



Selection Criteria

2019 Junior Provincial Team

Updated: May 22, 2019

Competitive Event				
<p>Event: UANA Pan Am Championships (it is OAS's intent to enter a routine in the Free Combination event, the Junior Technical Team event, as well as in the Junior Duet/Solo events as applicable/permitted via qualification process)</p> <p>Date: Aug 19-24, 2019</p> <p>Location: Windsor, ON</p>				
Talent ID Program				
<p>Athlete performances as members of the 2019 Ontario Artistic Swimming (OAS) Junior Provincial Team at the UANA Pan Am Championships shall be a component of Canada Artistic Swimming (CAS) Talent Identification Process.</p>				
Pre-Competition Training Camp				
<p>Event: Pre-Competition Training Camp</p> <p>Dates: 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 Fee: \$2800.00</p>				
Selection Process Summary				
Phase	Event	Date	Location	Registration Process
1 <i>(Up to of 12 athletes selected to final team)</i>	Junior Provincial Team Selection Event, plus applicable members of Ontario's 2019 Canada Games Team (see below)	Friday May 24, 2019 Scheduled for 5:10-6:30pm (see info package/detailed schedule)	Etobicoke Olympium	Fee: \$75.00 Due: Thursday May 16 (registrations accepted on a first-come, first-served basis, up to a maximum of 40 entrants – see #6 below) Register: Via online form provided by OAS (link below)

OVERVIEW:

1. Selection to the 2019 Junior Provincial Team will be **based on two components included in the 1-Phase Selection Process:**

- **Component #1:** Members of Ontario's 2019 Canada Winter Games Team who have indicated intent to participate in summer 2019 Junior Provincial Team programming are granted an automatic spot on the final team of up to 12 and are not required to participate in the trials process. As of May 22, 2019, **two members** of Ontario's Canada Games Team have indicated intent to participate, **leaving up to 10 spots remaining via Component #2.**
 - **Component #2:** A **1-phase** selection process supported by NSO-aligned Team Selection Factors (Please see Appendix I). Phase 1 is open to all age-eligible Ontario athletes (up to a maximum of 40 entrants – see #6 below), and the final Team of up to 12 will be selected from this phase **and from those athletes indicated in Component #1.**
2. Up to 12 athletes (**based on the components listed above**) will be selected to participate in the pre-competition training camp and will compete at the 2019 UANA Championships (Windsor, ON). It is OAS's intent to field a Combo Routine, **a Junior Technical Team, and Junior Duets/Solos (as applicable/permitted via qualification process)**, at this event.

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 Junior 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 Junior Provincial Team shall be as follows:
- Be aged 15 to 18 by December 31, 2019 (Year of birth: 2001 to 2004 inclusive)

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 Junior Provincial Team shall be based on performance analysis for the components listed, and shall not be based entirely on a calculated result/ranking.

The single phase of the selection process is described below:

PHASE 1: JUNIOR PROVINCIAL TEAM SELECTION EVENT

Phase	Date / Location	Event / Components	Selection Result:
1	<p>Date: Friday May 24, 2019</p> <p>Time: Scheduled for 5:10-6:30pm (see info package/detailed schedule)</p> <p>Location: Etobicoke Olympium</p>	<p>Junior Provincial Team Selection Event:</p> <ul style="list-style-type: none"> • Individual Routine Performance (segment of Technical Routine performed individually for a panel of judges and coaches) <hr/> <p>Up to 12 athletes are selected to the final team based on:</p> <ul style="list-style-type: none"> • Individual Routine Performance Score (judges' scores) • Individual Routine Performance Assessment (coaches' assessment) • OR: Athlete is a member of Ontario's 2019 Canada Games Team and has indicated intent to participate on the 2019 Junior Provincial Team 	<p>Up to 12 athletes selected to the final 2019 Junior Provincial Team by Selection Committee (including applicable members of Ontario's 2019 Canada Games Team)</p>

REGISTRATION FOR PHASE 1:

5. All Ontario athletes who meet the eligibility criteria above may enter Phase 1 of the Junior Provincial Team Trials (however, places will be limited due to facility availability).
6. **IMPORTANT:**
 - **A maximum of 40 entrants may register for Phase 1, according to the following:**
 - i. **30 registrations** in Phase 1 of trials shall be reserved for ANY eligible Ontario athlete (places available on a first-come, first-served basis)
 - ii. **An additional 10 registrations** in Phase 1 of trials shall be reserved for the 10 members of Ontario's 2019 Canada Games Team. Should any Canada Games Team member decline their spot, it will be added to the 30 general places specified in i.).
 - Additional places beyond the 40 stated above may be made available on a case-by-case basis by Ontario Artistic Swimming, if the Selection Committee determines this is appropriate.
7. Athletes who wish to participate in Phase 1 must register by the stated deadline and pay the Selection Camp entry fee of \$75.00. The online registration form is available via the link below. **Registration will be accepted on a first-come, first-served basis. It is recommended that interested athletes register as soon as possible, given the limited available places.**

REGISTRATION FORM LINK:

https://synchroswimontario.formstack.com/forms/2019_junior_ptt_registration

PHASE 1 PROCESS:

8. In this Phase of the selection process, the registered athletes will complete an **Individual Routine Performance** for a panel of judges and coaches. The routine will be a segment of each athlete's own **Junior Technical Team** routine, from the beginning of the routine until the completion of the cyclone element. Protocols for all components are below.
9. If an athlete does not have an available Junior Technical Team routine at their club, they may choose to use the standard Technical Routine being used in Ontario this season, which is the same routine used by the 2018 Junior Provincial Team.
 - **Sample videos of this routine** (full team, individual, and land drill) are available via this link: <https://www.dartfish.tv/Dispatch?target=collection&CR=p104622c309480&sh=li&aid=735ccc3-53ca-4758-ad0b-b786cc22ff48>
 - **The music file** for this routine is available via this link (this is the same music cut that will be used for Phase 1 trials for athletes which select this routine): <https://www.dropbox.com/s/uo7yw1r7aq66a3/JR%20PTT%20Tech%20Routine%20Music%20Cut.mp3?dl=0>
10. Each athlete registering for Phase 1 must provide a music file for their chosen Junior Technical Team Routine (athletes using the standard Technical Routine in #9 do NOT need to provide their own music file). Music files must be cut to the length being performed (beginning until the end of the cyclone element). Files must be named as per the following:
 - **LAST NAME_FIRST NAME_CLUB_JR PTT Tech Team Cut**Files are to be submitted to the OAS dropbox link below prior to the registration deadline specified
Submit Files To: <https://www.dropbox.com/request/XHuWSJ1aRexJ9fIbgo7>
11. 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.
12. Viewing during Phase 1: Phase 1 will be a Selection Event, and as such will be closed to viewing – only participating athletes will be permitted on deck; coaches/parents may not observe in the gallery.
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/cool-down times and lanes). Athletes are not permitted to land drill while waiting for their turn to swim the Routine event, 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. There will be no pre-swimmers for Phase 1.

15. Athletes will compete in the Individual Routine Performance portion of the assessment as per the following:

Protocol – Individual Routine Performance
<p>General:</p> <ul style="list-style-type: none"> • Athletes will perform the Routine Set once, individually as per below • The routine will be a segment of each athlete's own Junior Technical Team routine, from the beginning of the routine until the completion of the cyclone element. • Each routine segment MUST include: <ul style="list-style-type: none"> • Element #1 – Thrust / Bent Knee Vertical / 180° Spin • Element #2 – Vertical Twist Spin • Element #3 – Cyclone • The routine segment should begin from the deck work/entry, and continue until Element #3 (Cyclone) is completed. • The Referee will ensure that the athlete is in position/ready, and will blow the whistle to signal the music start • Routine performances will be recorded for reference by the Selection Committee
<p>Draw Order / Warm-up</p> <ul style="list-style-type: none"> • Order for the Individual Routine Performance will be by random draw (draw to be posted prior to Phase 1) • Prior to the performance of the Individual Routine Performance, a general deep-end warm-up will be held.
<p>Scoring:</p> <ul style="list-style-type: none"> • Judges provide 2 scores – one for Execution (60%) and one for Manner of Presentation (40%). • Coaches will provide additional notes/comments on performances (no formal score)

16. This phase of the selection process involves the Selection Committee selecting the best possible team of up to 12 athletes to the 2019 Junior Provincial Team. 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.
17. In selecting the team of up to 12 athletes, the Selection Committee will consider each athlete's Individual Routine Performance, including judge scores and coach notes, in accordance with 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.
18. 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.
19. In order for Ontario to achieve the podium for both Duets/Solos and Teams at the 2019 Junior 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.

20. The up to 12 athletes selected to the 2019 Junior Provincial Team will compete at the 2019 UANA Championships (Windsor, ON).

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