



Selection Criteria
 2019 11-12 Provincial Team
(as of May 31, 2019)

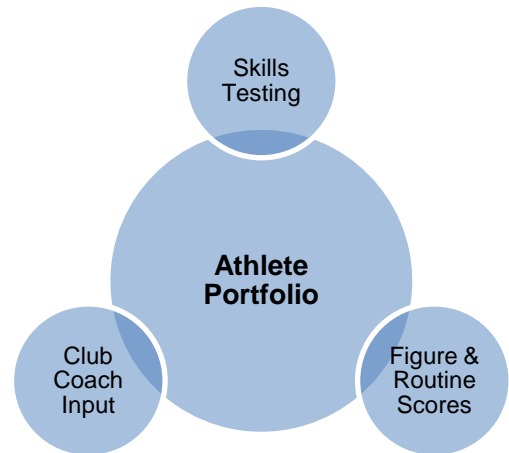
Competitive Event				
<p>Event:</p> <p>11-12 High Performance (“HP”) Team will attend the SYNC Invitational AND UANA (pending qualification via CAS bid policy)</p> <p>11-12 Development Team (“DT”) will attend the SYNC Invitational</p> <p>Date: SYNC (July 17-21, 2019) & UANA (Aug 19-24, 2019)</p> <p>Location: SYNC (Gatineau, QC) & UANA (Windsor, ON)</p>				
Pre-Competition Training Camp				
<p>Event: Top 10 Pre-Competition Training Camp #1 AND #2 for the 11-12 High Performance (“HP”) Team. Top 10 Pre-Competition Training Camp #1 for the 11-12 Development Team (“DT”) Team.</p> <p>Dates: Tentative schedule for Camp #1 (SYNC preparation): June 26 – July 15 Tentative schedule for Camp #2 (UANA preparation): July 29 – August 17</p> <p>Times: Daily training times will vary according to pool availability (anticipated to be approximately 10:00am – 3:00pm daily)</p> <p>Location: Toronto Pan Am Sports Centre (TPASC) / Markham Pan Am Centre (MPAC)</p> <p>Final Team Fees:</p> <p>High Performance (HP) Team: \$5100.00</p> <p>Development (DT) Team: \$3000.00</p>				
11-12 National Development Camp				
<p>It is anticipated that Canada Artistic Swimming will be offering an 11-12 National Development Camp immediately following the SYNC Competition in Gatineau (est. 3 days). It is Ontario Artistic Swimming’s intent to include this development camp within the 2019 11-12 Provincial Team program for members of the 11-12 Development Team only (11-12 High Performance Team members will return home following the SYNC Competition and will resume Training Camp #2 on July 29). Further details to be communicated upon release from Canada Artistic Swimming.</p>				
Selection Process Summary				
Phase	Event	Date	Location	Registration Process

1 <i>(Top 50 advance)</i>	11-12 Figure Event (prior to the 2019 Hilton Invitational)	April 10, 2019 (see meet schedule)	Etobicoke Olympium Pool	Fee: \$29.00 Due: February 20, 2019 Register: As per figure event registration process for meet
2 <i>(28 selected to advance)</i>	11-12 Provincial Team Assessment #2 (at 2019 Trillium 12&U Championships)	May 24-26 2019 (date TBA)	Etobicoke Olympium Pool	Fee: \$29.00 Due: May 2, 2019 Register: Via online form provided by OAS (to be sent to eligible athletes' Clubs)
3 <i>(10 selected to final 11-12 High Performance ("HP") Team AND 10 selected to final 11-12 Development ("DT") Team)</i>	Final 11-12 Provincial Team Selection Camp	June 15-16, 2019 <i>(Updated schedule: Sat June 15 from 10:15-5:15pm & Sun June 16 from 7:45-12:15pm)</i> <i>*See final Phase 3 Camp Schedule for full details</i>	TPASC (Toronto Pan Am Sports Centre)	Fee: \$150.00 Due: June 5, 2019 Register: Via online form provided by OAS (link below)

OVERVIEW:

1. Selection to the 2019 11-12 Provincial Team will be based on a 3-phase selection process that builds a comprehensive evidence-based athlete portfolio built by three areas and supported by NSO-aligned Team Selection Factors (Please see Appendix I). Athletes must participate in Phase 1 in order to be considered for advancement to Phase 2 and Phase 3.

Skills Testing	Early Bird Skills testing results and Phase 1-3 skills testing results will be assessed.
Figure/Routine Scores	Phase 1-2 figure scores and Phase 3 routine scores will be assessed. Figure scores from 2019 competitions will be tracked along with any applicable routine scores.
Club Coach Input	Each athlete's club coach will be asked to submit a mandatory athlete survey with Phase 2 registration to contribute information to the Athlete Portfolio. (Please see Appendix II)



2. The top Ten (10) athletes in Phase 3 of this trials process (11-12 High Performance "HP" Team) will be selected to participate in the pre-competition training camps, and will compete at the 2019 SYNC Invitational (Gatineau, QC), and then (pending qualification via CAS bid policy), will ALSO compete at the 2019 UANA Championships (Windsor, ON).

The next Ten (10) athletes in Phase 3 of this trials process (11-12 Development “DT” Team) will be selected to participate in the pre-competition training camp, and will compete at the 2019 SYNC Invitational (Gatineau, QC).

Note – In addition to the information contained in this document, please also refer to the Ontario Artistic Swimming **Selection Policy**, which can be found on the OAS website (ontarioartisticswimming.ca > About > Policies and Forms).

AUTHORITY FOR SELECTION – *Please see OAS Selection Policy*

Please note: *As per the OAS 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 OAS).*

ROLES AND RESPONSIBILITIES – *Please see OAS Selection Policy*

BYES – *Please see OAS Selection Policy*

APPEALS PROCESS – *Please see OAS Selection Policy*

ELIGIBILITY:

3. For General Eligibility Requirements for Ontario Artistic Swimming Teams, please refer to the *OAS Selection Policy*. Criteria specific to the 2019 11-12 Provincial Team shall be as follows:
 - Be aged 11 or 12 by December 31, 2019

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

SELECTION PROCESS:

4. The Selection Process for the 2019 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: 2019 11-12 FIGURE EVENT (PRIOR TO HILTON INVITATIONAL)

Phase	Date / Location	Event / Components	Selection Result:
1	April 10, 2019 (see meet schedule) Etobicoke Olympium Pool	11-12 Figure Event prior to the 2019 Hilton Invitational 50 athletes advance to Phase 2 based on: <ul style="list-style-type: none"> • 100% 11-12 Figure Event Score 	Top 50 athletes advance to Phase 2

REGISTRATION FOR PHASE 1:

- Phase 1 of the 11-12 Provincial Team Selection is open to **all age-eligible competitive 11-12 athletes** who must pay the \$29.00 figure entry fee. The deadline for registration in the 11-12 Provincial Team Trials will be **February 20, 2019**, and will be conducted as per figure event registration for the meet (as directed by Ontario Artistic Swimming).

PHASE 1 PROCESS:

- To advance to Phase 2 of the selection process, an athlete must **rank in the top 50 athletes at the 11-12 Figure event (prior to Hilton Invitational)**. The official list of athletes invited to participate in Phase 2 shall be posted publicly (with eligible athletes highlighted).

PHASE 2: 11-12 PROVINCIAL TEAM ASSESSMENT EVENT #2

Phase	Date / Location	Event / Components	Selection Result:
2	May 26, 2019 Etobicoke Olympium Pool	<p>11-12 Provincial Team Assessment Event #2 (at 2019 Trillium 12&U Championships):</p> <ul style="list-style-type: none"> Figures Competition (Two Compulsory Figures) – from 11-12 Figure Event at Trillium 12&U Championships Individual performance of a segment of the Canada Artistic Swimming 50m Synchro-Specific Swim Flexibility Test <p>28 athletes will be selected to advance to Phase 3 based on analysis of the Athlete Portfolio:</p> <ul style="list-style-type: none"> Skills Testing Figure/Routine Scores Club Coach Input 	28 athletes selected to advance to Phase 3 by Selection Committee

REGISTRATION FOR PHASE 2:

- Athletes ranking in the Top 50 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 Ontario Artistic Swimming via email to eligible athletes’ Clubs).
- Should an athlete decline their participation in Phase 2, they may be replaced by the next selected athlete from Phase 1 as specified by the Selection Committee.

9. Athletes that do not rank in the top 50 athletes moving on from Phase 1 may be added based on the Selection Committee's ongoing tracking of evidence in athlete portfolios, if the Selection Committee determines this is appropriate. *Please see OAS Selection Policy.*

PHASE 2 PROCESS:

10. In Phase 2, the selected 50 athletes will compete in a Figures Competition (two Compulsory Figures) – **scores taken from the 11-12 Figure Event at Trillium 12&U Championships**, an individual performance of a segment of the Canada Artistic Swimming 50m Synchro-Specific Swim, and one (1) Flexibility Test. Testing events are to be held **following** the Trillium 12&U Championships (**with the exception of the 11-12 Figure Event, which is held during the Trilliums 12&U Championships**).
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 **11-12 Figure Event at Trillium 12&U Championships**. **Scores for the compulsory figures will be reviewed as part of the Selection process. Scores for the optional figures (as well as any other 2018-19 figures/routines scores) will be tracked in order to build comprehensive evidence-based athlete portfolios as described in #1.**
16. Swimmers will participate in an individual performance of a segment of Canada Artistic Swimming's **50m Synchro-Specific Swim** as per the following:
 - a. The individual 50m Synchro-Specific swim will be assessed by designated assessors (**Provincial Team Coaches**).
 - 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 Canada Artistic Swimming '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
PART 1: Ballet Leg (Skill 4 in original document):
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.
PART 2: Fishtail / Body Boosts / Thrust (Skill 5 in original document)
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.
PART 3: Eggbeater (Skill 6 in original document)
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.

- 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
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MAXIMUM POSSIBLE SCORE = 64	
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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 the random draw order in #14). The Flexibility Test will be conducted as per the following:

- f. 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	
<p>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.</p>	

- g. 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	
	1	0	1	0	1	0
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 28 athletes named by the Selection Committee. The list of 28 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	<p>Date: June 15-16, 2019</p> <p>(Updated schedule: Sat June 15 from 10:15-5:15pm & Sun June 16 from 7:45-12:15pm)</p> <p><i>*See final Phase 3 Camp Schedule for full details</i></p>	<p>Final 11-12 Provincial Team Selection Camp:</p> <ul style="list-style-type: none"> • Routine Set score (performed individually for a panel of judges) • In-Pattern Evaluation (performed in randomly-assigned groups, un-scored, assessment notes by judges and coaches) • Time Trials (100m Free and 25m Front Flutter) • General Flexibility Assessment (un-scored, assessment notes made by coaches) 	<p>Top 10 athletes selected to the final 2019 11-12 High Performance "HP" Team by Selection Committee</p> <p>&</p>
	<p>Location: TPASC (Toronto Pan Am Sports Centre)</p>	<p>10 athletes are selected to <u>each</u> final team based on analysis of the Athlete Portfolio:</p> <ul style="list-style-type: none"> • Skills Testing • Figure/Routine Scores • Club Coach input 	<p>Next 10 athletes selected to the final 2019 11-12 Development "DT" Team by Selection Committee</p>

REGISTRATION FOR PHASE 3:

- Athletes named to the list of 28 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 \$150.00. **The online registration form is available via the link below.**
- Should an athlete decline their participation in Phase 3, they may be replaced by the next selected athlete from Phase 2, as specified by the Selection Committee.

PHASE 3 REGISTRATION FORM

https://ontarioartisticswimming.formstack.com/forms/2019_ptt_phase3_registration

Deadline: Wednesday June 5

PHASE 3 PROCESS:

- In this Phase of the selection process, the selected 28 athletes will perform a **Routine Set** (11-12 Provincial Team Routine), which will be performed individually for a panel of judges. Athletes will

also participate in an **In-Pattern Evaluation** which will be performed in **randomly-assigned** groups. Additionally, athletes will complete two **Time Trials** and a **General Flexibility Assessment** (un-scored, assessment notes made by coaches). Protocols for all components are below.

22. Each athlete will complete all Phase 3 components in a plain black suit and white cap (or coloured cap as designated and provided by OAS), and will not wear any distinguishing items such as jewelry or nail polish.
23. 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.
24. 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).
25. There will be no pre-swimmers for Phase 3.
26. Athletes will compete in the Routine Set portion of the assessment as per the following:

Protocol – Routine Set (Performed Individually)
General:
<ul style="list-style-type: none"> • Athletes will perform the Routine Set once, individually as per below • Athletes will wear a white cap for the individual Routine Set Performance • The 11-12 Routine Set must be performed exactly as described in the video provided • Athletes will perform laps 1 and 2 of the routine set (full 1:51 of the music file) • Athletes will begin from a position on the bulkhead (as per the video) • The Referee will ensure that the athlete is in position/ready, and will blow the whistle to signal the music start • Routine Set performances will be recorded for reference by the Selection Committee
Draw Order / Warm-up:
<ul style="list-style-type: none"> • Order for the Routine Set will be by random draw (draw to be posted prior to Phase 3) • Prior to the performance of the Routine Set, a warm-up will be held: <ul style="list-style-type: none"> ○ Judges/coaches to watch wave warm ups ○ 4 groups of 7 athletes wave warm up: <ul style="list-style-type: none"> ▪ Athletes who draw 1-7 are wave #1 ▪ Athletes who draw 8-14 are wave #2 ▪ Athletes who draw 15-21 are wave #3 ▪ Athletes who draw 22-28 are wave #4
Scoring:

<ul style="list-style-type: none"> Judges provide 2 scores – one for Execution and one for Manner of Presentation (if enough officials are available, judges on separate panels for Execution and Manner of Presentation will each provide 1 score). Coaches will provide additional notes/comments on execution and timing (no formal score provided); if an athlete makes a choreography error (goes in a wrong direction, misses a section of legs/arms, uses wrong leg/arm etc.), coaches will make a note of the error (no formal score deduction, however errors will be considered in final team selection by the Selection Committee) Total score = Execution 65% + Manner of Presentation 35%
Phase 3 Resources:
<ul style="list-style-type: none"> Athletes/coaches can access the Routine Set videos (land drill and in-pool) and Routine Set music file via the link below: <ul style="list-style-type: none"> Folder Link: https://www.dropbox.com/sh/3tjasqlq2giyeu9/AABmGQWUp69C8rliy3H2rQPta?dl=0

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

Protocol – In-Pattern Evaluation	
Patterns/Positions:	
<ul style="list-style-type: none"> Athletes will be randomly assigned to groups and will be given a coloured cap which will indicate pattern position 	
Performing Routine Segments in Groups:	
<ul style="list-style-type: none"> Athletes will participate in routine segments as directed by the coaches All groups will perform the same segment the same number of times Coaches may provide corrections during this component of the trial Coaches will direct when to move to the next segment 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) In-Pattern Evaluation performances may be recorded for reference by the Selection Committee 	

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

Protocol – Time Trial	
100m Free	<ul style="list-style-type: none"> 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. Timer will record time when athlete touches the poolside with one hand after completing the 100m free (4 laps).

25m Front Flutter	<ul style="list-style-type: none"> • 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. • Hands must be held together at all times; face may enter the surface water; and athletes may breath when necessary (forward facing ONLY).. • Timer will record time when athlete touches the poolside with one hand after completing the 25m free (1 lap)
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29. The General Flexibility Assessment will be conducted as per the following:

Protocol – General Flexibility Assessment	
General Flexibility Assessment	<ul style="list-style-type: none"> • The General Flexibility Assessment will be an informal (un-scored) component of the trials • Athletes will participate in a Coach-led land flexibility session which may include elements such as knee/foot/ankle extension, splits, back arch/shoulders etc. • Athletes will be required to perform skills to demonstrate flexibility including, but not limited to, splits, ariana rotations, needles etc., as per coach instructions • Coaches will observe athletes and make notes on flexibility standards for each athlete
Resources:	
<ul style="list-style-type: none"> • For flexibility guidelines, please refer to Ontario LTAD Testing Guidelines posted online at: https://ontarioartisticswimming.ca/competitive/ltad-testing/ 	

30. This phase of the selection process involves the Selection Committee selecting the best possible team of 10 athletes to the 2019 11-12 High Performance “HP” Provincial Team and the next 10 athletes to the 2019 11-12 High Performance “DT” Provincial Team from the 28 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 rankings or judges’ scores.

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

32. In selecting the two teams of 10 athletes, the Selection Committee will consider each athlete’s comprehensive evidence-based Athlete Portfolio and NSO-aligned Team Selection Factors (Appendix I), along with any other factors which in the sole and absolute discretion of the Selection Committee are deemed relevant.

33. The Team Selection Factors (Appendix I) 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.
34. 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.
35. The top Ten (10) athletes selected to the 2019 11-12 High Performance “HP” Provincial Team will compete at the 2019 SYNC Invitational (Gatineau, QC), and then (pending qualification via CAS bid policy), will ALSO compete at the 2019 UANA Championships (Windsor, ON).
36. The next Ten (10) athletes selected to the 2019 11-12 Development “DT” Provincial Team will compete at the 2019 SYNC Invitational (Gatineau, QC).

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 (not listed in an order 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 and Trials events
- Compatibility with athlete combinations, other athletes and coaches
- Physical competition readiness and physical suitability
- Team Selection Factors (as described in Appendix I), as well as specific abilities that will contribute to competition events, such as abilities as a flier, base etc. within highlights

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.

APPENDIX I TEAM SELECTION FACTORS

Factor One – Execution

Execution is the level of excellence demonstrated through the athlete's mastery of highly specialized skills. Execution is how well the athlete does whatever they perform. Execution covers execution and synchronization – 50% for each.

Synchronisation

Synchronisation is the precision of movements in unison, one with the other, with the music. Members of a team or duet are perfectly synchronised from the start to the finish, including movements under water.

- All body positions, movements and transitions are perfectly synchronised
- Athletes are synchronised above, at or below the surface
- Athletes are synchronised with the rhythm, melody accents or highlights and special effects in the music
- Athletes are synchronised with the tempo and tempo changes in the music - movements occur in conjunction with the tempo changes

Height

- As high as possible in all actions. See the FINA Guiding Height Scale for hybrid figures, eggbeater kicking and boosts

Well Defined Accuracy

- Strokes, propulsion techniques - arm positions well defined, extended when appropriate, clear angles of arms and hands
- Head and shoulder positions well-defined for strokes and in alignment for sculling
- Stroke entry into the water efficiently completed
- Hybrid figures have accurate vertical and horizontal lines and positions, precise body and limb positions with angles well-defined

Extension, full body extension throughout action

- Knees, ankles, feet and toes should always be fully extended with no relaxation of extension during any part of the execution, unless clearly intended otherwise in the choreography
- Full body extension throughout actions
- Horizontal and vertical alignments are exact, with head (ears), hips and ankles in line
- In strokes and propulsion techniques, the fingers, arms, neck and the shoulders are fully extended

Efficiency

- Maximum efficiency with minimum effort
- Efficient, effective strokes and kicks

Smoothness and Apparent Effortlessness

- All actions are smooth and seemingly effortless throughout, without bouncing, jerkiness or splashing unless clearly intended otherwise in the choreography
- Ease of motion and seemingly effortless action shown in all positions, movements and transitions, from beginning to end
- Fluidity seen through all transitions

Stability and Control

- The tempo should be consistent (except when altered for choreographic effect) with clear, fluid motion from start to finish
- Action should flow from stroke to figure and figure to stroke, with no loss of height or efficiency
- No excessive, extraneous movements, unplanned travel or loss of control, extension or height during a transition
- Descents are completed through the surface until the toes are underneath the water, with clearly planned underwater movements to return to the surface

Strength, Power and Energy Level

- Stroking, kicking and sculling must be strong and powerful
- Athletes must demonstrate the strength and power necessary to provide support for any weight held above the water, for lifting and thrusting actions, and for stability in all figure positions and movements
- An athlete's energy level must remain high to control and maintain the actions with consistent tempo throughout the routine

Risk Elements (Acrobatic elements)

- Athlete's abilities in lifts as a flyer, statue
- Athlete's ability to execute clear and easily recognisable highlights
- Athlete's ability to be stable in achieving and maintaining position(s) with no 'falling off' or loss of balance
- Athlete's ability to contribute to and execute a stable platform, a banquine
- Athlete's ability to execute a 'statue' in control on top
- Athlete's ability to achieve maximum height
- Athlete's ability to execute a clean entry

Pattern Changes

- Athletes execute clear, precise formations that are easily identified and well-defined, with efficient pattern changes
- Athletes execute the patterns with precision, accurate positioning in relation to each other and to the pool space
- Athletes maintain the pattern formation while moving and performing figures, hybrid actions, strokes and propulsion techniques

Speed, Accuracy of Spins, Thrusts and Twirl Actions

- Spins are precise with water levels even, body extension and accurate turns, holds the vertical line, is a smooth, fluid motion
- Thrusts are rapid and snappy with hips and legs moving directly up the vertical line. Stillness at the top of the thrust is evident
- Twirls are rapid and hips and body will move as one. The twirl appears quick and light

Factor Two – Difficulty of Figures and Hybrid Figures

Difficulty is the quality of being hard to achieve. There are two types of Difficulty, namely, difficulty of execution and of synchronisation

Sustained airborne weight

- Athletes can execute actions that are performed and sustained at maximum height levels

Length of exercise

- Athletes can execute long, complex actions that are physically demanding

Technique proficiency, scull proficiency

- Athletes can execute hybrids that require a mastery of specialised skills, such as many rotations of spins, maintaining dynamic height, large travelled hybrid and off-balanced hybrids

Complexity, risk factors

- Athletes can execute complicated hybrids that contain many parts, multiple changes in body positions, angles, directions and water levels, hybrid sequences with a large variation of pattern changes, hybrid sequences in blind patterns or with blind pattern changes, high-risk hybrids, e.g. a thrust followed by a rapid continuous spin, or rocket splits followed by multiple spins, connected moves, especially when it is entered into from a blind move

Flexibility

- Athletes can execute hybrid figures that require an extreme range of flexibility, such as Walkouts, Nova lift, Spiral lift, Aurora open, Knight and Split

Factor Three – Manner of Presentation

Manner of Presentation is the manner in which the athlete/athletes present the routine to the viewers. It is more than a smile. It involves the face and the whole body. It is an ability to **“perform”**

- Athletes must demonstrate they are in total command throughout the routine, demonstrating confidence, poise and flow effortlessly through the performance with an appearance of ease
- Athletes must have a high energy level (start to finish), both physical and emotional and a consistency of performance
- Athletes must demonstrate a responsiveness to the emotions expressed by the music and the choreography, along with the ability to communicate with sincerity and enjoyment to viewers so they are drawn into and feel as if they are a part of the performance

Completeness of Performance

- Use of whole body and body language – demonstrates excellent posture, displays and makes use of body language in the head, body, arm and hand movements and in facial expressions
- Focus of the body and face – good use of eye contact and use of the head, accompanied by appropriate facial expression to carry a message to the viewers
- Use of varied moods – the athlete is able to demonstrate a desired mood (love, power, joy, sorrow, anger, pain, etc.) so as to allow the audience to also feel the emotions heard in the music

Aura of Total Command, Confidence

- Convincing presentation – the entire performance should be purposeful, riveting and demanding attention, with an air of confidence and command maintained throughout. The performance should seem fresh and spontaneous throughout!

Effortlessness throughout

- An illusion of ease is maintained throughout the performance, breathing should be quiet and not explosive or wheezing, kicking and sculling should appear effortless and powerful without splash or struggle
- The athlete should not look frantic or panicky and should remain poised and confident throughout
- There is a consistency of performance with continual movement

Charisma and communication

- Ability to communicate with viewers
- Facial Expressions
- Sincerity
- Showmanship
- Presentation is genuine and fills the room

Factor Four – Robustness and Resilience

Robustness

- Athlete has the ability to manage the training load and recover on a daily basis without a deterioration in their physical abilities, mental health and general and health and well-being

Resilience

- Athlete has the attributes that allow them to cope with difficult training and difficult competitive situations and emerge without losing confidence.
- Athlete has the ability to stick it out when those around them give way and the ability to rebound from disappointments and missed opportunities and get right back to it
- Athlete has a hardiness for enduring the downs of a situation. They remain optimistic in the face of adversity and can quickly change when necessary

Mental Flexibility

- Athlete has the ability to absorb the unexpected and remain supple and engaged and not frustrated
- Athlete can maintain good humor, even when the situation becomes tough
- If something isn't going well or doesn't turn out as expected, the athlete is able to remain flexible in their approach and look for new ways to solve the problem

Performance Under Pressure

- Athlete manages anxiety, is confident, has the ability to handle pressure situations without it affecting performance
- Athlete has the ability to handle "curve balls" or changes in plans without it affecting training or performance
- Athlete recovers easily from mistakes/set-backs
- Athlete has excellent emotional control in all situations

Courage and Ethics

- Athlete does the right thing for the organization and the team. They suppress the temptation to cut corners or to undermine others so they come out on top. They have the courage to make the hard but right decisions for the team

Factor Five – Teamwork, Communication, Daily Habits

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

Accountable and Responsible

- Finds solutions vs. making excuses, takes responsibility for actions, complete tasks and meets deadlines, is responsible for their own performance pathway

Competitiveness/Drive/Determination

- Raises the level in the DTE and competitive environment
- Trains and competes with heart and determination, never gives up,
- Has the drive to do what is necessary to be the best in the world
- There is nowhere else they would rather be

Coachability

- Hungry to learn, motivated to improve

- Takes corrections and applies them
- Willing to try new things
- Easily adapts to changes and changing situations in training

Team First Mentality

- Positive, contributing member to team success
- Respectful of other's differences,
- Energy giver not an energy taker, positively impacts teammates in the DTE and competition, builds trust through everyday words and actions,
- Is "all in" when it comes to team vision and goals

Communication

- Takes ownership over communication
- Proactive, respectful, honest, seeks out the right person to communicate with

Good People First

- Attitude for gratitude,
- Positive person that people enjoy being around, sincere
- Has integrity
- Appreciates the opportunities they are given

**APPENDIX II
CLUB COACH INPUT TO ATHLETE PORTFOLIO**

Each athlete's club coach will be asked to submit a mandatory athlete survey with Phase 2 registration to contribute information to the Athlete Portfolio.

The Sport Development Manager will send a survey link to club head coaches to share with applicable club coaches to complete a survey for each athlete registering to participate in 2019 11-12 Provincial Team Trials, as indicated by their registration into Phase 2.

Questions to complete will be as follows:

Question 1	Athlete Name
Question 2	Please outline 3-5 of the athlete's greatest strengths (technical focus).
Question 3	Please outline 3-5 areas in which the athlete needs to focus to see improved performance (technical focus).
Question 4	From your first-hand experience with this athlete, what other qualities (specific to Factor 4 – Robustness and Resilience and Factor 5 - Teamwork, Communication, Daily Habits) would the athlete bring to the Provincial Team?
Question 5	In your opinion does the athlete demonstrate the required abilities to withstand Provincial Team training and competition (Mental and physical readiness for training camp and an away competition)?