

South East Swimming Synchro Selection Policy 2020

Overview:

South East Synchro Training Squad 2020

This guidance document is intended to provide transparency regarding the requirements to seek to achieve, in order to be considered for a place on the 2020 South East Training Squad.

Rationale:

Synchronised Swimming is a highly technical team sport that is judged on the ability of all team members acting as one. The multi-faceted nature of team sport make objective criteria difficult to define, and thus there will be components of subjective decision making with regard to final squad places, with the priority criteria on overall team and figure performance. The South East coaches have the final say and final discretion on decision making.

The requirements, approximate costs and phases are outlined, as far as possible, in this guidance document. The South East coaches along with appointed South East selectors have discretion on the requirements throughout the phases. Everything is still dependent on budget and the standards achieved by the selected athletes.

Number of athletes selected:

We are looking for a number of athletes that will enable us to have a competitive squad of 10-12 Youth athletes. Youth athletes need to be between 13-15 years old and no older during 2020. Additional training spaces may be available for athletes aged 12 years old in 2020.

Objectives

- To select athletes that will form the team to achieve the appropriate standard and best possible result in 2020 and future.
- To select athletes aged 13-15 years who have the best chance of potential development and success at the competition during 2020.
- To select athletes who have the potential to represent England/GBR in the future.

Eligibility

- Athletes born in 2007, 2006, 2005 are eligible to be part of the Squad, additional talent places may be offered at the discretion of the South East coaches for those born in 2008.
- Athletes must be able to demonstrate commitment to all training, camps and/or competition if selected.
- Athletes must be able to undertake and provide evidence of training outside of Squad Training within their Home Club. The Club Coach will be required to sign-up to the programme, demonstrating full support and understanding of commitment.
- Athletes selected to an England Programme Squad for 2020 are **not** eligible, athletes selected to a beacon programme for 2020 are eligible.

General

All athletes are expected to comply with the SWIM SOUTH EAST Code of Conduct and any other protocols or policies notified to them by SWIM SOUTH EAST. These documents will be sent to the relevant athletes upon selection.

Athletes must demonstrate an uncompromised commitment to training and preparation for performance at the competition during 2020 as determined by the South East Synchro coaches. If for any reason the athlete is unable and/or unwilling to fulfil this commitment, they may be withdrawn from the squad and/or a place in the team. This will be at the complete discretion of the South East coaches.

Athletes will be expected to attend all training programmed, taking part in all programmed activities. No athlete will be allowed to miss or leave a camp/training or undertake any activities that are not deemed directly relevant to the team performance unless written consent is provided by the South East Coaches.

Athlete Contribution – all athletes will be required to make a contribution to squad training in the region of up to £400 for the year if an international event is attended. Half of this will need to be paid on acceptance of a squad place. The remaining balance will be payable once competition and/or overseas training camp has been confirmed.

The year will start upon selection in 2019 and athletes are expected to remain part of the squad and attending training days/camps, where specified, until the end of the season, June/July 2020. No refunds of the Athlete Contribution will be made if an athlete leaves the programme early.

Athletes who become injured during the year after selection will need to provide a letter from a medical professional detailing their condition/diagnosis and prognosis. Provided that both the medical professional and coaches agree, the athlete can continue on the programme based on the medical advice. If the athlete is unable to complete the majority of the training they may be withdrawn from the programme to allow to recover properly.

Guidance Information Framework for the South East Training Squad

Input may be gathered from all staff and coaches working with the athletes and any other person the South East coaches considers necessary to assist in the final decision. Their decisions shall be final.

There will be two selection phases:-

Phase 1: Squad Trial 7th/8th December 2019

Phase 2: ongoing training, improvement and attitude

Synchronised Swimming is a complex team sport and selections will be based on synchro technical ability as well as team cohesion. The selection will draw from information on **strength, speed, fitness, accuracy, consistency, flexibility, coach-ability, attitude, physical appearance**, team fit with the following factors will be considered.

Physical

- Good flexibility, particularly through hips, backs, and shoulders
- Demonstration of good overall body strength
- Good aerobic and anaerobic fitness
- How to use the body and required muscles to perform
- Core strength to support dynamic/stable moves
- Power to project out of the water and propulsion around the pool
- Speed of movement for pattern changes, fast movements, propulsion, sharpness
- Endurance and an ability to sustain long training sessions with focus
- Robustness after hours of training in and out the pool
- Athletic physique

Technical ability

- Good execution in all routines from beginning to end
- A good understanding of what execution is
- Ability to hold counts for synchronisation
- Move accurately hitting the correct lines
- An ability to learn quickly and change team places and counts easily
- An ability to understand team patterns including spacing and pattern accuracy
- An ability to show heights in figures/routines
- Good extension throughout body during figures/routines
- Ability to perform the choreography and movements accurately
- Ability to perform all movements in a consistent manner
- Highlight consistency and an ability to understand the timing and positioning for lifts

Strategic and Mental Capacity

- Demonstration of Competitiveness
- Perfectionist and determined to get things accurate
- Mental Toughness/Resilient with an ability to maintain optimum performance under pressure and adversity
- Understand and implement recovery strategies
- Ability to absorb many corrections at once
- Thrives under competition conditions
- Focus and concentration to maintain performance during training and competition
- Demonstration of an internal drive and motivation towards excelling in all areas
- Confidence in own ability

Specific Technical markers that the selectors will be looking for:

- Accuracy and ability in figures and team
- Good range of splits (in the water)
- Height and stability double/single leg vertical and positions
- Height in Barracuda
- Spin accuracy (on the spot, line and homogenous)
- Synchronisation/timing - sharpness
- Pattern accuracy
- Body boost, hips and top of thighs dry
- Eggbeater, correct posture (body and legs), fast leg action, collar bones dry
- Head placement, accuracy in arms, neck extension
- Performance and presentation skills

Please note that these technical markers will be considered during routine and figures

Compatibility with coaches and other athletes:

- Individual contribution to enhance team dynamics
- Has the ability to appreciate each team member
- Understands the role of the coach
- Accepts corrections
- Retains corrections
- Demonstrates performance attitude
- Team focused

All the above components will be continuously monitored.

2020 ENGLAND YOUTH TRAINING SQUAD TRIAL 7th/8th December 2019

Phase 1: Trials

Minimum Requirement –

- Athletes should hold at a minimum of bronze grade 4 for those born 2007, 2006 and 2005, if you are 2008 born minimum of silver grade 3 should be held
- Date: 7th/8th December 2019
- Venue: The Abbey School, 17 Kendrick Road Reading RG1 5DZ
- Number of athletes: minimum 10-12
- Selection Criteria: South East Squad 2019 routine, figure competition, land/pool tests as per England Youth Squad club testing 2019-20
- NOTE: for those athletes who have taken part in the England Talent Squad selection on 23rd November 2019 and the tests are performed at the trial you can submit your land/pool test results and only attend the selection on 7th December, if you choose. For those not taking part you will do the testing and must attend on both days.
- **7th December – All Athletes**
 - figure and routine testing – figures will be drawn on 1st December
 - 13.45 register attendance
 - 14.00 meet a trial briefing
 - 14.15-15.00 routine land drill
 - 15.00-15.20 land warm-up for figures
 - 15.20-15.50 break
 - 16.00-16.20 individual figure warm up
 - 16.25-17.45 figure competition
 - 17.50-20.30 routine assessment
- **8th December – excluding those who have submitted the England trials testing on 23rd November**
 - Land/pool testing
 - 13.00-19.00 exact timings to fit round the grade day. Please note athletes at trial cannot participate in the grade day.

Phase 2: ONGOING ASSESSMENT

- Follow Regional Training Plan post selection
- Commitment to **all** training at Club and Regional training camps/sessions
- Evidence of adhering to Training Programme in home clubs from Club Coach(es)
- Continuous technical improvement
- Continuous strength and overall fitness improvement
- Motivated work ethic with positive impact on Team Dynamics, with other squad members and coaches.

Phase 3: TEAM SELECTION & ONGOING ASSESSEMENT

- Coaches to select final competing athletes, if applicable
- Based on ability and criteria listed above

Athletes that do not demonstrate sufficient improvements during the phases/testing may be deselected.

The Role of the Club Coaches

To ensure correct information is communicated to the coaches working with athletes during their home programmes, South East staff will liaise directly with Club Coaches on all technical related topics. Club Coaches will be required to take responsibility for their athletes and seek any additional feedback or technical information. Athletes will receive a copy of results/correspondence but emails from parents requesting specific technical information will need to go via the Club Coach.

Parents please note that the trial is a closed event.

Video equipment is a valuable aid to coaching the team and is taken by the appointed Team staff with permission of the pool operator. Athletes, parents/carers should be aware that filming is used as a coaching tool and is carried out in accordance with guidance in the SWIM ENGLAND's child safeguarding policies and procedures document – Wavepower. We kindly request that filming and photography during trial/training is not carried out by any unauthorised person. Permission will only be granted on a case by case basis and is further subject to the rules and policy of the pool operator.

Feedback will be given at regular intervals, this will either be verbal or written, personally or generic, it is the responsibility of the athlete and club coach to follow up anything with the squad coach after a feedback session.

To Register for South East Regional Squad Trial 7th/8th December 2019

1. Ensure you are eligible for the trial, as per details outlined above
2. Email sesynchromanager@btinternet.com with the following:
 - a) Name of athlete and club
 - b) ASA number
 - c) YOB
 - d) Current 400m time and date recorded, under youth squad test conditions
 - e) Figure grade held

Ensure the club coach is copied in on the email, this is considered evidence that the club coach agrees the information given and they will receive a copy of results. Deadline to register is 5pm 8th November.

3. You will then be sent -
 - South East Free Team music
 - South East Free Team video link
4. Pay your £30 Trial Fee by 1st December 2019, it's a flat fee regardless of whether you are attending both trial days or just one
5. You will then be sent -
 - Trial kit list
 - Any additional information about the trial
 - Statement of Fitness – to be handed in at the trial

Please see below bank details for payment trial payment:

Account: 11514679

Sort Code: 40-32-19

Reference: SYT19-athletename

Travel and all other costs will be at the athlete's expense.

The selection Trials are a **closed event**, to reduce external pressure on the athletes.

Level 2 Club Coaches are welcome to attend at the club/own cost to assist with their athletes with the land and pool warm-up for figures competition and for the testing on Sunday – they must register directly to sesynchromanager@btinternet.com

Selection decision will be emailed to athletes and Club Coaches following the Trial. Any further results and feedback will be emailed separately to athletes and Club Coaches. Any additional feedback requests should be made by Club Coaches.

Selected athletes are required to attend all training dates. The Athlete Contribution will be payable upon acceptance of place on the 2020 Squad, as detailed above.

**Provisional Yearly Plan Training and provisional Competition
Training 2019/2020**

Day to day training within club programmes to ensure improvements in all areas of training are made, a minimum of 12 hours per week

Training days/camps to be confirmed in the invite letters
International Competition or Camp - May/June 2020, this could be in term time

Information supplied above is correct at the time of releasing this document, it may be subject to change, due to factors and unforeseen circumstances.

There shall be no right of appeal if an athlete is unsuccessful in attaining a place on the Swim South East Training Programme.

Closing date for registration is 5pm 8th November 2019