



*Waikato Regional Squads  
Selection Policy & Criteria 2021/22  
Edited May 2020*

## BACKGROUND CONTEXT –

This document sets out the overall principles guiding the selection of the Swimming Waikato Swimmer Pathway Squads. In considering any changes to the existing policy, the following was taken into consideration:

1. Regional Squad Coach feedback
2. Increased competitive long course availability in the Region
3. 2020 Squad numbers and standards
4. Available coaching resources
5. Focus on long term swimmer retention and performance
6. Better utilisation of training periods leading into 'key meets'
7. **Disruption caused by Covid-19**

## GOALS AND OBJECTIVES -

The Regional Squads are a great opportunity to work alongside the top swimmers and coaches in the region. It should be a reward for the process of qualification and a great tool to help advance each individual swimmer forward in the sport. The goal is to make it something worthy of attendance for swimmers and coaches and an opportunity to have fun and learn at the same time.

## CHANGES & RATIONALE TO QUALIFYING –

Please note that the qualification criteria has been edited due to the disturbance caused by Covid-19.



## SWIMMING WAIKATO SQUADS OVERVIEW

### FINA POINT REQUIREMENTS 2021

AGE	PERFORMANCE SQUAD		POTENTIAL SQUAD		PATHWAY SQUAD	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
18+	700	700	x	x	x	x
17	650	700	600	x	x	x
16	600	650	550	600	x	x
15	550	600	500	550	450	x
14	x	x	450	500	400	450
13	x	x	x	450	350	400
12	x	x	x	x	300	350
11	x	x	x	x	x	300

### REQUIRED NUMBER OF EVENTS

AGE	PERFORMANCE SQUAD		POTENTIAL SQUAD		PATHWAY SQUAD	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
18+	1	1	x	x	x	x
17	1	1	1	x	x	x
16	2 (Max 1 @ 50)	2 (Max 1 @ 50)	2 (Max 1 @ 50)	2 (Max 1 @ 50)	x	x
11-15 years selection must not include 50's						
15	2 (1 @ 200+)	2 (1 @ 200+)	2 (1 @ 200+)	2 (1 @ 200+)	2 (1 @ 200+)	
14	x	x	3 (2 @ 200+)	3 (2 @ 200+)	3 (2 @ 200+)	3 (2 @ 200+)
13	x	x	x	3 (2 @ 200+)	3 (2 @ 200+)	3 (2 @ 200+)
12	x	x	x	x	3 (2 @ 200+)	3 (2 @ 200+)
11	x	x	x	x	x	3 (2 @ 200+)

\* Sensitive Period (PHV/Rapid Growth)

**200+** = all 200m, 400m, 800m and 1500m events.

**Example:** A 12-year-old female swimmer aiming to qualify for 2020 Pathway Squad needs to achieve an average of 350 Fina Points minimum across 3 differing events, 2 of which must be at 200+ meter events. This is written as **3 (2 @ 200+)**. Points from 50m events will not be counted at this stage.

*Flora Macdonald (12yrs) 200 IM = 341 Fina, 200 Freestyle = 380 Fina, 100 Backstroke 350 Fina,*

**341 + 380 + 350 = ÷ by = 357! ✓**

## QUALIFYING CONDITIONS –

Please note that the qualification criteria have been edited due to the disturbance caused by Covid-19.

- **Qualifying window is from 1<sup>st</sup> January 2020 to 16<sup>th</sup> May 2021**
- **Age as of the 16<sup>th</sup> May 2021**
- Swimmers are required to requalify annually.
- **Due to the shortage of Long Course opportunities, Short Course conversions will be accepted for all squad applications. Advice on how to convert short course into long is provided within this document.**
- Fina Points to be taken from the Swimming NZ Database (Not Take Your Marks)
- It is expected that all swimmers are engaged in a club Dry-Land Programme.
- Swimmers cannot score points from the same event more than once within the year.
- Fina points from the 50 Free/Back/Breast/Fly will not be accepted for swimmers aged 11-15
- Wild Card entries will be used at the Chief Executives discretion
- Swimmers must compete for a Waikato affiliated club
- Swimmers will be required to apply via Friendly Manager links – more info at end of doc
- Application reminders will be sent out but failure to apply will result in non-entry to squads for that year.
- Squads will be announced and posted online May/June 2021
- Qualification criteria will be updated annually.
- Swimmers can update their applications throughout the year if they improve their FINA point totals.
- The Chief Executive will make the final decision on all entries into squads



## **DISCRETIONARY SELECTIONS (WILD CARDS) -**

When deliberating on discretionary selections, the following will be reviewed.

- Past, current and planned level of training
- Rate of performance progression
- Achievement of previously agreed targets
- Mindset
- Discussion with home club coach
- Disruption caused by COVID

## **RETENTION IN THE PROGRAMME WILL BE BASED ON THE FOLLOWING CRITERIA -**

- Training attendance and commitment
- Engagement with coaches and staff
- Technical assessment and improvement
- Trainability & Resilience
- Work ethic
- Openness to learning
- Personal Accountability
- Swimmers buy-in to the Regional Programme



## 2021/22 SQUAD DEVELOPMENT OPPORTUNITIES -

### PERFORMANCE SQUAD

#### **B-Monthly Domestic Squad Training Sessions**

**International Tour – Dec 2021** - Participation is dependent on removal of Covid-19 travel restrictions as well as current swimmer performance and training levels as well as no. of qualified entries. At the discretion of the Regional Hub Director

Squad Specific Educational Sessions

Teamline & Arena Sponsored Squad Kit

### POTENTIAL SQUAD

#### **B-Monthly Domestic Squad Training Sessions**

**International Tour – Dec 2021** - Participation is dependent on removal of Covid-19 travel restrictions as well as current swimmer performance and training levels as well as no. of qualified entries. At the discretion of the Regional Hub Director

Squad Specific Educational Sessions

Teamline & Arena Sponsored Squad Kit

### PATHWAY SQUAD

#### **Domestic Squad Training Sessions**

#### **Training Day Camps**

#### **Domestic Tour – Late Aug / Early Sept - Dates TBC**

Squad Specific Educational Sessions

Teamline & Arena Sponsored Squad Kit



## XLR8 2.5K SQUAD

### Four Weekend Stroke Clinics

#### XLR8 2.5k SQUAD STROKE CLINICS –

**10, 11 & 12-year-old swimmers** who qualify for the **2.5K XLR 8 Achievers Club** will have the opportunity to attend four annual Swimming Waikato Stroke Clinics. Swimmers already on Pathway Squads will not qualify for these stroke clinics. The Regional Hub Director may at his discretion select Wild Card entries for this Squad.

Swimmers who qualify for the Stroke Clinics will be contacted by Swimming Waikato, therefore are not required to fill out an application form.

For more information on Swimming Waikato's XLR8 Achievers Club please visit our website at:  
<https://swimmingwaikato.co.nz/xlr8-achievers-club/>

## SWIMMING WAIKATO REGIONAL 2021/22 SQUADS PROGRAMME

### ONLINE APPLICATIONS -

Online applications can be found at the following links.

Pathway Squad - [Swimming Waikato | Register Pathway Member \(friendlymanager.com\)](#)

Potential Squad - [Swimming Waikato | Register Potential - Member \(friendlymanager.com\)](#)

Performance Squad Under 18yrs - [Swimming Waikato | Register Performance Squad \(friendlymanager.com\)](#)

Performance Squad Over 18yrs - [Swimming Waikato | Register Performance Squad \(friendlymanager.com\)](#)

You can complete the online application form as soon as you have met the qualifying criteria for either the Pathway, Potential or PERFORMANCE squads. **The cut-off date for applying for a position on a 2021 squad is midnight on 16<sup>th</sup> of May. Age as of 16<sup>th</sup> May.**

Please make sure you have read the qualifying criteria to enable you to complete this form in full.



## SHORT TO LONG COURSE CONVERSIONS – PATHWAY SQUAD ENTRY ONLY

**Step.1** Start with the short course time you are looking to convert

**Step.2** Open up the conversion tool of choice, an easy to use option is on the Swim Swam website

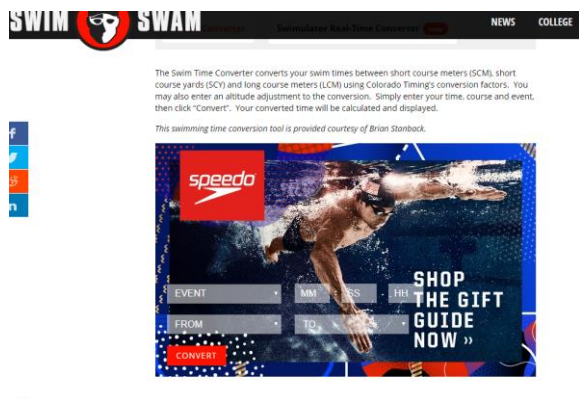
<https://swimswam.com/swimming-times-conversion-tool/>

**Step.3** Enter the Event you are converting

**Step.4** Enter the short course time in

**Step.5** Make sure to select **From:** Short Course **To:** Long Course

**Step. 6** Click **CONVERT** - This will give you the Short Course time converted into Long course



Now all you need to do is take the converted time and plug it into a FINA Points Calculator such as

[http://talbotco.co.nz/FINA\\_Points.aspx](http://talbotco.co.nz/FINA_Points.aspx)

Home Solution Overview FAQ Contact Us

FINA points are now an important part of the swimming. They are used for comparing swimmers and as a basis for team selection. Therefore knowing your FINA points and knowing the times you need to swim to achieve a certain number of FINA points is very important. This tool enables swimmers to calculate their FINA points for a swim or to calculate the time required to achieve the required FINA points.  
Please contact us if you would like to embed this free tool onto your web site.  
The tool is currently available in English, German, Polish, Slovenian, Latvian and Russian. Please contact us if you would like this tool in another language and you can provide a translation.  
If you would like to donate to the swimming tools continued development please click on the donations button

[Donate](#)

### FINA Points Calculator

To use the tool select the FINA time standard and Distance/Stroke of the swimmer. Then enter either the time or the points and click the calculate button to determine the time required or points achieved.  
Yards calculations use a conversion factor to estimate the 25 meters equivalent times for the calculations. The resulting times are the time required to be swum in the selected pool length.

FINA Time Standard 2018	Distance/Stroke 400m / 500yd Free	Language English - US
Points / Time (0000 / mm:ss.ms)		
64:10.00		
Pool Length	Men	Women
25m	612	626
50m	682	646
25y	672	1177

[Calculate](#)    [Yards info](#)

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