



## Selection Process & Criteria

2018 Junior Provincial Team & 2019 Canada Games Team

*Updated as of May 18, 2018*

Competitive Events	
2018 Junior Provincial Team	2019 Canada Games Team
<p><b>Event:</b> SYNC (Synchro Youth Natation Challenge)  <b>Date:</b> July 18-22<sup>nd</sup>, 2018  <b>Location:</b> Toronto, Canada (Toronto Pan Am Sports Centre / TPASC)</p> <p><u>AND</u></p> <p><b>Event:</b> UANA Pan American Championships  <b>Date:</b> August 6-12th, 2018  <b>Location:</b> Riverside, California, USA</p>	<p><b>Event:</b> 2019 Canada Winter Games  <b>Date:</b> February 14-22<sup>nd</sup>, 2019 (to be confirmed)  <b>Location:</b> Red Deer, Alberta Canada (Synchro events to take place in Calgary)</p>
Pre-Competition Training Camps	
2018 Junior Provincial Team	2019 Canada Games Team
<p><b>Event:</b> Top 12 Pre-Competition Training Camps</p> <p><b>Dates:</b></p> <p><b>Choreography Camp:</b> June 28 – July 1<sup>st</sup>  <b>Prep Camp Part 1:</b> July 6 – July 17<sup>th</sup> (off-days TBD)  <b>Prep Camp Part 2:</b> July 24 – August 5<sup>th</sup> (off-days TBD)</p> <p><b>Times:</b> Daily training times will vary according to pool availability. The majority of training days are planned to begin no earlier than 7am and finish by approx. 2pm.</p> <p><b>Location:</b> Toronto Pan AM Sports Centre (TPASC)</p> <p><b>Final Team Fee:</b> \$5000.00</p>	<p><b>Event:</b> Top 10 Pre-Competition Training Camps (<i>to commence once the Junior Provincial Team Program has finished</i>)</p> <p><b>Dates:</b></p> <p><b>Choreography Camp:</b> June 28 – July 1<sup>st</sup>  This choreography camp is part of the Junior Provincial Team program, however the Free Routine created at this camp will also be used for the Canada Games Team. Therefore, any Canada Games Team Members (who are not otherwise engaged in National Teams training during this time) are invited to attend this 4-day camp.</p> <p><i>*All dates below are to be confirmed pending pool availability. Dates are provided to give an indication of the overall time commitment required for the final 10 CGT members.</i></p> <p><b>6-Day AUG Camp:</b> August 27-Sept 1, 2018  <b>3-Day SEPT Camp:</b> September 21-23, 2018  <b>4-Day OCT Camp:</b> October 5-8, 2018  <b>4-Day NOV Camp:</b> November 2-5, 2018  <b>10-Day DEC Camp:</b> December 27-January 5, 2019  <i>*A portion of this Dec camp <u>may</u> be away at a destination yet to be determined following final team selection. Travel/accommodation costs for any portion of camp away are <u>not</u> included in the final team fee.</i></p> <p><b>1-Day JAN Camp:</b> January 21, 2019  <b>5-Day FEB Pre-Departure Camp:</b> February 9-13, 2019</p>

	<p><b>TOTAL = 33 days / approx. 230 hours</b></p> <p><b>Times:</b> Daily training times will vary according to pool availability. The majority of training days are planned to begin no earlier than 7am and finish by approx. 2pm</p> <p><b>Location:</b> Toronto Pan AM Sports Centre (TPASC) – <i>except where noted otherwise</i></p> <p><b>Final Team Fee: \$2200.00</b> (subject to final information from Canada Winter Games Council)</p>
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Selection Process Summary				
Phase	Event	Date	Location	Registration Process
<b>1</b> (Top 40 advance)	Canada Games Team / Junior Provincial Team <b>Assessment Event #1</b> (at 2018 Provincial Championships)	February 16-18 <sup>th</sup> (see meet schedule)	Etobicoke Olympium Pool	<b>Fee:</b> \$29.00 <b>Due:</b> December 11 <sup>th</sup> <b>Register:</b> Via meet reg for Provincial Championships
<b>2</b> (Selected 24 advance)	Canada Games Team / Junior Provincial <b>Assessment #2</b> (at 2018 Hilton Worldwide Invitational)	Thursday April 19 <sup>th</sup> (see meet schedule)	Etobicoke Olympium Pool	<b>Fee:</b> \$29.00 <b>Due:</b> Thursday March 8th <b>Register:</b> Via meet reg for Phase 2 and online payment form provided by SSO (to be sent to eligible athletes' Clubs)
<b>3</b> (Top 10 named to Canada Games Team – see below for Junior Provincial Team)	Canada Games Team / Junior Provincial Team <b>Final Selection Camp</b>	Sunday June 10 <sup>th</sup> (planned for 8am-4pm, detailed schedule to be sent prior to Phase 3)	Etobicoke Olympium Pool	<b>Fee: \$80.00</b> <b>Due: Monday May 28</b> <b>Register:</b> Via online form provided by SSO (sent to eligible athletes' Clubs)

**OVERVIEW:**

**PART 1 – Selection of the 2019 Canada Games Team**

1. Selection to the 2018 Junior Provincial Team and 2019 Canada Games Team (Ontario) 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. Athletes name to the Synchro Canada 2018 Junior National Team (Junior Worlds Team) will be invited to participate on the 2019 Canada Games Team (provided they have participated in Phase 1 of CGT trials and have registered to continue to Phase 2). These athletes will not be required to participate in Phase 2 or 3 of the selection process detailed in this document. Junior National Team athletes will be required to confirm their intent to participate on the 2019 Canada Games Teams (including all training camps). Athletes will be contacted via their Clubs to confirm intent.
3. After the athletes in #2 above are accounted for, additional athletes will be selected via this trials process until a total of ten (10) athletes have been selected to participate in the final 2019 Canada Games Team Training Camps and Competition (assuming all eligibility requirements are met).

## **Part 2 – Selection of the 2018 Junior Provincial Team**

4. Once the 10 members of the 2019 Canada Games Team have been selected, the Selection Committee will then proceed to select the 12 members of the 2018 Junior Provincial Team (both team selections are made based on Phase 3 testing components, but a separate selection meeting will be held for each team). The 2018 Junior Provincial Team will be selected as follows:
5. Those athletes who have been named to the 2019 Canada Games Team (who meet all eligibility requirements) will be automatically named to the 2018 Junior Provincial Team (Note that athletes who are participating in the Junior Worlds or 13-15 National Teams will not be eligible for the 2018 Junior Provincial Team, as training/competition dates conflict).
6. After the athletes in #5 above are accounted for, additional athletes will be selected until a total of twelve (12) athletes have been selected to participate in the final 2018 Junior Provincial Team Training Camps and Competitions (assuming all eligibility requirements are met).
7. The 10 athletes selected to the 2019 Canada Games Team will participate in all Canada Games Team Training Camps (and competitions, if applicable) and will compete at the 2019 Canada Winter Games in Red Deer, Alberta. The 12 athletes selected to the 2018 Junior Provincial Team will participate in the 2018 SYNC Invitational in Toronto, Canada, and in the UANA Pan American Championships in Riverside, California.

**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](http://synchroontario.com) > Member Resources > Policies and Forms).

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

**ROLES AND RESPONSIBILITIES** – *Please see SSO Selection Policy*

**BYES** – *Please see SSO Selection Policy*

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

### **ELIGIBILITY:**

8. For General Eligibility Requirements for Synchro Swim Ontario Teams, please refer to the SSO *Selection Policy*. Criteria specific to the 2019 Canada Games Team and 2018 Junior Provincial Team shall be as follows:

#### **SPECIFIC TO 2019 CANADA WINTER GAMES TEAM:**

- Be age eligible as per the 2019 Canada Winter Games Synchronized Swimming Technical Package: 15 to 21 years of age as of December 31, 2019 (Year of Birth: 1998 to 2004 inclusive).
- Meet all Athlete Eligibility Criteria as per the 2019 Canada Winter Games Synchronized Swimming Technical Package.

#### **SPECIFIC TO 2018 JUNIOR PROVINCIAL TEAM:**

- Be age eligible as per CASSA/FINA Junior age group rules: 15 to 18 years of age as of December 31, 2018 (Year of Birth: 2000 to 2003 inclusive).

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

**SELECTION PROCESS:**

11. The Selection Process for the 2019 Canada Games Team and 2018 Junior Provincial Team shall be based on performance analysis for the components listed, and shall not be based on a calculated result/ranking. The three phases of the selection process are described below:

**PHASE 1 - ASSESSMENT EVENT #1 (AT 2018 PROVINCIAL CHAMPIONSHIPS)**

Phase	Date / Location	Event / Components	Selection Result:
1	Friday February 16 <sup>th</sup> , 2018  Etobicoke Olympium Pool	Canada Games Team/Junior Provincial Team Assessment Event #1 (at 2018 Provincial Championships)	<b>40</b> Athletes selected to advance to Phase 2 by Selection Committee  <i>*Note – selection number may be increased pending initial athlete registration</i>
		Athletes are selected to advance to Phase 2 based on: <ul style="list-style-type: none"> <li>• Five (5) <b>Junior FINA Team Elements</b> scores (performed for a panel of judges)</li> <li>• One (1) <b>Flexibility Test</b> score (performed for a panel of judges)</li> <li>• <b>Time Trial</b> (100m Free)</li> </ul>	

**REGISTRATION FOR PHASE 1:**

12. Phase 1 of Ontario’s Canada Games Team / Junior Provincial Team Selection is open to **all age-eligible athletes** in either Competitive National or Competitive Provincial stream. Ontario athletes who wish to participate in Phase 1 must register electronically by the Provincial Championships Meet Registration Deadline (**Monday December 11**) and must pay the Trials – Phase 1 entry fee of \$29.00 (Registration link/details to be provided via Synchro Swim Ontario via email communication).

**PHASE 1 PROCESS:**

- 13. In Phase 1, athletes will compete in a judged elements competition, in which the five (5) Junior FINA Team elements, plus one (1) Flexibility Test, will be performed individually for a panel of judges. Additionally, athletes will complete a time trial.
- 14. Each athlete will complete all Phase 1 components in a plain black suit and white cap, and will not wear any distinguishing items such as jewelry or nail polish.
- 15. Videos of the five (5) Elements and one (1) Flexibility Test will be available for distribution. The elements and flexibility test must be performed exactly as described in the video

(including counts/timing). A metronome set to 135 beats per minute will be played during the elements and flexibility components of Phase 1.

16. The order of competitors will be determined by random draw. There will be two pre-swimmers for this event.
17. The order of the five elements will be as per the FINA Manual (Junior Team Required Elements); the Flexibility Test will follow the Elements as per the panel order below.
18. Two panels of five judges, plus one alternate per panel, will evaluate this event. The order of the panels will be as follows:

**First Rotation:**

Panel #1 - Bent Knee Vertical Thrust

Panel #2 - Vertical Twist Spin

**Second Rotation:**

Panel #3 - Cyclone

Panel #4 - Manta Ray Hybrid

**Third Rotation:**

Panel #5 - Barracuda Airborne Split

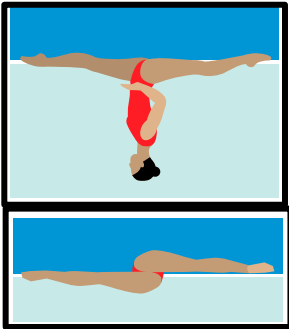
Panel #6 - Flexibility Test (Right Split)

**Time Trial:** Upon completion of all five (5) elements and the Flexibility Test, swimmers will move to the time trial station to complete the 100m Free time trial. The time trial will be overseen by SSO staff and/or volunteers.

19. The Elements and Flexibility Test Components shall be held according to FINA Rules AS 8 (Figure Session), 9 (Figure Panels), 10 (Judgement of Figures), 11 (Penalties in Figures Session) and 12 (Calculation of the Figure Result). The five (5) elements will be weighted as per the FINA Manual as detailed in the chart below. The Selection Committee shall review the scores/ranking for each individual element as well as the overall scores/rankings of all five (5) elements combined to assist them in selecting the list of athletes to move on to Phase 2.
20. The scores/ranking for the Flexibility Test and the ranking of the Time Trial will also be assessed.
21. To advance to Phase 2 of the selection process, an athlete must be one of the 40 athletes named by the Selection Committee. The Selection Committee shall create a ranked list of five (5) alternates in the event that an athlete withdraws prior to Phase 2.
22. The final list of 40 athletes named by the selection committee shall be posted publicly in alphabetical order within seven (7) days of the selection event.

**DETAILS OF PHASE 1 COMPONENTS:**

Element	DD	Weight	Notes
1. Bent Knee Vertical Thrust	2.3	19%	<ul style="list-style-type: none"> <li>• Elements are to be performed as per FINA Manual (<i>Junior Team Required Elements</i>) and as per Elements Videos provided</li> <li>• Judges shall assign scores as per #18 above</li> <li>• Additionally, the timing of each element will be assessed by Canada Games Team Coaches (timing shall be as per the posted videos)</li> <li>• The judges' scores and the Coaches' timing assessment will both be taken into consideration when selecting the 40 athletes to advance to Phase 2</li> </ul>
2. Vertical Twist Spin	1.8	15%	
3. Cyclone	2.6	21%	
4. Manta Ray Hybrid	3.1	25%	
5. Barracuda Airborne Split	2.5	20%	
<b>Total Element Score</b>	<b>12.3</b>	<b>100%</b>	

Flexibility Assessment																			
<b>Lateral Split</b>	<ul style="list-style-type: none"> <li>• Performed individually on a panel for judges (marked on FINA 10-point scale, no DDs will be applied)</li> <li>• Additionally, the Lateral Split will be assessed by Canada Games Team Coaches using a checklist to attribute points on the athletes' in-water suppleness skills. The judges' score and the Coaches' assessment will both be taken into consideration when selecting the 40 athletes to advance to Phase 2.</li> </ul> <p><b>Specific Scoring Checklist/Criteria:</b> <i>*Subject to change following Synchro Canada Fall Development Camp</i></p> <p><b>LATERAL SPLIT IN WATER</b></p> <table border="1"> <tbody> <tr> <td>Full Extension of the legs throughout</td> <td>1</td> <td>0</td> </tr> <tr> <td>Horizontal alignment of legs on centre line</td> <td>1</td> <td>0</td> </tr> <tr> <td>Hips square</td> <td>1</td> <td>0</td> </tr> <tr> <td>Back leg knee cap facing the ceiling</td> <td>1</td> <td>0</td> </tr> <tr> <td>Complete FLAT split</td> <td>4</td> <td>0</td> </tr> <tr> <td><b>Total out of 8 :</b></td> <td><input type="text"/></td> <td><input type="text"/></td> </tr> </tbody> </table> <div style="text-align: right;">  </div>	Full Extension of the legs throughout	1	0	Horizontal alignment of legs on centre line	1	0	Hips square	1	0	Back leg knee cap facing the ceiling	1	0	Complete FLAT split	4	0	<b>Total out of 8 :</b>	<input type="text"/>	<input type="text"/>
Full Extension of the legs throughout	1	0																	
Horizontal alignment of legs on centre line	1	0																	
Hips square	1	0																	
Back leg knee cap facing the ceiling	1	0																	
Complete FLAT split	4	0																	
<b>Total out of 8 :</b>	<input type="text"/>	<input type="text"/>																	

Time Trial	
<b>100m Free</b>	<ul style="list-style-type: none"> <li>• Athletes start in the water, with one hand on the pool deck; the other arm is on water surface facing the direction of pool lanes; body in a tuck position; and two feet touching the wall. Starter says: Ready... Whistle. Flip turns are permitted. Dolphin kick during streamline push-off from flip turns are permitted.</li> <li>• Timer will record time when athlete touches the poolside with one hand.</li> <li>• The time trial result will be taken into consideration when selecting the 40 athletes to advance to Phase 2.</li> </ul>

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

Phase	Date / Location	Event / Components	Selection Result:
2	Thursday April 19 <sup>th</sup> , 2018 (see meet schedule)  Etobicoke Olympium Pool	Canada Games Team / Junior Provincial Team Assessment Event #2 (at 2018 Hilton Worldwide Invitational)	24 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"> <li>• <b>Individual Routine Set</b> scores (performed for a panel of judges)</li> <li>• <b>Time Trial</b> (100m Free)</li> </ul>	

### REGISTRATION FOR PHASE 2:

- Athletes named to the list of 40 athlete selected 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 via Synchro Swim Ontario via email to 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 high enough to be included in the 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.

### PHASE 2 PROCESS:

- In Phase 2, the selected 40 athletes will compete in an Individual Routine Set competition (segment of Junior National Routine Set), which will be performed for a panel of judges. Additionally, athletes will complete a time trial.
- 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.
- 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.
- 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).

16. The order of competitors will be determined by random draw. Note: 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.

17. Athletes will compete in the Routine Set portion of the assessment as per the following:

- a. The Routine Set for the 2019 Canada Games Team/2018 Junior Provincial Team Trials Phase 2 will be the same as the routine created by Synchro Canada for the Junior National Team Trials.
- b. The routine must be performed exactly as described in the video/counts document.  
**IMPORTANT: Please be aware that the video file demonstrates the SENIOR version of the routine - you will need to refer to the Counts document to see the JUNIOR elements counts.**
- 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.

<b>Protocol – Routine Set (Segment of Junior National Team Routine)</b>
<ul style="list-style-type: none"><li>• Athletes will perform the Routine Set one (1) at a time in draw order.</li><li>• Athletes will begin from a position on the bulkhead (as per the video)</li><li>• The Referee will ensure that the athlete is in position/ready, and will blow the whistle to signal the music start.</li></ul>
Segment to be performed:
<ul style="list-style-type: none"><li>• Athletes will perform a segment of the Junior Routine Set, totalling approx. 2:35 in length</li><li>• Start point: From the beginning of the routine (0:00)</li><li>• End point: Perform all of Lap 1, all of Lap 2, and Lap 3 until the end of the Ariana Rotation and vertical spin/sink.</li><li>• Video Time Stamps:<ul style="list-style-type: none"><li>• If watching the Synchro Canada "Land drill Routine set jr-sr.mov" video: Start at 0:00 and continue until 2:35</li><li>• If watching the Synchro Canada "LAP 3.mov": Finish at 0:45</li></ul></li></ul> <p><i>*Reminder that the video demonstrates the SENIOR version of the routine (refer to the <b>Counts document to see the JUNIOR elements counts</b>).</i></p>
Resources
<ul style="list-style-type: none"><li>• Athletes/coaches can access videos/music files/additional resources at the following link (Synchro Canada's National "JR-SR SELECTION ROUTINE SET" Dropbox folder:</li><li>• <b>Dropbox Link:</b> <a href="https://www.dropbox.com/sh/19n2dpc9w3hg4dx/AAAi931y97czQEQBupeDNftha?dl=0">https://www.dropbox.com/sh/19n2dpc9w3hg4dx/AAAi931y97czQEQBupeDNftha?dl=0</a></li></ul>

18. **Time Trial:** Upon completion of the Individual Routine Set, swimmers will move to the time trial station to complete the 100m Free time trial. The time trial will be overseen by SSO staff and/or volunteers and will be conducted as per the following:



Protocol – Time Trial	
<b>100m Free</b>	<ul style="list-style-type: none"> <li>Athletes start in the water, with one hand on the pool deck; the other arm is on water surface facing the direction of pool lanes; body in a tuck position; and two feet touching the wall. Starter says: Ready... Whistle. Flip turns are permitted. Dolphin kick during streamline push-off from flip turns are permitted.</li> <li>Timer will record time when athlete touches the poolside with one hand.</li> </ul>

19. To advance to Phase 3 of the selection process, an athlete must be one of the 24 athletes named by the Selection Committee. The list of 24 athletes shall be posted publicly in alphabetical order within seven (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 CANADA GAMES TEAM / JUNIOR PROVINCIAL TEAM SELECTION CAMP

Phase	Date / Location	Event / Components	Selection Result:
<b>3</b>	June 10, 2018 (planned for 8am-4pm, detailed schedule to be sent prior to Phase 3) Etobicoke Olympium Pool	Final Canada Games Team / Junior Provincial Team Selection Camp Athletes are selected to the final teams based on: <b>1-Day Selection Camp:</b> <ul style="list-style-type: none"> <li><b>Routine Set score</b> (performed in groups of 3, each athlete scored individually)</li> <li><b>In-Pattern Evaluation</b></li> <li><b>Time Trial</b> (400m Free)</li> <li><b>Flexibility Test</b> (performed individually for a panel of judges)</li> </ul>	<b>Top 10</b> Athletes selected to the final 2019 Canada Games Team by the Selection Committee  <b>12</b> Athletes selected to the final 2018 Junior Provincial Team by the Selection Committee <i>(Any of the 10 CGT-selected athletes who are NOT already participating in a Junior or 13-15 National Team program are automatically named to the Junior Provincial Team; after those athletes are accounted for, additional athletes will be selected until a total of 12 athletes have been selected to the 2018 Junior Provincial Team)</i>

### REGISTRATION FOR PHASE 3:

20. Athletes named to the list of 24 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 of **\$80.00**.

21. 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.
22. Athletes that do not place high enough to be included in the 24 athletes moving on from Phase 2 may be added based on the athlete's ability as demonstrated through results during the season if the Selection Committee determines this is appropriate.

**PHASE 3 PROCESS:**

23. In Phase 3, the selected 24 athletes will perform a **Routine Set** (Junior/CGT Technical Routine), which will be performed in groups of three, with each individual athlete being given a mark by a panel of judges and coaches. Athletes will also participate in an **In-Pattern Evaluation** which will be performed in groups of 8. Additionally, athletes will complete a **Time Trial** and a **Flexibility Test**. Protocols for all components are below.
24. Each athlete will complete all Phase 3 components in a plain black suit and white cap (or coloured cap as designated and provided by SSO), and will not wear any distinguishing items such as jewelry or nail polish.
25. Viewing during Phase 3: Phase 3 will be a Selection Camp, and as such will be closed to viewing – only participating athletes will be permitted on deck; coaches/parents may not observe in the gallery.
26. 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/cool-down times and lanes). 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).
27. A maximum of two (2) athletes who do not advance to Phase 3 may be invited to "pre-swim" in Phase 3 to gain experience swimming before judges in a selection trial.
28. Athletes will compete in the Routine Set portion of the assessment as per the following:

<b>Protocol – Routine Set (Performed in Groups of 3)</b>	
<b>General:</b>	
	<ul style="list-style-type: none"> <li>• The Routine Set for the 2019 Canada Games Team/2018 Junior Provincial Team Trials Phase 3 will be the “Junior/CGT Technical Routine.”</li> <li>• The routine must be performed exactly as described in the video provided; athletes will perform the entire Junior/CGT Technical Routine</li> <li>• Athletes will perform the Routine Set in Groups of 3 as per below</li> <li>• Routine Set performances will be recorded for reference by the Selection Committee</li> </ul>
<b>Draw Order / Warm-up</b>	
	<ul style="list-style-type: none"> <li>• Order for the Routine Set will be by random draw (draw to be posted prior to Phase 3)</li> </ul>

<ul style="list-style-type: none"> <li>• Prior to the performance of the Routine Set, a warm-up will be held: <ul style="list-style-type: none"> <li>○ Judges/coaches to watch wave warm ups</li> <li>○ 3 groups of 8 athletes wave warm up: <ul style="list-style-type: none"> <li>▪ Athletes who draw 1-8 are wave 1</li> <li>▪ Athletes who draw 9-16 are wave 2</li> <li>▪ Athletes who draw 17-24 are wave 3</li> </ul> </li> </ul> </li> </ul>
<b>Performing in Groups of 3:</b>
<ul style="list-style-type: none"> <li>• Diagrams showing position in pattern and colour of cap will be posted prior to Phase 3 (blue and black caps will be provided at Phase 3; all athletes should bring white caps)</li> <li>• Athletes will begin from a position on the bulkhead (as per the video)</li> <li>• The Referee will ensure that athletes are in position/ready, and will blow the whistle to signal the music start</li> <li>• Each trio of swimmers swims the Routine Set three times (all groups swim once, then all groups swim a second time, then all groups swim a third time)</li> </ul>
<b>Scoring:</b>
<ul style="list-style-type: none"> <li>• Judges provide 2 scores – one for Execution and one for Manner of Presentation. Scores averaged to give one score for Execution and one score for Manner of Presentation.</li> <li>• Coaches (Canada Games Team/Junior Provincial Team Head Coach, Canada Games Team Assistant Coach, and Junior Provincial Team Assistant Coach) judge synchronization</li> <li>• <b>Total score</b> = Execution 35% + Manner of Presentation 30% + Synchronization 35%</li> </ul> <p>Evaluation of Routine Set in Groups of Three Swim #1:</p> <ul style="list-style-type: none"> <li>• Judges 1 &amp; 2 judge black caps</li> <li>• Judges 3 &amp; 4 judge blue caps</li> <li>• Judges 5 &amp; 6 judge white caps</li> <li>• Coaches (as listed above) judge synchronization of black caps</li> </ul> <p>Evaluation of Routine Set in Groups of Three Swim #2:</p> <ul style="list-style-type: none"> <li>• Judges 1 &amp; 2 judge white caps</li> <li>• Judges 3 &amp; 4 judge black caps</li> <li>• Judges 5 &amp; 6 judge blue caps</li> <li>• Coaches (as listed above) judge synchronization of white caps</li> </ul> <p>Evaluation of Routine Set in Groups of Three Swim #3:</p> <ul style="list-style-type: none"> <li>• Judges 1 &amp; 2 judge blue caps</li> <li>• Judges 3 &amp; 4 judge white caps</li> <li>• Judges 5 &amp; 6 judge black caps</li> <li>• Coaches (as listed above) judge synchronization of blue caps</li> </ul>
<b>Deductions for Routine Set:</b>
<ul style="list-style-type: none"> <li>• If an athlete goes in a wrong direction, uses the wrong leg/wrong arm, the deduction shall be .5.</li> <li>• If the athlete blanks out and misses a section of either legs or arms, the deduction shall be .5.</li> <li>• If an athlete has an element error (uses wrong leg, turns wrong direction) but is still accurate in relation to FINA rules, the deduction shall be .5.</li> <li>• However, if the element is performed incorrectly or is omitted based on FINA rules, the score shall be a zero for that element.</li> </ul>

## Resources

- Athletes/coaches can access the Routine Set videos (land drill and in-pool), Routine Set music file, and diagram of groups of 3 cap colours/position in pattern on the Synchro Ontario Website:
- **Website:** Synchronroontario.ca > Competitive > High Performance > Team Athlete Portal
- **Direct Link:** <http://synchronroontario.com/competitive/high-performance/team-athlete-portal/>
- **Password for Team Athlete Portal** will be emailed directly to Clubs with eligible athletes

29. Athletes will complete the Time Trial as per the following:

Protocol – Time Trial	
<b>400m Free</b>	<ul style="list-style-type: none"><li>• Athletes start in the water, with one hand on the pool deck; the other arm is on water surface facing the direction of pool lanes; body in a tuck position; and two feet touching the wall. Starter says: Ready... Whistle.</li><li>• Flip turns are permitted. Dolphin kick during streamline push-off from flip turns are permitted.</li><li>• Timer will record time when athlete touches the poolside with one hand after completing the 400m free (16 laps).</li></ul>

30. Athletes will complete the Flexibility Test as per the following:

Protocol – Flexibility Test	
<b>Flexibility Test (Airborne Split &gt; Split Hold &gt; Walkout)</b>	<ul style="list-style-type: none"><li>• The Flexibility Test will be performed as per the video example provided, and the Flexibility Test Counts document provided</li><li>• The Flexibility Test will be performed individually on a panel for judges</li><li>• Judges will mark on the FINA 10-point scale (according to the FINA Manual 'Guiding scale for splits'). One mark will be provided for each of the following:<ul style="list-style-type: none"><li>○ Airborne Split</li><li>○ Right Split Hold</li></ul></li><li>• Additionally, the Flexibility Test will be assessed by Coaches (notes will be recorded – no formal score provided)</li><li>• The judges' score and the Coaches' assessment notes will both be taken into consideration.</li><li>• Flexibility Test performances may be recorded for reference by the Selection Committee</li></ul>
Resources	
<ul style="list-style-type: none"><li>• Athletes/coaches can access the Flexibility Test video and Counts document on the Synchro Ontario Website:</li><li>• <b>Website:</b> Synchronroontario.ca &gt; Competitive &gt; High Performance &gt; Team Athlete Portal</li><li>• <b>Direct Link:</b> <a href="http://synchronroontario.com/competitive/high-performance/team-athlete-portal/">http://synchronroontario.com/competitive/high-performance/team-athlete-portal/</a></li><li>• <b>Password for Team Athlete Portal</b> will be emailed directly to Clubs with eligible athletes</li></ul>	

31. Swimmers will complete the In-Pattern Evaluation as per the following:

Protocol – In-Pattern Evaluation (Teams of 8)
Patterns/Positions
<ul style="list-style-type: none"> <li>• Following calculation of scores from the Routine Set (Groups of 3) swim, athletes will be assigned to groups of 8 based on ranking and will be given a coloured cap</li> <li>• Coaches will direct athletes to their positions within patterns</li> </ul>
Performing Routine Segments in Teams of 8:
<ul style="list-style-type: none"> <li>• Athletes will participate in routine segments as directed by the coaches</li> <li>• One coach will observe each team (Canada Games Team/Junior Provincial Team Head Coach, Canada Games Team Assistant Coach, and Junior Provincial Team Coach); coaches may rotate teams between segments</li> <li>• Team 3 will perform the first segment (containing an element) as directed by coaches; Team 2 will then perform the same segment; Team 1 will then perform the same segment (each team may perform the segment multiple times, and coaches may give corrections between segment performances)</li> <li>• Coaches will direct when to move to the next segment</li> <li>• Judges will provide notes on execution, manner of presentation, synchronization etc., for each segment performed (no formal scores provided). Coaches will provide additional notes (no formal score provided)</li> <li>• In-Pattern Evaluation performances may be recorded for reference by the Selection Committee</li> </ul>

32. This phase of the selection process involves the Selection Committee selecting the best possible team of 10 athletes to the 2019 Canada Games Team and the best possible team of 12 athletes to the 2018 Junior Provincial Team from the 24 named athletes 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.

33. In this Phase of the selection process, athletes will participate in pattern swims and may participate in executing highlights. **Full testing components are as stipulated in this document.**

34. In selecting the team of 10 (or 12) for each respective team, the Selection Committee will consider **the following factors, along with any other factors which in the sole and absolute discretion of the Selection Committee are deemed relevant. These factors are in alignment with Synchro Canada standards:**

**Factor One – Quality and Energy of Movement**

- a) Technical abilities and potential – height and accuracy of positions as per FINA descriptions and the specific choreography movements
- b) Extension & Flexibility – Leg and feet extension and flexibility as per the international synchro swimming standard
- c) Energy, force and extension of all movements
- d) Achieving stillness at the ends of all movements (finishing one movement before the next starts)
- e) Quality of underwater work
- f) Preparation counts
- g) Posture of the body

- h) Technical accuracy and clarity of movements

### **Factor Two – Synchronization**

- a) Synchronization (as per FINA definition) – the precision of movement in unison, one with the other and the music, at and below the surface

### **Factor Three – Speed/Propulsion of Movement**

- a) Propulsion - propulsion and movement egg beater, kicks and elements of the routine
- b) Speed – swimming, kicking, underwater
- c) Sculling speed and Endurance
- d) Ability to swim in pattern and pattern awareness – ability to maintain patterns and ability to execute pattern changes with precision and accuracy. Points a-b-c all affect pattern accuracy and ability

### **Factor Four - Speed, Accuracy of Spins, Thrusts and Twirl Actions**

- a) Spins will be precise with water levels even, body extension and accurate 180 turns
- b) Thrusts will be rapid and snappy with hips and legs moving directly up the vertical line. Stillness at the top of the thrust is evident
- c) Twirls will be rapid and hips and body will move as one. The twirl will appear quick and light.

### **Factor Five – Gymnastic/Acrobatic/ Extraordinary Ability/Diving skills**

- a) Abilities in lifts as a flyer
- b) Ability in lifts as a middle, having explosive strength to maintain a lift

### **Factor Six – Manner of Presentation (as per FINA definition)**

- a) The manner in which the swimmer presents the routine to the viewers
  - o Athlete will exude confidence
  - o Charisma - body language is commanding
  - o Athlete flows effortlessly through the performance with an appearance of ease
- b) Ability to “perform” - total command of the performance of the routine segments. Presentation is genuine and fills the room

### **Factor Seven – Intangible Qualities**

- a) *Good People First* – attitude for gratitude, positive person that people enjoy being around, sincere, has integrity, appreciates the opportunities they are given
- b) *Demonstrated Commitment to Being a High Performance Athlete Through Daily Actions* – consistently sets a high standard of training, work ethic and habits are still present when no one is watching, consistently works outside of their comfort zone, manages health and wellness on a daily basis
- c) *Accountable and Responsible* – finds solutions vs. making excuses, takes responsibility for actions, complete tasks and meets deadlines, is responsible for their own performance pathway
- d) *Communication* – takes ownership over communication, proactive, respectful, honest, seeks out the right person to talk to
- e) *Performance Under Pressure* – manages anxiety, confident, ability to handle pressure situations without it affecting performance, ability to handle "curve balls" or changes in plans without it affecting training or performance, recovers easily from mistakes/set backs, has excellent emotional control in all situations
- f) *Competitiveness/Drive/Determination* – raises the level in any competitive environment, trains and competes with heart and determination, never gives up

- g) *Coachability* – Hungry to learn, learns from their mistakes, motivated to improve, willing to try new things, easily adapts
- h) *Team First Mentality* – positive, contributing member to team success, respectful of each other's differences, energy givers not energy takers, positively impacts teammates in the DTE and competition, builds trust through everyday words and actions, “all in” when it comes to team vision and goals

35. The above factors are not weighted, are not listed in an order of importance and may be revised from time to time to ensure short term and long-term success in international competition for Canada.

36. In order for Ontario to achieve the podium for both Duets and Teams at the Canada Games and at the Junior Provincial Team competitions, the Selection Committee reserves the right to make recommendations on athletes with specific abilities that will contribute to competition Events as a first priority.

37. The 10 athletes selected to the 2019 Canada Games Team will then participate in all Canada Games Team Training Camps and will compete at the 2019 Canada Winter Games in Red Deer, Alberta.

38. The 12 athletes selected to the 2018 Junior Provincial Team will participate in the 2018 SYNC Invitational in Toronto, Canada, and in the UANA Pan American Championships in Riverside, California.

## **APPOINTMENT OF TEAM SOLO(S) AND DUET(S) & ALTERNATES (IF APPLICABLE)**

Appointments for the solo(s), duet(s) and alternate(s) on provincial teams will be based on the selection process and selection criteria described in this document and the Selection to Provincial Team Policy.

The Athlete Selection Committee will also consider the following criteria, listed below in priority of importance:

- Results and experience in Provincial and National Competitions
- Technical and artistic ability based on their own assessment as well as judges' scores from Competition
- Compatibility with athlete combinations, other athletes and coaches
- Physical competition readiness and physical suitability.

The Athlete Selection Committee may solicit feedback from other technical experts to assist in making their decision. The Head Coach of the team has the final decision making authority regarding the naming of solo(s), duet(s) and alternate(s) on provincial teams.