



# SWIM WALES NATIONAL SKILLS ACADEMY

## Revised Swimmer Selection Procedure

2020/21 season

### 1. INTRODUCTION

The National Skills Academy is a performance pathway programme that aims to provide a Swim Wales led development pathway for talented young Welsh swimmers and coaches in relation to key race skills, drill progressions and stroke technique. This is a **coach and swimmer education programme** designed to develop both swimmers and coaches in the technical areas of competitive swimming. **The 2020/21 procedure has been revised due to the impact of the Covid-19 pandemic and its effect on competitive opportunities between March and August 2020.**

### 2. SELECTION PROCESS

- 2.1 Selection to the National Skills Academy will be based on eligibility to and achievement of the respective criteria and eligibility as laid out in sections 3 and 4 of this document.
- 2.2 Final selection to the National Skills will be made by the selection panel in line with these guidelines. This selection panel will consist of (a) the Swim Wales National Performance Director, (b) the Swim Wales National Coach Development and Performance Pathway Manager, (c) the Swim Wales National Para Pathway Manager, and (d) the Sport Wales Performance Advisor acting as an independent panel member.
- 2.3 Selections to the National Skills Academy will be made from performances at all accredited Short course and long course meets from September 1<sup>st</sup> 2019 to March 15<sup>th</sup> 2020.
- 2.4 Selections to the National Skills will be announced before the 5<sup>th</sup> September 2020.
- 2.5 Split times from relays will not be considered for selection to the National Skills Academy.
- 2.6 The selection panel reserves the right not to select a swimmer if there is significant evidence of (a) A lack of adherence to their home training programme, including unsatisfactory attendance (unless due to injury or illness or other reasonable circumstances) or an unsatisfactory disciplinary record as evidenced by the home club head coach and committee; or (b) A lack of adherence to the Swim Wales National Skills Academy during the 2019/20 season, including unsatisfactory attendance (unless due to injury or illness or other reasonable circumstances) or an unsatisfactory disciplinary record as evidenced by the Swim Wales disciplinary procedure.

V3 22nd May 2020

Registered in England & Wales No. 4692354;  
Registered address: Wales National Pool Swansea, Sketty Lane, Swansea, SA2 8QG



### 3. SELECTION CRITERIA

- Swimmers ranked in the **top 2** in Wales (either short course or long course) per individual age group (males 13 and 14 years, females 12 and 13 years) in a minimum of **one Olympic event** (with the exception of the 200m Individual Medley), in accordance with section 2.3 of this document, will be considered for selection. Selection consideration will be based on official 2020 British Swimming Long Course and Short Course ranking lists between the period 1<sup>st</sup> September 2019 and 15<sup>th</sup> March 2020.
- Swimmers ranked in the **top 5** in Wales (either short course or long course) per individual age group (males 13 and 14 years, females 12 and 13 years) in the **200m Individual Medley**, in accordance with section 2.3 of the selection process, will be considered for selection. Selection consideration will be based on official 2020 British Swimming Long Course and Short Course ranking lists between the period 1<sup>st</sup> September 2019 and 15<sup>th</sup> March 2020.
- Swimmers not considered for selection through the rankings procedures laid out above must equal or better the published performance criteria (see Tables 1 and 2) in at least 1 Olympic event, in accordance with section 2.3 of this document, to be considered for selection.

### 4. SELECTION ELIGIBILITY

- Males aged 13-14 years and females aged 12-13 years (age as of 31<sup>st</sup> December 2020) will be eligible for selection.
- Only Swim Wales registered swimmers will be eligible for selection.

### 5. SELECTION CONDITIONS

Following the initial National Skills Academy training camp in September/October 2020, swimmers will only be selected for subsequent camps if they are deemed to have met the following conditions:

- A. Exhibited good levels of work ethic, behaviours and listening/learning skills during the previous camp.
- B. Exhibited a committed focus to technical improvements (stroke technique and race skills) during and between camps.
- C. Exhibited a continued full commitment to their home programme.



**Table 1: Long Course Swimming performance criteria: National Skills Academy**

Event	Male (13 years)	Female (12 years)	Male (14 years)	Female (13 years)
50m Freestyle	00:28.44	00:31.08	00:26.47	00:29.85
100m Freestyle	01:02.53	01:07.28	00:58.20	01:04.61
200m Freestyle	02:17.98	02:27.16	02:08.43	02:21.32
400m Freestyle	04:55.20	05:10.40	04:34.77	04:58.08
800m Freestyle	10:09.61	10:37.61	09:27.41	10:12.31
1500m Freestyle	19:24.93	20:21.95	18:04.28	19:33.46
100m Backstroke	01:09.50	01:15.12	01:04.69	01:12.14
200m Backstroke	02:31.92	02:42.01	02:21.40	02:35.58
100m Breaststroke	01:17.01	01:24.33	01:11.68	01:20.99
200m Breaststroke	02:47.02	03:01.24	02:35.46	02:54.05
100m Butterfly	01:06.91	01:12.61	01:02.28	01:09.73
200m Butterfly	02:30.67	02:41.12	02:20.24	02:34.72
200m IM	02:33.84	02:44.71	02:23.19	02:38.17
400m IM	05:29.69	05:51.19	05:06.87	05:37.25



**Table 2: Short Course Swimming performance criteria: National Skills Academy**

<b>Event</b>	<b>Male (13 years)</b>	<b>Female (12 years)</b>	<b>Male (14 years)</b>	<b>Female (13 years)</b>
50m Freestyle	00:27.55	00:30.35	00:25.64	00:29.15
100m Freestyle	01:00.75	01:05.85	00:56.54	01:03.23
200m Freestyle	02:14.16	02:24.14	02:04.87	02:18.42
400m Freestyle	04:46.95	05:04.01	04:27.08	04:51.95
800m Freestyle	09:52.96	10:33.68	09:11.91	10:08.53
1500m Freestyle	19:09.10	19:51.70	17:49.54	19:04.41
100m Backstroke	01:05.96	01:12.45	01:01.40	01:09.58
200m Backstroke	02:25.77	02:37.17	02:15.68	02:30.94
100m Breaststroke	01:14.35	01:21.84	01:09.20	01:18.59
200m Breaststroke	02:41.41	02:57.34	02:30.23	02:50.31
100m Butterfly	01:05.48	01:11.76	01:00.95	01:08.91
200m Butterfly	02:26.85	02:39.34	02:16.68	02:33.02
200m IM	02:29.11	02:41.38	02:18.79	02:34.98
400m IM	05:19.98	05:42.39	04:57.83	05:28.81