4:50 minutes	2
4:50-5:00 minutes	1
<b>TOTAL OUT OF 10:</b>	

### SECTION THREE BASIC SKILLS TESTS

**Assessors:** Three (3) judges and two (2) coaches.

**Percentage of Total Score: 25%**

In this section, all athletes will participate in basic positions testing with Three (3) judges and two (2) coaches, who will evaluate the standard of all athletes. For this section, the FINA Synchronized Swimming Manual for Judges, Coaches and Referees will be used as the height standard reference.

1. **Body boost:**

Metronome: 160 (single counts)

From a preparation underwater, each athlete will perform, 6 consecutive no arm body boosts facing away from the panel, followed immediately by consecutive double arm body boosts facing towards the panel.

**Counts:**

***No arm body boosts:***

6 sets of 8 counts

1 Body boost

5 Under water

After the last one, the athlete turns to face the panel. A new series of 6 body boosts starts.

***Double arm body boosts:***

6 sets of 10 counts

1 Body boost

2 Raise both arms in extension, passing in front of the body

5 Under water

2. **Barracuda and Rocket Split:**

Metronome: 160 (single counts)

From a preparation underwater (left side towards the panel), the athlete performs 3 consecutive Barracudas (FINA manual Figure 301), waits for 4 sets of 8 counts, and on 1 set of 12 starts to perform another 3 consecutive Rocket Splits (FINA manual BM11).

**Counts:**

***Barracuda:***

3 sets of 12 counts

1 Vertical

5 Under

4 sets of 8 counts of Break

**Rocket Split:**

3 sets of 12 counts

1 Vertical

2 Split

3 Vertical

5 Under

3. **High vertical holding position:**

From a tabletop position, an observer will give the cue to start. The athlete will extend their legs to achieve a double leg vertical position at maximum height. After 20 seconds, the observer will give the cue to stop.

4. **Twist and continuous spin:**

Metronome: 160 (single counts)

The athlete starts in a tabletop and extends the legs to achieve a double leg vertical position. The athlete then performs a Full Twist (BM12B as described in the FINA Manual) at a sustained height before completing a Continuous Spin with a minimum of 6 360° rotations, completed as the heels reach the surface and continues through submergence (BM13F in the FINA Manual).

**Counts:**

5-8 Tabletop

1-8 Vertical position

1 1/8 to the left

2 1/8 to the left

3 1/8 to the left

4 1/8 to the left

5 1/8 to the left

6 1/8 to the left

7 1/8 to the left

8 1/8 to the left

1-4 Vertical position

5 Begin continuous spin

#### SECTION 4: INDIVIDUAL TECHNICAL ROUTINE SWIM

**Assessors:** Three (3) judges and two (2) coaches will give a total Execution score out of 10 as well as a Manner of Presentation Score out of 10.

**Percentage of Total Score: 30% (60% Execution and 40% Manner of Presentation)**

In this section of the selection process, athletes will execute individually the 13-15 National Team Routine Set.

#### SECTION 5: PATTERN SWIM

**Assessors:** Three (3) judges and two (2) coaches will give a total Execution score out of 10 as well as a Manner of Presentation Score out of 10.

**Percentage of Total Score: 10%**

Athletes will participate in a pattern swim, from sections selected from the 13-15 National Team Routine Set.

All athletes will receive a random draw number, as well as an assigned cap colour. Swimmer number and cap colour will go into a hat twice; once (1) for overall impression evaluation and once (1) for execution evaluation.

Assessors will randomly draw one chit, at a time, to determine whom they are evaluating during each routine sequence. Assessors will only watch one athlete, in one area, at a time. Five (5) different evaluations will be occurring during each sequence.

**Example:** for eight (8) swimmers, sixteen (16) assessments need to be swum, so the sequence needs to be swum four (4) times to complete evaluations.

Athletes will swim in pattern, and complete the section consecutive times until all evaluations are completed.