

WELSH PROGRAMME ARTISTIC (SYNCHRONISED) SWIMMING

TRIAL INFORMATION

Wales National Development Squad 2019-2020

Overview

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 2019-20 Wales National Development Squad.

Rationale

Artistic Swimming is a team sport. The multi-faceted nature of team sport make objective criteria very difficult to define and thus there will be significant components of subjective decision making with regard to final squad places. The Swim Wales Artistic Swimming Coordinator has 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.

Number of athletes selected

We are looking for 5- 10 athletes. Age Group athlete's need to be between the ages of 13 and 18 years old during 2020. Team, Duet and solo selections will be made from athletes within the selected Squad and details of the selection will be published separately.

Objectives

- To select athletes that will form the team to achieve the best possible results during 2020.
- To select athletes for the Wales National Development Squad that have the best chance of potential development and success at the competitions during 2020.
- To select athletes who have the potential to represent GBR during 2020 and in the future.

Eligibility

- Athletes born in and between 2001 and 2007 (13-19 during 2020) are eligible to take part in the 2019 Trial.
- Athletes must be eligible to represent Wales/Great Britain at international level (athletes must hold a British passport if selected to train or compete abroad).
- Athletes must be able to demonstrate commitment to all training camps and competitions if they are selected.
- No Swim England skill level is needed to be able to attend the trial day.

General

All athletes are expected to comply with the Swim Wales of Ethics and any other protocols or policies notified to them by Swim Wales. These documents will be sent to the relevant athletes upon selection.

Athletes must demonstrate an uncompromised commitment to training preparation for peak performance at the competitions during 2020 as determined by the Coach(es). If for any reason the athlete is unable and/or unwilling to fulfil this commitment, they may be withdrawn from the squad and/or a place in the team.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 Coach(es).

Athletes will be expected to attend each training session and all programmed events, where invited, taking part fully in all programmed activities. Dates and timings may vary in accordance with external information and unforeseen circumstances. No athlete will be allowed to miss or leave a camp/training. If an athlete cannot attend training due to illness or injury the coach(es) must be informed immediately, absences from training for any other reason must be sign off by the coach(es).

Athlete Contribution – all athletes will be required to make a contribution to squad training in the region of £600-£1000 for the year, this will need to be paid on acceptance of a squad place via a monthly direct debit in instalments. Competition and overseas training camps may require a further contribution depending on length of stay and overall costs incurred, this will be invoiced separately. The trial fee is £40 and is payable upon registration of attendance.

The year will start upon selection in June 2019 and athletes are expected to remain part of the squad and attending training camps and competitions, where specified, until the end of the season as specified on selection. 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, plus the medical professional's contact details. The athlete's injury will be assessed to determine whether they will be able to continue on the programme.

Selection Information

The selection will draw from information on **strength, speed, fitness, accuracy, consistency, flexibility, coach-ability, attitude, physical appearance, team fit** and 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
- Lean and athletic appearance

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
- Good range of splits (in the water)
- Low thigh or above Stable Double leg vertical
- Mid thigh or above in Bent Knee Vertical, Fishtail and all other single/ballet leg positions
- Barracuda and Rocket Split height (hips or above)
- Ability to 720 spin accurately (holding a good line)
- Synchronisation/timing - sharpness

- Pattern accuracy
- Body boost, hips and top of hips 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 routines & figure trial

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 focussed

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Trial

1st June 2019

The Trial Day will be held on 1st June 2019 at the Wales National Pool Swansea.

- Wales National Pool Swansea, Sketty Lane, Swansea, SA2 8QG.
- The trial will last all day 8am-5pm
- A time table and details of the trial will be issued to athletes upon registration of attendance
- Feedback will be provide to all athletes who attend the trial day

To gain a space of the trial day athletes must return the entry form to swimwales-admin@swimming.org and payment of £40 trial fee completed by Monday 27th May 2019.

Payments are to be made via BACS to:

Ref: 4600 Athlete's Name

Account Name: Swim Wales

Account Number: 02664058

Sort Code: 30-92-49

There shall be no right of appeal if an athlete is unsuccessful in attaining a place on the Wales National development Programme.

Training Plan for successful Athletes

- Training will be once a week held a Llanelli Leisure centre every Wednesday 6pm till 9pm wet and dry side training. (TBC)
- One Saturday monthly training half a day's training clinic
- Addition training is due to be confirmed from July
- Oversea Competition (TBC)