



Selection Criteria

2018 11-12 Provincial Team

Updated (as of April 24, 2018)

| Competitive Event | | | | |
|---|---|---|--------------------------------------|---|
| Event: SYNC (Synchro Youth Natation Challenge) Date: July 18-22 nd , 2018 Location: Toronto, Canada (Toronto Pan Am Sports Centre / TPASC) | | | | |
| Pre-Competition Training Camp | | | | |
| Event: Top 10 Pre-Competition Training Camp Dates: TBD (Late June/July 2018, approximately 18 days) Times: TBD (Approx. 6-7 hours per day) Location: TBD (Toronto-area pool) Final Team Fee: TBD | | | | |
| Selection Process Summary | | | | |
| Phase | Event | Date | Location | Registration Process |
| 1 (Top 40 advance) | 2018 Provincial Championships 11-12 Figure Event | February 16-18 th (see meet schedule) | Etobicoke Olympium Pool | Fee: \$29.00 Due: Tuesday January 9 th Register: Via online form provided by SSO |
| 2 (Selected 16 advance) | 11-12 Provincial Team Assessment #2 (at 2018 Hilton Worldwide Invitational) | Thursday April 19 th (see meet schedule) | Etobicoke Olympium Pool | Fee: \$29.00 Due: Thursday, March 8 th Register: Via online form provided by SSO (to be sent to eligible athletes' Clubs) |
| 3 (Selected 10 make final team) | Final 11-12 Provincial Team Selection Camp | Saturday June 16 - Sunday June 17 th | TPASC (Toronto Pan Am Sports Center) | Fee: TBD Selection Camp Fee Due: TBD Register: Via online form provided by SSO (to be sent to eligible athletes' Clubs) |

OVERVIEW:

1. Selection to the 2018 11-12 Provincial Team will be based on a 3-phase selection process, as described in this document. Athletes must participate in Phase 1 in order to be considered for advancement to Phase 2 and Phase 3.
2. The top Ten (10) athletes in Phase 3 of this trials process will be selected to participate in the pre-competition training camp (anticipated to begin end of June 2018), and will compete at the 2018 SYNC Invitational in Toronto (July 18-22nd).

Note – In addition to the information contained in this document, please also refer to the Synchro Swim Ontario **Selection Policy**, which can be found on the SSO website (synchroontario.com > Member Resources > Policies and Forms).

AUTHORITY FOR SELECTION – Please see SSO Selection Policy

Please note: As per the SSO Selection Policy, the Authority for Selection consists of a Selection Committee which includes the Head Coach and Assistant Coach of the 11-12 Provincial Team (and others as determined by SSO). For Phase 2 of 11-12 Trials (April 19, 2018) only, SSO has designated the Head and Assistant Coach of the Canada Games Team to participate in the 11-12 Team Selection Process (as the 11-12 Provincial Team Head/Assistant Coaches have yet to be hired).

ROLES AND RESPONSIBILITIES – Please see SSO Selection Policy

BYES – Please see SSO Selection Policy

APPEALS PROCESS – Please see SSO Selection Policy

ELIGIBILITY:

3. For General Eligibility Requirements for Synchro Swim Ontario Teams, please refer to the SSO Selection Policy. Criteria specific to the 2018 13-15 Provincial Team shall be as follows:
 - Be aged 11 or 12 by December 31, 2018.

DISMISSAL FROM TEAM – Please see SSO Selection Policy as well as comments in the relevant phase of the Selection Criteria.

SELECTION PROCESS:

4. The Selection Process for the 2018 11-12 Provincial Team shall be based on performance analysis for the components listed, and shall not be based entirely on a calculated result/ranking. The three phases of the selection process are described below:

PHASE 1 - 2018 PROVINCIAL CHAMPIONSHIPS 11-12 FIGURE EVENT

| Phase | Date / Location | Event / Components | Selection Result: |
|-------|---|--|------------------------------------|
| 1 | February 16-18 th , 2018 (see meet schedule for exact date/time) | 2018 Provincial Championships 11-12 Figure Event | Top 40 Athletes advance to Phase 2 |
| | Etobicoke Olympium Pool | Athletes are selected to advance to Phase 2 based on: <ul style="list-style-type: none"> • 100% 11-12 Figure Event results | |

REGISTRATION FOR PHASE 1:

- Phase 1 of the 11-12 Provincial Team Selection is open to **all age-eligible athletes** in either Competitive National or Competitive Provincial stream. **Provincial stream** athletes who wish to participate in Phase 1 must register as exhibition at Provincial Championships and must pay the \$29.00 figure entry fee. The deadline for registration in the 11-12 Provincial Team Trials will be **Tuesday January 9, 2018**, and will be conducted via online registration form as directed by Synchro Swim Ontario.

PHASE 1 PROCESS:

- To advance to Phase 2 of the selection process, an athlete must rank in the top 40 athletes at the 2018 Provincial Championships 11-12 Figure event. The official list of athletes invited to participate in Phase 2 shall be posted publicly (with eligible athletes highlighted).

PHASE 2 – ASSESSMENT EVENT #2 (at 2018 HILTON WORLDWIDE INVITATIONAL)

| Phase | Date / Location | Event / Components | Selection Result: |
|-------|---|---|---|
| 2 | Thursday April 19 th , 2018 (see meet schedule for exact date/time) Etobicoke Olympium Pool | 11-12 Provincial Team Assessment Event #2 (at 2018 Hilton Worldwide Invitational) | 16 Athletes selected to advance to Phase 3 by Selection Committee |
| | | Athletes are selected to advance to Phase 3 based on: <ul style="list-style-type: none"> Figures Competition (Two Compulsory Figures) Individual performance of a segment of the Synchro Canada 50m Synchro-Specific Swim Flexibility Test | |

REGISTRATION FOR PHASE 2:

- Athletes ranking in the top 40 athletes moving on from Phase 1 to Phase 2 will be asked to confirm their registration prior to the Phase 2 selection event and must pay the Trials – Phase 2 entry fee of \$29.00 (Registration link/details to be provided by Synchro Swim Ontario via email to eligible athletes' Clubs).
- Should an athlete decline their participation in Phase 2, they may be replaced by the next ranked athlete from Phase 1 as specified by the Selection Committee.
- Athletes that do not place in the top 40 athletes moving on from Phase 1 may be added based on the athlete's ability as demonstrated through results during the season, if the Selection Committee determines this is appropriate. *Please see SSO Selection Policy.*

PHASE 2 PROCESS:

10. In Phase 2, the selected 40 athletes will compete in a Figures Competition (two Compulsory Figures), an individual performance of a segment of the Synchro Canada 50m Synchro-Specific Swim, and one (1) Flexibility Test. Testing events are to be held prior to the Hilton Invitational.
11. Each athlete will complete all Phase 2 components in a plain black suit and white cap, and will not wear any distinguishing items such as jewelry or nail polish.
12. Coaching during Phase 2: Coaches may accompany athletes on deck for Phase 2 of Provincial Team Trials and during the general warm-up. Once the Referee signals the start of the trials event, all coaches must move to the designated coach area and may not coach athletes for the remainder of the event.
13. Once the Referee signals the start of the trials event, athletes will not be permitted use of the warm-up pool (except for designated warm-up times and a single lane for cool-down). Athletes are not permitted to land drill while waiting for their turn to swim the 50m Synchro-Specific swim, and will not be able to watch swimmers performing before them (athletes will be directed to a designated area where they will wait for their turn).
14. The order of competitors will be determined by random draw. A maximum of two (2) athletes who do not advance to Phase 2 may be invited to "pre-swim" in Phase 2 to gain experience swimming before judges in a selection trial.
15. Athletes will compete in the Figures Competition portion of the assessment as per the following:

| Figure | DD | Weight | Notes |
|------------------------------|------------|-------------|---|
| 1. Straight Ballet Leg (106) | 1.6 | 19% | <ul style="list-style-type: none"> • The two 11-12 Compulsory Figures are to be performed as per FINA descriptions • A panel of judges shall assign scores as per FINA rules (Degrees of Difficulty are applied) • Two panels of five judges, plus one alternate per panel, will evaluate this event |
| 2. Barracuda (301) | 1.9 | 15% | |
| Total Figures Score | 3.5 | 100% | |

16. Upon completion of the Figures Competition, swimmers will participate in an individual performance of a segment of Synchro Canada's **50m Synchro-Specific Swim** as per the following:
 - a. The individual 50m Synchro-Specific swim will be assessed by two designated assessors **(two designated coaches, who will assess a single score between them)**.
 - b. Segment start: Beginning of Lap 2 (Back Layout to Travelling Ballet Leg) to end
 - c. A link to a demonstration video can be found here:
https://www.youtube.com/watch?v=oG5hjJcfKJo&feature=youtu.be&list=PLI_5k-PMxNK2vN6Zw5mini3tXiEY2JmTM (Starting point shown at 1:00)
 - d. Athletes should perform the segment exactly as described below (Note: the protocol below has been adapted from the Synchro Canada 'PSO NSO Skills Protocol 2017-18' document – link to original document here: <http://synchroontario.com/wp-content/uploads/2016/11/2017-2018-Skills-Protocol-and-Score-Sheets-Final.pdf>)

Protocol – Segment of 50m Synchro-Specific Swim

| |
|--|
| <ul style="list-style-type: none"> • A metronome will be set to 135 bpm (no timers will be used; no points assigned for time taken to complete) • A figure marker will be placed at the 12.5m (half-way) mark of the pool • Athletes start with fingers touching the pool side/deck • Starter says: Ready... Whistle |
| <p>PART 1: Ballet Leg (Skill 4 in original document):</p> |
| <p>Athlete takes a back layout position, toes touching the wall, raises right leg to Ballet Leg position (through sailboat) without travelling and then travel 12.5m while maintaining right Ballet Leg position.</p> |
| <p>PART 2: Fishtail / Body Boosts / Thrust (Skill 5 in original document)</p> |
| <p>At 12.5m mark, athlete goes from right ballet leg position to inverted tuck position, hold 4 counts, assumes a Fishtail position (either leg), holds for 16 counts, completes a back tuck somersault into three Boosts – 1st boost: no arms, 2nd boost: right arm, 3rd boost: left arm directly into a submerged back pike position and completes a Thrust (called a 'rocket' in original document). Athlete completes a back tuck somersault, turns ½ turn underwater and surfaces going immediately into left travel Eggbeater.</p> |
| <p>PART 3: Eggbeater (Skill 6 in original document)</p> |
| <p>Left travelling Eggbeater kick from 12.5m marker to 25m wall/ bulkhead. Right arm horizontal on surface. Evaluation stops when athlete touches the wall with the left hand.</p> |

- e. Assessment is as per LTAD competencies checklist and height checks in the scoring chit below:

Segment of 50m Synchro-Specific Swim

Scoring Chart

| Ballet Leg | | |
|----------------------|---|---|
| 1 | 0 | Surface leg parallel to surface |
| 1 | 0 | Vertical leg 90deg from trunk & perpendicular to surface |
| 1 | 0 | Alignment of ear, shoulder & hip joint, ankle of horizontal leg |
| 1 | 0 | Knees and ankles extended |
| <input type="text"/> | | Score (out of 4) |
| Height Check | | |
| 8.5 | | Mid thigh |
| 7.5 | | Low thigh (well above knee cap) |
| 6.5 | | Above knee cap |
| 5.5 | | Knee cap or lower |
| <input type="text"/> | | TOTAL (score out of 4 plus Height Check) |

| Fishtail Position | | |
|----------------------|---|--|
| 1 | 0 | Foot of forward leg at the surface |
| 1 | 0 | Hip joints are on horizontal line and square |
| 1 | 0 | Support scull is used |
| 1 | 0 | Alignment of ear, shoulder & hip joint, and ankle bone |
| 1 | 0 | Full extension of knees and plantar-flexion of ankles |
| 1 | 0 | 16 count hold |
| <input type="text"/> | | Score (out of 6) |
| Height Check | | |
| 10 | | Suit with back of horizontal leg dry |
| 9.5 | | Upper thigh |
| 8.5 | | Mid thigh |
| 7.5 | | Low thigh (well above knee cap) |
| 6.5 | | Above knee cap or lower |
| <input type="text"/> | | TOTAL (score out of 6 plus Height Check) |

| Body Boosts | | |
|----------------------|---|---|
| 1 | 0 | Vertical alignment of body |
| 1 | 0 | Rapid rise |
| <input type="text"/> | | Score (out of 2) |
| Height Check | | |
| 8.5 | | Mid pelvis or lower |
| 7.5 | | Top of pelvis or higher |
| <input type="text"/> | | TOTAL (score out of 2 plus Height Check) |

| Thrust | | |
|----------------------|---|---|
| 1 | 0 | Alignment of ears, shoulders, hip & ankle at the Vertical Position |
| 1 | 0 | Rapid rise with no pauses (obvious increase in the speed of action) |
| <input type="text"/> | | Score (out of 2) |
| Height Check | | |
| 9.5 | | Ribs or higher |
| 8.5 | | Waist or lower |
| <input type="text"/> | | TOTAL (score out of 2 plus Height Check) |

| Eggbeater | | |
|----------------------|---|--|
| 1 | 0 | horizontal arm remains straight and at surface |
| 1 | 0 | vertical body perpendicular to water surface |
| 1 | 0 | hips under shoulders |
| 1 | 0 | Effortless: appears stable with minimal movement |
| <input type="text"/> | | Score (out of 4) |
| Height Check | | |
| 9.5 | | Mid bust |
| 8.5 | | Arm pit dry |
| 6.5 | | Clavicle dry |
| 4.5 | | Mid-neck or lower |
| <input type="text"/> | | TOTAL (score out of 4 plus Height Check) |

| | |
|----------------------|--------------------|
| <input type="text"/> | TOTAL SCORE |
|----------------------|--------------------|

| | |
|------------------------------------|--|
| MAXIMUM POSSIBLE SCORE = 64 | |
|------------------------------------|--|

17. Pending available pool space, swimmers will participate in a Flexibility Test either upon completion of the Segment of the 50m Synchro-Specific Swim, or a second station for Flexibility Testing may be

run concurrently (order will be as per Figures Competition draw order, and station splits will be determined by the Referee). The Flexibility Test will be conducted as per the following:

- a. The Flexibility Test will be assessed by **three** designated assessors (**two Judges who work together to assess one score, and a designated Coach who will assess a second score**).

| Protocol – Flexibility Testing | |
|--|--|
| <ul style="list-style-type: none"> The Flexibility Test will be an Ariana Rotation on land Athletes will be tested one at a time by assessors A yoga mat (or similar) with a tape mark down the centre will be set up at the testing station A metronome will be set to 135 bmp | |
| Ariana Rotation on Land Description: | |
| Athlete assumes a left split position (left leg in front) on centerline with maximum leg extension and holds 2 full counts of 8. A rotation is executed to assume the center split. Athletes may use hands and arms to assist with rotations and maintain the center split for 2 full sets of 8 counts. A rotation is executed to assume the right split position (right leg in front) on the centerline. Athletes may use hands and arms to assist with rotation and hold the position for 2 full sets of 8 counts. | |

- a. Assessment is as per LTAD competencies checklist (see scoring chit below). *Note: No score is assigned for holding each split for two counts of eight, however if athletes fail to hold each split for this length of time it may impact their score as evaluators will not have enough time to properly assess all competencies.*

| # | | | | | | |
|---|---|---|---|---|---|---|
| | L | | C | | R | |
| Vertical Alignment of ears, shoulders and torso | 1 | 0 | 1 | 0 | 1 | 0 |
| Hips and shoulders square | 1 | 0 | 1 | 0 | 1 | 0 |
| Extension of both knees and ankles as per Canadian Standard | 1 | 0 | 1 | 0 | 1 | 0 |
| Complete Flat Split | 4 | 0 | 4 | 0 | 4 | 0 |
| Total out of 7 (for each split): | | | | | | |

18. To advance to Phase 3 of the selection process, an athlete must be one of the 16 athletes named by the Selection Committee. The list of 16 athletes shall be posted publicly in alphabetical order within (7) days of the selection event. The Selection Committee shall create a list of six (6) alternates that will be referred to in the event that an athlete withdraws prior to Phase 3.

PHASE 3 – FINAL 11-12 PROVINCIAL TEAM SELECTION CAMP

| Phase | Date / Location | Event / Components | Selection Result: |
|----------|--------------------------------------|--|--|
| 3 | Date: June 16-17th | Final 11-12 Provincial Team Selection Camp | Top 10 Athletes selected to the |

| | | | |
|--|---|--|--|
| | <p>Location: TPASC (Toronto Pan Am Sports Centre)</p> | <p>Athletes are selected to the final team based on:</p> <p>Testing components are planned to align with Synchro Canada National Testing Standards and 11-12 T2T/Stage 4 LTAD Testing (the protocol used for Espoir 11-12 Testing), in addition to a Provincial Team Routine Set. Phase 3 testing components will be confirmed as soon as possible – ETA April 30, 2018.</p> <ul style="list-style-type: none"> • 2-day Training/Selection Camp • Provincial Team Routine Set • Additional Components TBD | <p>final 2018 11-12 Provincial Team by the Selection Committee</p> |
|--|---|--|--|

REGISTRATION FOR PHASE 3:

19. Athletes named to the list of 16 athletes selected from Phase 2 to Phase 3 will be sent an electronic registration form following official release of Phase 2 results. Athletes who wish to participate in Phase 3 must register by the stated deadline and pay the Selection Camp entry fee. (Registration link/details to be provided by Synchro Swim Ontario via email to eligible athletes' Clubs).
20. Should an athlete decline their participation in Phase 3, they may be replaced by the next ranked athlete from Phase 2, as specified by the Selection Committee.

PHASE 3 PROCESS:

21. This phase of the selection process involves the Selection Committee selecting the best possible team of 10 athletes to the 2018 11-12 Provincial Team from the 16 athletes named after Phase 2. It is understood that in selecting the best possible "team," the Selection Committee may not select the best possible "individual athletes" based on ranking or judges' scores.
22. In this Phase of the selection process, athletes will participate in pattern swims and may participate in executing highlights. Full testing components TBD.
23. In selecting the team of 10 athletes, the Selection Committee will consider physical and technical factors as well as team dynamics and attitude. Final list of factors TBD.
24. In order for Ontario to achieve the podium for both Duets/Solos and Teams at the 11-12 Provincial Team competition, the Selection Committee reserves the right to make recommendations on athletes with specific abilities that will contribute to competition Events as a first priority.
25. The 10 athletes selected to the 2018 11-12 Provincial Team will participate in the 2018 SYNC Invitational in Toronto, Canada.

Specific Phase 3 selection components will be updated as soon as possible (ETA April 30, 2018).