



## SELECTION POLICY AND CRITERIA

### 2018-2019 Synchro Swim Ontario Regional Training Centre - ONTARIO (RTC-ON)

The following Synchro Canada (SC) and Synchro Swim Ontario (SSO) policies and documents form part of this selection criteria and can be found on the SC and SSO websites, as appropriate:

- SSO Appeals Policy
- Health and Wellness Policy
- Replacement of National Team Athletes Policy
- SSO Code of Conduct and Ethics
- SSO Concussion Policy
- SSO Privacy Policy

#### PURPOSE:

- 1) The purpose of this document is to describe the procedures and criteria that will be used by SSO to identify and select an *Athlete Pool* from 12-20 athletes who will centralize and train together for the 2018-2019 season at the RTC-ON in Toronto, Ontario. Training will commence officially on Wednesday, September 5<sup>th</sup>, 2018 and conclude on Thursday, June 27<sup>th</sup>, 2019. These dates do not include potential International events or summer Provincial Team training.

#### OVERVIEW:

- 2) Selection to the 2018-2019 RTC *Athlete Pool* will be based on a four-section selection process as described in this document.
- 3) The RTC-ON Selection Trials will take place in Toronto at the Toronto Pan Am Sports Centre on **Tuesday, June 12<sup>th</sup>, 2018**. The time of the trials will be from **4:00-9:30 p.m.**

*\*If an athlete is unable to be at the selection trial due to severe injury or illness they may apply to the RTC Selection Panel for the ability to do the trials via video. There is no guarantee that the application will be accepted.*

*\*\*If an athlete would like to be considered for the RTC 2018-2019 athlete pool and did not attend the RTC Selection Trials they may apply in writing to be considered by the RTC Selection Panel. There is no guarantee that the application will be accepted.*

- 4) Registration for athletes trying out is to be completed by June 1, 2018 by 17:00 EST, using the attached registration form. Completed forms must be sent to the RTC Manager, Kristin McCoy, at [manager@rtcontario.ca](mailto:manager@rtcontario.ca) by the above noted time. The registration fee of \$150.00 can be sent to [rtcpayments@synchroontario.com](mailto:rtcpayments@synchroontario.com)

- 5) **Athlete Exemptions:** Those athletes who are members of the 2018 Junior National Team or 2018 Senior National Team are not required to attend the RTC-ON 2018-2019 Trials. These athletes must still complete the online application by completing the Athlete Questionnaire and by signing the athlete intention agreement for the 2018-2019 year. The deadline for signing the athlete intention agreement is June 1, 2018. Completed forms must be sent to the RTC Manager, Kristin McCoy at [manager@rtcontario.ca](mailto:manager@rtcontario.ca)
  
- 6) **Amendments and unforeseen circumstances:** Changes to this Selection Process and Criteria will only take place with the approval of the RTC Executive Committee and submitted to the SSO Board of Directors for motion to change the posted selection criteria. In the event of unforeseen circumstances beyond the control of SSO that prevents the fair implementation of this Selection Process and Criteria as written, the Technical Director or his/her designate as appointed by SSO will provide their recommendation to the RTC Executive Committee, who shall have the full discretion to resolve the matter as they see fit, taking into account factors and circumstances that they deem relevant. All changes will be communicated by SSO via SSO Communications. Where there is a difference in the versions of this document, then the Board Approved Selection Process and Criteria posted to [www.synchroontario.com](http://www.synchroontario.com) shall prevail.

#### ELIGIBILITY:

- 7) SSO is committed to supporting and growing the PSO clubs and ensuring optimal development of their athletes, therefore athlete intake to the RTC-ON for the 2018-2019 year will focus on athletes born in 2003 and earlier, who are at minimum, 15 years of age as of Dec 31, 2018.
  
- 8) Athlete participation will be open for athletes born in 2004, who are at minimum, 14 years of age as of December 31st, 2018. This participation will be for experience only and these athletes **will not be eligible** for athlete intake into the 2018-2019 RTC-ON program.
  
- 9) Notwithstanding #8, the following provision for exceptional athletes (as defined below) born in 2004 will be allowed for the athlete to be considered for intake into the 2018-2019 RTC-ON program:
  - a) Must be a member of the 2018 13-15 National Team
  - b) Must have competed in solo, duet, or team (not a reserve) at the 2018 UANA Pan American Championship for the 2018 13-15 National Team
  - c) Must have placed in the top 3 in the solo, duet, or figure event at the 2018 Espoir Championships
  - d) Must attend the 2018 RTC-ON Selection Trials
  - e) Must have a completed and approved coach support form completed by current club head coach submitted by the communicated deadline
  
- 10) To be eligible for selection into the *Athlete Pool of the RTC-ON*, athletes must satisfy the following conditions:
  - Be a registered athlete in good standing with SSO;
  - Absence of any outstanding fees/fines payable to SSO and/or Synchro Canada;
  - Be a Canadian Citizen as of **June 1, 2018** (proof of Canadian citizenship is required) and an Ontario resident as of September 2018;
  - Payment of the trial fee;
  - Complete all parts of the RTC-ON Selection Process as required.

#### AUTHORITY FOR SELECTION:

- 11) The Board of Directors of SSO has delegated the authority for all decision making under this Policy to the RTC Executive Committee upon recommendation from the SSO Technical Director or his/her designate.
- 12) The role of the RTC Executive Committee is to provide advice and/or suggestions and guidance as required to the RTC Selection Panel during the final selection meeting.
- 13) The RTC Team Manager under direction of the SSO Technical Director or his/her designate, as well as the appointed Referee for the Selection Process, are responsible for safeguarding the overall process outlined in this document to ensure it is; properly followed and implemented, fair, equitable, and that all data is properly tracked and calculated. The RTC Team Manager and appointed Referee reserve the right to ask other S representatives to help and support them in this task.

#### SELECTION PROCESS EVALUATORS

- 14) The Selection Process Evaluators will record their assessments via scores or points throughout the selection process and those numbers will be used in calculating the final scores for each athlete in the Selection Process. Evaluators may also take notes and observations throughout the Selection Process that will be submitted and discussed in the Final Selection Meeting.
- 15) Panel of evaluators will be comprised of a combination of some/all of the following members:
  - a. SSO Technical Director or his/her designate
  - b. Synchro Canada Next Gen Technical Director/Head Coach
  - c. RTC-ON Head Coach
  - d. RTC-ON Assistant Coach
  - e. 3 FINA Judges appointed by SSO
  - f. CSIO Expert
- 16) If for any reason, any of the above-mentioned individuals are unavailable to participate, SSO will select the next best-suited individual to replace them.

#### APPEALS PROCESS:

- 17) Decisions on RTC Selections are subject to appeal pursuant to the SSO Appeals Policy (refer to Appeals policy).

#### DISMISSAL FROM THE RTC-ON SELECTION PROCESS:

- 18) The assigned RTC Head Coach with the SSO Technical Director or his/her designate, may remove an athlete from the *Selection Process* where the athlete:
  - a) Is unable to perform due to injury, illness or for other medical reasons as determined by CSIO's medical staff;
  - b) Commits fraudulent misrepresentation

## RTC-ON PRIORITIES:

- 19) For Canada to achieve the podium for both Duets and Teams at the Junior World Championships and Olympic Games, the Selection Advisory Committee reserves the right to make recommendations on athletes with specific ***abilities that will contribute to the Olympic Events as the first priority.***
- 20) It is understood that athletes selected to the Athlete Pool are committed to high performance and are seeking to represent Canada in future International and Olympic competitions. As a point of reference for RTC applicants, SSO encourages athletes who qualify for the National Team to consider targeting two Olympic cycles of participation.

## FINAL TEAM SELECTION

- a) The final team selection will take place during the selection meeting by the RTC Selection Panel comprised of:
  - a. SSO Technical Director or his/her designate
  - b. Synchro Canada Next Gen Technical Director/Head Coach
  - c. RTC-ON Head Coach
  - d. RTC-ON Assistant Coachand will present final recommendations to the RTC Executive Committee for approval following the completion of the RTC Selection Trials. Minutes will be taken throughout to ensure that all information discussed is documented. These minutes will be confidential to the RTC Selection Panel and RTC Executive Committee.
- 21) The RTC Selection Panel will have authority on the basis of the 2018-2019 RTC -ON Selection Criteria and process to decide if an athlete is selected to the 2018-2019 RTC-ON *Athlete Pool*.
- 22) Athletes will be selected to the RTC-ON in the following order:
  - a) 2018 Senior National Team Members
  - b) 2018 Junior World Championship Team Members
  - c) Rank order from the RTC Selection Trials on June 12<sup>th</sup> based on the combined score of the four sections listed below (details included in Appendix A)
    - Section One – Flexibility and Core (20%)
    - Section Two – Speed and Hypoxia (15%)
    - Section Three – Basic Skill Testing (30%)
    - Section Four – Individual Technical Routine Swim (35%)
  - d) The RTC Selection Panel may recommend to the RTC Executive Committee that up to 20% of final team size is made up of athletes selected based on subjective assessment considering factors such as:
    - Abilities in lifts (as a flyer, as a middle, having explosive strength to maintain a lift)
    - Behaviour and attitude (consistency in training, giving best effort at all times, punctuality, commitment/dedication, leadership, good work ethic, concentration/focus, openness to comments, ability to self-evaluate, ability to make quick corrections)
    - Potential duet ability for short term and long term.

- 23) Final team size is up to 20 athletes and is at the discretion of the RTC Selection Panel considering feedback from the RTC Executive Committee, the RTC priorities, and the overall needs of the program.
- 24) All athletes selected in the **FINAL RTC FINAL SELECTION** will only be officially confirmed as part of the RTC-ON 2018-2019 program once each athlete has undergone full Medical Screening with the CSIO Medical Staff and other experts as required. The medical screening (for non-national team athletes) will be completed by July 31, 2018. Athletes will be informed of provisional selection no later than June 18, 2018.

Approved by the Synchro Swim Ontario Board of Directors on May 10, 2018

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## RTC SELECTION TRIALS

1. The RTC Selection Trials will take place in Toronto at TPASC on Tuesday, June 12<sup>th</sup>, 2018. The time of the trials will be from 4:00-9:30pm.
2. The RTC Selection Trials will include four sections, each with a different weighting to their score. All five sections will be combined to determine the final rank order for each athlete and that rank will be used in the final RTC selection as outlined in the RTC Selection Policy – Final Team Selection
  - i. Section One – Flexibility and Core (20%)
  - ii. Section Two – Speed and Hypoxia (15%)
  - iii. Section Three – Basic Skill Testing (30%)
  - iv. Section Four – Individual Technical Routine Swim (35%)

## SECTION ONE: FLEXIBILITY AND CORE ASSESSMENT

**Assessors:** RTC-ON Coaching Staff and CSIO Expert

**Percentage of Total Score: 20%**

In this section, all athletes will participate in flexibility and core session with one of the RTC coaches who will provide and lead the sessions and evaluate the standard of all athletes as outlined below.

**1. CORE**

- a. Plank 30 seconds
- b. V---Up 30 seconds
- c. Squats 30 seconds

Criteria used to assess each position:

<b>PLANK POSITION (30s)</b>	
Upper arm in 12 o'clock position (hands below shoulder)	<b>1</b>
Legs in full extension and together	<b>1</b>
Ears, shoulders, hips, knees, ankles in horizontal line	<b>1</b>
Elbows in full extension (no hyperextension)	<b>1</b>
Gluts engaged	<b>1</b>
Neutral spine (cervical, thoracic, lumbar) is maintained	<b>1</b>
Fingers pointing forward and head is looking down	<b>1</b>
Hold for a 30s	<b>1</b>
<b>TOTAL OUT OF 8:</b>	
<b>V-UP (30s)</b>	
Legs in full extension and together	<b>1</b>
90 degree flexed position attained each repetition	<b>1</b>
Fingers maintain contact with the ground	<b>1</b>
Torso (hips, shoulder, head) aligned & fully extended.	<b>1</b>
Torso and legs are synchronized for each flexion	<b>1</b>
Torso and legs are synchronized for each extension	<b>1</b>

<b>TOTAL OUT OF 6:</b>		
<b>SQUAT (20R)</b>		
Movement initiated first with a hip hinge		<b>1</b>
A minimum horizontal position with the top of their thigh is achieved		<b>1</b>
Tibia's remain close to vertical line		<b>1</b>
Knees do not extend over toes		<b>1</b>
Heels remains in contact with the floor		<b>1</b>
Vertical line running from ear to malleolus		<b>1</b>
Balanced control		<b>1</b>
<b>TOTAL OUT OF 7:</b>		

## 2. FLEXIBILITY

- a. Shoulders
- b. Knees
- c. Ankles
- d. Bridge
- e. Needles (right, left)
- f. Figure trainer

Criteria used to assess each element:

<b>TOES FLEXION &amp; ANKLE PLANTAR FLEXION</b> (DISTANCE FROM GREAT (BIG) TOE TO FLOOR)		
< 1,5 CM FROM BIG TOE TO FLOOR	<b>5</b>	<b>5</b>
1.6 CM --- 3 CM	<b>4</b>	<b>4</b>
3.1 CM --- 4.5 CM	<b>3</b>	<b>3</b>
4.6 CM --- 6 CM	<b>2</b>	<b>2</b>
6.1 CM --- 7 CM	<b>1</b>	<b>1</b>
> 7.1 CM	<b>0</b>	<b>0</b>
<b>TOTAL OUT OF 5 FOR EACH FOOT:</b>		

<b>KNEES EXTENSION</b> (DISTANCE FROM THE HEALS TO FLOOR)		
> 7.6 CM	<b>5</b>	<b>5</b>
6.1 CM --- 7.5 CM	<b>4</b>	<b>4</b>
4.6 CM --- 6 CM	<b>3</b>	<b>3</b>
3.1 CM --- 4.5 CM	<b>2</b>	<b>2</b>
1.6 CM --- 3 CM	<b>1</b>	<b>1</b>
< 1,5 CM	<b>0</b>	<b>0</b>
<b>TOTAL OUT OF 5 FOR EACH KNEE:</b>		

<b>90 DEGREE PIKE POSITION</b>	
Legs at 90 angle perpendicular with the body.	<b>1</b>
Legs together	<b>1</b>
Knees fully extended (as per Canadian standard)	<b>1</b>
Ankles fully plantar flexed (as per Canadian standard)	<b>1</b>

Flat body	1
Hold for 15 sec.	1
<b>TOTAL OUT OF 6:</b>	

<b>BRIDGE</b>	
Legs in full extension and together	1
Ears aligned with shoulder in vertical alignment	1
Upper arm in 12 o'clock position	1
Hands remain on spot	1
Feet remain on spot	1
Elbows in full extension (no hyperextension)	1
Hold for 15 sec.	1
<b>TOTAL OUT OF 7:</b>	

<b>SHOULDER HYPER EXTENSION</b>	
(DISTANCE FROM BAR TO FLOOR)	
> 60 cm stick to floor	5
50cm – 59cm	4
40cm – 49cm	3
30cm – 39cm	2
20cm – 29cm	1
<29cm	0
<b>TOTAL OUT OF 5:</b>	

<b>NEEDLE - RIGHT</b>	
Left leg is at 12 o'clock (up)	4
Right leg is at 6 o'clock	1
Body alignment at 5/8 o'clock	1
Vertical alignment of ears, shoulders and torso	1
Turnout of 1 o'clock or less	1
Knees are fully extended	1
Left ankle in full plantar flexion	1
Maintain the position for 2 full counts of 8	1
<b>TOTAL OUT OF 11:</b>	

<b>NEEDLE - LEFT</b>	
Right leg is at 12 o'clock (up)	4
Left leg is at 6 o'clock	1
Body alignment at 5/8 o'clock	1
Vertical alignment of ears, shoulders and torso	1
Turnout of 1 o'clock or less	1
Knees are fully extended	1
Right ankle in full plantar flexion	1
Maintain the position for 2 full counts of 8	1
<b>TOTAL OUT OF 11:</b>	



<b>FIGURE TRAINER HEADSTAND SPLIT – RIGHT LEG</b>	
Head (ears specifically), shoulders and hips aligned	<b>1</b>
Torso is perpendicular to floor	<b>1</b>
Hips and shoulders square	<b>1</b>
Extension of right leg and right ankle	<b>1</b>
Extension of left leg and left ankle	<b>1</b>
Alignment of right leg (in accordance to center line)	<b>1</b>
Alignment of left leg (in accordance to center line)	<b>1</b>
Complete flat split	<b>4</b>
Hold for 15 sec.	<b>1</b>
<b>TOTAL OUT OF 12:</b>	

<b>FIGURE TRAINER HEADSTAND SPLIT – LEFT LEG</b>	
Head (ears specifically), shoulders and hips aligned	<b>1</b>
Torso is perpendicular to floor	<b>1</b>
Hips and shoulders square	<b>1</b>
Extension of right leg and right ankle	<b>1</b>
Extension of left leg and left ankle	<b>1</b>
Alignment of right leg (in accordance to center line)	<b>1</b>
Alignment of left leg (in accordance to center line)	<b>1</b>
Complete flat split	<b>4</b>
Hold for 15 sec.	<b>1</b>
<b>TOTAL OUT OF 12:</b>	

<b>FIGURE TRAINER HEADSTAND SPLIT – MIDDLE SPLIT</b>	
Head (ears specifically), shoulders and hips aligned	<b>1</b>
Torso is perpendicular to floor (no arch)	<b>1</b>
Hips and shoulders square	<b>1</b>
Extension of right leg and right ankle	<b>1</b>
Extension of left leg and left ankle	<b>1</b>
Alignment of right leg (in accordance to center line, view on the side)	<b>1</b>
Alignment of left leg (in accordance to center line, view on the side)	<b>1</b>
Complete flat split	<b>4</b>
Hold for 15 sec.	<b>1</b>
<b>TOTAL OUT OF 12:</b>	

## SECTION TWO: SPEED AND HYPOXIA

**Assessors:** There is no judging during this testing. RTC-ON Coaching Staff will record the time taken for each swimmer and observe the athlete's ability to complete the test with proper execution.

**Percentage of Total Score: 15% (Speed 5% / Hypoxia 10%)**

### 1. 25m Front Kick

- Completed with a kick board from a one-handed hold on wall.
- Time is stopped when the board hits the bulkhead.

- Points will be awarded, based on the time it takes to complete the 25m front kick, as described below:

<b>25M FRONT KICK</b>	<b>POINTS AWARDED</b>
18 seconds	<b>10</b>
19 seconds	<b>9</b>
20 seconds	<b>8</b>
21 seconds	<b>7</b>
22 seconds	<b>6</b>
23 seconds	<b>5</b>
24 seconds	<b>4</b>
25 seconds	<b>3</b>
26 seconds	<b>2</b>
27 seconds	<b>1</b>
<b>TOTAL OUT OF 10:</b>	

## 2. 50m Freestyle

- Completed from a dive start and will include a flip turn.
- Time is stopped when one hand hits the bulkhead.
- Points will be awarded, based on the time it takes to complete the 50m freestyle, as described below:

<b>50M FREESTYLE</b>	<b>POINTS AWARDED</b>
30 seconds	<b>10</b>
31 seconds	<b>9</b>
32 seconds	<b>8</b>
33 seconds	<b>7</b>
34 seconds	<b>6</b>
35 seconds	<b>5</b>
36 seconds	<b>4</b>
37 seconds	<b>3</b>
38 seconds	<b>2</b>
39 seconds	<b>1</b>
<b>TOTAL OUT OF 10:</b>	

## 3. 25m Whip Kick

- Completed with a kick board from a one-handed hold on wall.
- Time is stopped when the board hits the bulkhead.
- Points will be awarded, based on the time it takes to complete the 25m whip kick, as described below:

<b>25M WHIP KICK</b>	<b>POINTS AWARDED</b>
22 seconds	<b>10</b>
23 seconds	<b>9</b>
24 seconds	<b>8</b>
25 seconds	<b>7</b>
26 seconds	<b>6</b>
27 seconds	<b>5</b>

28 seconds	<b>4</b>
29 seconds	<b>3</b>
30 seconds	<b>2</b>
31 seconds	<b>1</b>
<b>TOTAL OUT OF 10:</b>	

#### 4. 250m Hypoxic

- Each athlete will perform the 250m-hypoxia swim once as follows:
  - i. Athlete will start from a dive
  - ii. An under-water lap with breaststroke on the front is completed. At the end of the lap the athlete may surface (without breath) and one freestyle stroke may be completed to initiate a flip turn.
  - iii. After the flip turn the athlete will complete freestyle for 25m with a flip turn initiated at the end of the lap.
  - iv. The flip turn will enter directly into the next underwater lap
  - v. The 50m set will occur consecutively to a total of 250m (5 times 50m under/free)
- A deduction of 0.5 points will be issued for any break in the following criteria:
  - i. An additional breath is taken.
  - ii. A flip turn is missed.
  - iii. The underwater lap is completed on the back, instead of the front.
- Points will be awarded, based on the time it takes to complete the 250m hypoxia, as described below:

<b>250M HYPOXIA</b>	<b>POINTS AWARDED</b>
3:20-3:30 minutes	<b>10</b>
3:30-3:40 minutes	<b>9</b>
3:40-3:50 minutes	<b>8</b>
3:50-4:00 minutes	<b>7</b>
4:00-4:10 minutes	<b>6</b>
4:10-4:20 minutes	<b>5</b>
4:20-4:30 minutes	<b>4</b>
4:30-4:40 minutes	<b>3</b>
4:40-4:50 minutes	<b>2</b>
4:50-5:00 minutes	<b>1</b>
<b>TOTAL OUT OF 10:</b>	

## SECTION THREE BASIC SKILLS TESTS

**Assessors:** Three (3) judges and two (2) RTC-ON Coaches.

**Percentage of Total Score: 30%**

In this section, all athletes will participate in basic positions testing with Three (3) judges and two (2) RTC-ON Coaches, who will evaluate the standard of all athletes. For this section, the FINA Synchronized Swimming Manual for Judges, Coaches and Referees will be used as the height standard reference.

1. **Body boost:**

Metronome: 160 (single counts)

From a preparation underwater, each athlete will perform, 6 consecutive no arm body boosts facing away from the panel, followed immediately by consecutive double arm body boosts facing towards the panel.

**Counts:**

***No arm body boosts:***

6 sets of 8 counts

1 Body boost

5 Under water

After the last one, the athlete turns to face the panel. A new series of 6 body boosts starts.

***Double arm body boosts:***

6 sets of 10 counts

1 Body boost

2 Raise both arms in extension, passing in front of the body

5 Under water

2. **Barracuda and Rocket Split:**

Metronome: 160 (single counts)

From a preparation underwater (left side towards the panel), the athlete performs 3 consecutive Barracudas (FINA manual Figure 301), waits for 4 sets of 8 counts, and on 1 set of 12 starts to perform another 3 consecutive Rocket Splits (FINA manual BM11).

**Counts:**

***Barracuda:***

3 sets of 12 counts

1 Vertical

5 Under

4 sets of 8 counts of Break

***Rocket Split:***

3 sets of 12 counts

1 Vertical

2 Split

3 Vertical

5 Under

3. **High vertical holding position:**

From a tabletop position, an observer will give the cue to start. The athlete will extend their legs to achieve a double leg vertical position at maximum height. After 20 seconds, the observer will give the cue to stop.

#### 4. **Twist and continuous spin:**

Metronome: 160 (single counts)

The athlete starts in a tabletop and extends the legs to achieve a double leg vertical position. The athlete then performs a Full Twist (BM12B as described in the FINA Manual) at a sustained height before completing a Continuous Spin with a minimum of 6 360° rotations, completed as the heels reach the surface and continues through submergence (BM13F in the FINA Manual).

##### **Counts:**

- 5-8 Table- top position
- 1-8 Vertical position
- 1 1/8 to the left
- 2 1/8 to the left
- 3 1/8 to the left
- 4 1/8 to the left
- 5 1/8 to the left
- 6 1/8 to the left
- 7 1/8 to the left
- 8 1/8 to the left
- 1-4 Vertical position
- 5 Begin continuous spin

## SECTION FOUR: INDIVIDUAL TECHNICAL ROUTINE SWIM

**Assessors:** Three (3) judges and two (2) RTC-ON Coaches will give a total Execution score out of 10 as well as a Manner of Presentation Score out of 10.

**Percentage of Total Score: 35% (60% Execution and 40% Manner of Presentation)**

In this section of the selection process, athletes will execute individually the “Salsa” National Team Routine Set.