



## **2018-19 Train to Train**

### *High Performance Athlete Development Program* **Selection Criteria**

#### **2018-19 T2T HPAD Program Overview**

Synchro Swim Ontario is excited to announce the continuation of our highly successful Train to Train (T2T) High Performance Athlete Development Program (HPAD) for the 2018-19 season. T2T will continue to build upon previous seasons' best practices and principles, and will incorporate new and enhanced programming in 2018-19 to continue to innovate and provide best-in-class programming for our athletes. Structured similarly to last season's program, T2T will continue to provide enhanced training and development programming for athletes in the critical 12-15 year old Train to Train Long-term Athlete Development Stage, building a base of talent and supporting SSO's High Performance Athlete Development Pathway. The 2018-19 program will continue to align with our NSO's CS4L-LTAD Stages and RTC-Ontario Programming, creating a streamlined high performance athlete talent identification and development system within our province. *\*Note that those athletes selected to the NextGen RTC In-reach program or other RTC programs are not eligible for participation in T2T.*

#### **T2T HPAD Program Components:**

The 2018-19 T2T program will encompass the following program components for all athletes:

- 1x three-day weekend kick-off camp in September 2018
- 3x one-day general preparation phase camps in October 2018, November 2018, and January 2019
- 1x one-day debrief camp in March 2019
- **Total Program Training Hours:** Approximately 50 hours

#### **Fees:**

The 2018-19 T2T Program will continue to be supported through a combination of funding from Synchro Swim Ontario and registered athlete fees. Athlete fees for 2018-19 will be as follows:

**T2T Athlete Registration Fee = \$700.00**

#### **Eligibility:**

Selection is open to all athletes who are members in good standing of Synchro Swim Ontario and who were born in **2004, 2005, 2006** or **2007** (athletes who were synchro age 11-14 in the 2017-18 season and who will be synchro age 12-15 in the 2018-19 season). Exceptional eligibility for athletes born in 2008 is outlined below.

## **Selection:**

Selection for the 2018-2019 Train to Train High Performance Athlete Development Program will be based on athlete results at 2017-18 Provincial/National Team Selection events and 2017-18 competitions. Specific selection to the 2018-2019 T2T High Performance program will be as follows:

## **Selection Criteria:**

### **For athletes born in 2006 or 2007:**

- 1) The **10 members** of the 2018 11-12 Provincial Team selected as per the 2018 11-12 Provincial Team Selection Criteria.
- 2) After the athletes in #1 above are accounted for, any athletes who were **invited to attend** Phase 3 of the 2018 Provincial Team Trials as per the 2018 11-12 Provincial Team Selection Criteria. The list of eligible athletes will be as per the posted Phase 2 Results Top 16 list, as well as any athletes who were in alternate positions who were subsequently invited to attend Phase 3 trials by Synchro Swim Ontario (regardless of whether or not the invitation to attend was accepted).

### **For athletes born in 2004 or 2005:**

- 3) Any athletes selected to the **2018 National 13-15 Team** as per the Synchro Canada Selection Criteria. *Note: Only athletes born in 2004 or 2005 are eligible, as any National Team members born in 2003 will be moving to Junior in 2018-19.*
- 4) The **9 members** of the 2018 13-15 Provincial Team selected as per the 2018 13-15 Provincial Team Selection Criteria. *Note: Only athletes born in 2004 or 2005 are eligible, as any Provincial Team members born in 2003 will be moving to Junior in 2018-19.*
- 5) After the athletes in #3 and #4 above are accounted for, any athletes who were **invited to attend** Phase 3 of the 2018 Provincial Team Trials as per the 2018 13-15 Provincial Team Selection Criteria. The list of eligible athletes will be as per the posted Phase 2 Results Top 16 list, as well as any athletes who were in alternate positions who were subsequently invited to attend Phase 3 trials by Synchro Swim Ontario (regardless of whether or not the invitation to attend was accepted). *Note: Only athletes born in 2004 or 2005 are eligible, as any athletes born in 2003 will be moving to Junior in 2018-19.*

### **Additional athletes born 2004-2007:**

After all athletes in #1-5 above are accounted for, additional athletes will be invited until a maximum of 36 athletes total have been selected to the T2T program, as per ordered criteria #6 through #9 below. Rankings are based on an analysis of average figure scores across 2017-18 competitions (competitions may include: Lisa Alexander, Provincial Championships, National Qualifier, Age Group Championships, Espoir, and Trilliums).

- 6) If any spots remain available after #1-5, the next-ranked athletes born **2007** will be selected until a total of **9** athletes born 2007 is reached, or until the maximum 36 athlete total has been reached.

- 7) If any spots remain available after #1-6, the next-ranked athletes born **2006** will be selected until a total of **9** athletes born 2006 is reached, or until the maximum 36 athlete total has been reached.
- 8) If any spots remain available after #1-7, the next-ranked athletes born **2005** will be selected until a total of **6** athletes born in 2005 is reached, or until the maximum 36 athlete total has been reached.
- 9) If any spots remain available after #1-8, the next-ranked athletes born **2004** will be selected until a total of **6** athletes born in 2004 is reached, or until the maximum 36 athlete total has been reached.

**Exception for athletes born in 2008:**

- 10) In addition to the 36 athletes selected above, the following provision for exceptional athletes (as defined below) born in 2008 will be allowed for the athlete to be considered for intake into the 2018-19 T2T program:
  - a. Must have been eligible for and competed in 11-12 figures as per SSO Rule 4.4.10 during the 2017-18 season.
  - b. Must have placed in the Top 10 in 11-12 figures at a minimum of two SSO competitions during the 2017-18 season.
  - c. Must have an average figure score (across all entered SSO competitions for the season) of 60.0000 or higher.
  - d. Club Head Coach must submit a coach support letter via email to SSO by the communicated registration deadline.

**Final additions:**

- 11) The Synchro Swim Ontario Selection Committee shall have the discretion to identify and select any additional talent identified athletes born 2004-2007.

**AUTHORITY FOR SELECTION** – Please see SSO Selection Policy

**BYES** – Please see SSO Selection Policy

**APPEALS PROCESS** – Please see SSO Selection Policy

**Notification of Selection & Registration:**

Selection to the 2018-2019 Train to Train High Performance Athlete Development Program will be communicated by **September 7, 2018**. Notification of successful athletes will be communicated first to the Head Coach and Club President of the Club of the selected athlete. The Head Coach and Club President will then be asked to forward the attached registration package to the athlete's parents.