



Selection Criteria

2018 13-15 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 13-15 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)	13-15 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 8th Register: Via online form provided by SSO (to be sent to eligible athletes' Clubs)
3 (Selected 10 make final team)	Final 13-15 Provincial Team Selection Camp	Saturday June 16 - Sunday June 17th	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 13-15 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).

3. Athletes born in 2004 and 2003 (aged 14 or 15 as of December 31, 2018) are ALSO age-eligible to enter the trials for the 2019 Canada Games Team/2018 Junior Provincial Team. If age-eligible athletes would like the opportunity to be selected to the 13-15 Provincial Team OR the 2019 Canada Games Team/2018 Junior Provincial Team, they should enter BOTH sets of trials (Phase 1). Should an athlete progress to Phase 2 in multiple sets of trials, the Selection Committee will at that point make a recommendation (in collaboration with the athlete's Club Head Coach) regarding whether the athlete should continue in one or both sets of trials. Every attempt will be made to give athletes the opportunity to be selected to the team that is the best fit for athlete development and for the program. The same process will be followed for athletes who progress to Phase 3 in multiple trials.

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 13-15 Provincial Team (and others as determined by SSO). For Phase 2 of 13-15 Trials (April 19, 2018) only, SSO has designated the Head and Assistant Coach of the Canada Games Team to participate in the 13-15 Team Selection Process (as the 13-15 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:

4. 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 13, 14, or 15 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:

5. The Selection Process for the 2018 13-15 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 13-15 FIGURE EVENT

Phase	Date / Location	Event / Components	Selection Result:
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1	February 16-18 th , 2018 (<i>see meet schedule for exact date/time</i>)	2018 Provincial Championships 13-15 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% 13-15 Figure Event results 	

REGISTRATION FOR PHASE 1:

6. Phase 1 of the 13-15 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 13-15 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:

7. To advance to Phase 2 of the selection process, an athlete must rank in the top 40 athletes at the 2018 Provincial Championships 13-15 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 (<i>see meet schedule</i>) Etobicoke Olympium Pool	13-15 Provincial Team Assessment Event #2 (at 2018 Hilton Worldwide Invitational) Athletes are selected to advance to Phase 3 based on: <ul style="list-style-type: none"> • Individual Routine Set (Segment of 13-15 National Team 'Bollywood' Routine Set) • Flexibility Test 	16 Athletes selected to advance to Phase 3 by Selection Committee

REGISTRATION FOR PHASE 2:

8. 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).
9. 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.

10. 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:

11. In Phase 2, the selected 40 athletes will compete in an Individual Routine Set competition (segment of 13-15 National Team 'Bollywood' Routine Set), plus one (1) Flexibility test. Testing events are to be held prior to the Hilton Invitational.
12. 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.
13. Coaching during Phase 2: Coaches may accompany athletes on deck for Phase 2 of Provincial Team Trials and during 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.
14. 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 Routine Set, 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).
15. 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.
16. Athletes will compete in the Routine Set portion of the assessment as per the following:
 - a. The Routine Set for the 13-15 Provincial Team Trials Phase 2 will be the same as the routine created by Synchro Canada for the 13-15 National Team Trials (Bollywood Routine Set).
 - b. The routine must be performed exactly as described in the video.
 - c. The Routine Set will be assessed by a panel of judges who will assign scores for each athlete for Manner of Presentation (weighted at 35%) and Execution (weighted at 65%). Coaches will provide additional notes/comments on execution and timing.

Protocol – Routine Set (Segment of 13-15 National Team 'Bollywood' Routine)

- Athletes will perform the Routine Set one (1) at a time in draw order.
- A figure marker will be placed at the starting position; athletes will begin from a position in the pool, lined up with the figure marker.
- The Referee will ensure that the athlete is in position/ready, and will blow the whistle to signal the music start.

Segment to be performed:

- Athletes will perform a segment of the 13-15 Routine Set, totalling approx. 2:25 in length
- Start point: From near the end of Lap 1 (begin with the Body Boost); perform all of Lap 2 and Lap 3 until end of routine.
- An SSO Phase 2 cut of the music file will be used (see link to file below). This cut begins at the 1:00 mark of the original Synchro Canada 3:30 file. In the cut version, there are four full sets of 8 introduction (start counting at the strong downbeat/'boom' about 2 seconds in). The set for the body boost is on count 7 of the 4th set of 8.
- Video Time Stamps:
 - If watching the Synchro Canada "Land drill Routine set.mov" video: Start at 1:09 (with Body Boost)
 - If watching the Synchro Canada "ROUTINE SET MUSIC LAP 2.mob": Start at 0:00 (with Body Boost)
- Since the Routine Set segment begins with Lap 2, athletes will start in the pool at the end furthest from the bulkhead, and will travel towards the bulkhead during Lap 2. Athletes begin by lining up with the figure marker in eggbeater.

Resources

- Athletes/coaches can access videos/music files/additional resources at the following link:
 - **SSO Phase 2 LINK:**
https://www.dropbox.com/sh/rv4g6uw8md6inmc/AABHMTwKoX0ehHd7S4ZL_b14a?dl=0
- * Note: The videos and additional resources for SSO Phase 2 are copied from Synchro Canada's National 13-15 Routine Set folder. If required, the original Synchro Canada documents can be accessed at the following link:*
<https://www.dropbox.com/sh/2va744oli6wau3/AAAtR2DdGOND1VsLxRPqjw-5a?dl=0>

17. Upon completion of the Routine Set Competition, swimmers will participate in a Flexibility Test, as per the following:
- 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

- 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.

- 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.*

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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 13-15 PROVINCIAL TEAM SELECTION CAMP

Phase	Date / Location	Event / Components	Selection Result:
3	Date: June 16-17th Location: TPASC (Toronto Pan Am Sports Centre)	Final 13-15 Provincial Team Selection Camp	Top 10 Athletes selected to the final 2018 13-15 Provincial Team by the Selection Committee
		Athletes are selected to the final team based on: Testing components are planned to align with Synchro Canada National Testing Standards, in addition to a Provincial Team Routine Set. Phase 3 testing components will be confirmed as soon as possible – ETA April 30, 2018. <ul style="list-style-type: none"> • 2-day Training/Selection Camp • Provincial Team Routine Set • Additional Components TBD 	

REGISTRATION FOR PHASE 3:

- 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).
- 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.
- Should an athlete be selected to a National Team, the next ranked athlete from Phase 2 may be invited to participate in Phase 3, as specified by the Selection Committee.

PHASE 3 PROCESS:

22. This phase of the selection process involves the Selection Committee selecting the best possible team of 10 athletes to the 2018 13-15 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.
23. In this Phase of the selection process, athletes will participate in pattern swims and may participate in executing highlights. Full testing components TBD.
24. 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.
25. In order for Ontario to achieve the podium for both Duets/Solos and Teams at the 13-15 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.
26. The 10 athletes selected to the 2018 13-15 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 pending availability of testing standards from Synchro Canada).