



REGIONAL SQUADS 22/23

Selection Policy & Application Support



WHATEVER *it* TAKES



Regional Representation



In a new addition for 2022, we are delighted to welcome Alison Fitch as our Swimming Waikato, Regional Squad Lead. This position will be responsible for overseeing the planning and delivery elements of all squad activities as well as act as the main contact for all club coaches.

It's great to have Alison with her vast development and senior swimming experience, someone our swimmers and coaches know well and respect.

This document and its contents have been created in consultation with the Swimming Waikato Senior Coaching Group and compiled by the ***Swimming Waikato, Regional Squad Lead***.

The information in this booklet is correct at the time of publishing. Swimming Waikato will not be held liable for any costs and expenses incurred by any person following changes to the information outlined in this booklet. Swimming Waikato reserve the right to use discretion and make judgements to the contents and rules outlined in this document.

Key Contacts:

Regional Squad Lead (Alison Fitch) squads@swimmingwaikato.co.nz

CEO (Darren Ward) darren@swimmingwaikato.co.nz

Administration & Finance Manager (Angeline Hardie) – angeline@swimmingwaikato.co.nz



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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. 2021 & 2022 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**
8. **The increased size of our region with the fantastic inclusion of counties clubs and how they bring more athletes and coaches into our squad groups.**

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 taken into consideration the disturbance caused by Covid-19.](#)

2021/22 SQUADS – PLEASE READ!

Swimmers who qualified for the 2021/22 Squads will automatically be granted a place on the 2022/23 Squads and this will be discussed directly with the coach of the swimmers once the application has been received; however each individual swimmer is still required to apply via the application portal. This decision has been made due to the challenges and disturbances caused by Covid-19.

To Remain eligible Swimmers, you must have taken ownership of the following and showed intent to learn at the squad opportunities you have had in this 2021/22 year

- must be fulfilling their individual club training requirements (restrictions permitted)
- must have home coach approval for retention on these squads
- must be open to learning and have personal accountability for their performance



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SWIMMING WAIKATO SQUADS OVERVIEW

FINA Points Requirements -

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	550	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	3 (2 @ 200+)	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! ✓



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QUALIFYING CONDITIONS –

- **Qualifying window is from 17th May 2021 to 31st May 2022**
- **Age as of the 31st of May 2022**
- 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.
- **At this stage any meet excluding club nights, time trials or club champs can be used for qualifying to indicate the vast majority of meets that have been development only this year due to red setting conditions. The times must have been achieved at a swimming meet conducted under race conditions.**
- 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 or Regional Squad lead discretion in consultation with club coaches
- Swimmers must compete for a Swimming Waikato affiliated club (**Waikato & Counties Manukau**)
- 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 June 2022
- Qualification criteria will be updated annually.
- Swimmers can update their applications throughout the year if they improve their FINA point totals.
- **Para Athletes** will apply in writing to the Regional Squads Lead who will then utilise the expertise of the para coaches in our region and with swimming NZ to determine which squad you best fall into for the year based on your stage of development and the level at which you are currently swimming.



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DISCRETIONARY SELECTIONS (WILD CARDS) -

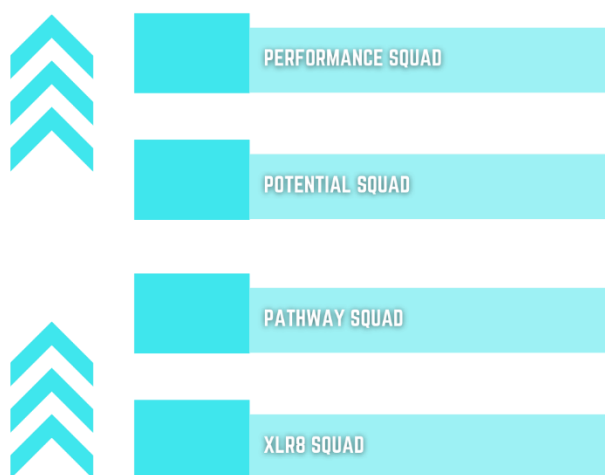
When deliberating on discretionary selections, the following will be reviewed.

- Past, current, and planned level of training
- Previous Regional Squad interactions
- 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

FOUR STAGE – SQUADS OVERVIEW



2022/23 SQUAD DEVELOPMENT OPPORTUNITIES OVERVIEW -

PERFORMANCE SQUAD - This group is supported by the Swimming Waikato Senior Coaches and will provide athlete specific experiences and assistance that directly help those swimmers in the lead up to trials events and international competition.

Domestic Squad Training Sessions

Queensland Championships – Dec 2022 - Participation is dependent on 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 CEO

Squad Wellbeing & Development

- 1-2-1 Performance Psychology Session with Tijana Cirkovic-Higl (Sports Psychologist)
- 1-2-1 nutritional consultation and two follow-ups with Lillian Morton (Nutritionist) to be arranged by the individual swimmer.
- 1-2-1 physical screening from Kim Dean (Physio) to be arranged with the individual swimmer, including two follow-ups. Please see contact section below for support service provider detail

Squad Specific Educational Sessions

Teamline & Arena Sponsored Squad Kit

POTENTIAL SQUAD

Domestic Squad Training Days

An away tour South Island Long Course (Dunedin) – Feb 2023

Australian State Meet either Victoria or Queensland pending qualification requirements and numbers attending – December 2022

Squad Wellbeing & Development

- 1-2-1 physical screening from Kim Dean (Physio) and one follow up to be arranged with the individual swimmer. Please see contact section below for Kim's details
- Squad Specific Educational Sessions
- Parents education session done in conjunction with the squad training days on matters relating to that age and stage development

Teamline & Arena Sponsored Squad Kit



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PATHWAY SQUAD

Domestic Squad Training Sessions

- Squad Specific Educational Sessions
- Dryland testing to be reviewed and assessed throughout the year in line with Swimming NZ development model and areas assessed as needing development nationally
- Parents education session done in conjunction with the squad training days on matters relating to that age and stage development

Teamline & Arena Sponsored Squad Kit

JUNIOR - XLR8 SQUAD

Four Weekend Stroke Clinics

- Skills Focus - Including Starts, Under-Water and Wall Work
- U/W Filming Feedback
- Swimming smart and fast!

JUNIOR – XLR8 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 Squad Lead may at 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/>

Full 2022/23 Squad Opportunities and dates will be made available in the 2022/23 Swimming Waikato Regional Squad Handbook, which can be found on the Swimming Waikato website (Click)



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SWIMMING WAIKATO REGIONAL 2022/23 SQUADS PROGRAMME

ONLINE APPLICATIONS -

For the 2021/22 Squads, applications will be completed through the following links.

Pathway Squad – [2022/23 – Pathway Squad – Application Link](#)

Potential Squad – [2022/23 – Potential Squad – Application Link](#)

Performance Squad Under 18yrs – [2022/23 – Performance Under 18 – Application Link](#)

Performance Squad Over 18yrs – [2022/23 Performance Over 18 – Application Link](#)

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 31st of May. Age as of 31st of May 2022**

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

Any queries around the application process can be emailed to:

Regional Squad Lead (Alison Fitch) squads@swimmingwaikato.co.nz



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SHORT TO LONG COURSE CONVERSIONS – AVAILABLE FOR ALL SQUADS (2022/23 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

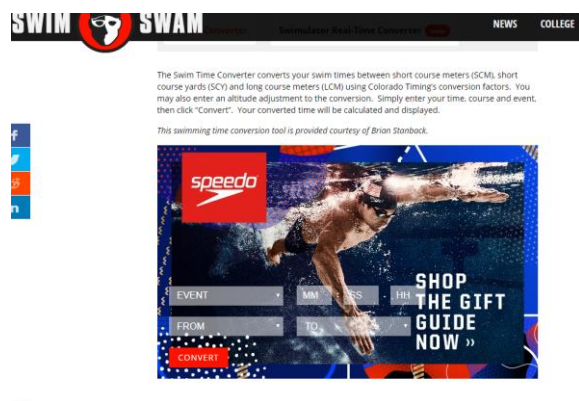
<https://swimswam.com/swimming-times-conversion-tool/>

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

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.ss)

04:10.00

Pool Length	Men	Women
25m	612	826
50m	682	846
25y	872	1177

[Calculate](#) [Yards info](#)

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