

## **PARA-SWIMMING DEVELOPMENT SQUAD SELECTION GUIDELINES 2019/20**

### **OVERVIEW**

The Development Program is the second stage of the Para-Swimming Performance Pathways program. It has multiple aims depending on a swimmer's current stage of development. Selection of the Development Squad is a key component of this program.

Ultimately the Development Program is designed to assist emerging swimmers with their transition onto the Senior Team.

The Development Program focuses on the various processes and skill which will help them to improve, by assessing and encouraging the development of the fundamentals of swimming, and by addressing key areas such as technique, race skills, physical fitness and mental readiness.

The program will also take into consideration their biological maturity, underlying health condition and impairment group to ensure that they are prepared to be able to cope with the demands of high-performance swimming.

Swimmers will be benchmarked for their technical, tactical, physical, physiological and mental attributes from DPE observations, testing profiles and competition performances.

Preparation for international classification is also advanced for swimmers selected to the Development Squad.

### **ELIGIBILITY**

To be eligible for the Para-swimming Development Squad swimmers must meet the following criteria:

- Be an Australian citizen
- Be a current financial member of Swimming Australia
- Be 12 years or older at the time of selection
- Hold a current eligible Australian National or World Para-swimming International swimming sport class of S/SB1-14 with Sport Class Status of Review (R), Review with Fixed Review Date (FRD) or Confirmed (C)

## **SQUAD SIZE**

Typically, a squad of 20 to 30 swimmers will be selected comprising approximately 70% swimmers in the physical impairment classes, 20% swimmers in the visual impairment classes and 10% swimmers in the intellectual impairment class.

Adjustments to the squad size and quotas may be made at any time at the discretion of the Para Mentor Coach and/or Para Head Coach.

## **SELECTION MEETS**

Selection will be based on performances at the following meets:

- Hancock Prospecting Australian Swimming Championships or Trials
- Hancock Prospecting Australian Age Multi Class Swimming Championships

Performances at other meets may be considered at the discretion of the Para Mentor Coach or Para Head Coach.

## **SWIMMER SELECTION**

### ***Selection criteria***

Swimmers performances will be assessed using a combination of SAL Multi Class Point Score (MCPS), World Para-Swimming (WPS) World Rankings, and coach insights.

Swimmers who meet the following criteria will be considered for selection:

1. The performance must be achieved in a recognised selection event (Table 1); and
2. The performance must meet the minimum MCPS standard (Table 1); and
3. The performance is ranked, or equivalent to being ranked, in the Top 16 in the world 3 per nation, based on the previous year's WPS rankings with Australians included; or
4. Be a Para-swimmer, who has been identified for inclusion at the discretion of the Para Mentor Coach or Para Head Coach.

### ***Ranking***

Upon meeting the criteria above swimmers will be ranked using a combination of MCPS and WPS ranking 3 per nation system with Australian's included. This allows the comparison of performance between athletes. Athlete's will be prioritised for selection according to their ranking.

### ***Coach and SAL Paralympic Program insights***

Confirmation of selection will be achieved through coaching insights and consultation with the National Para Mentor Coach and Para Head Coach. This is to ensure the selected

swimmers have the potential and possess the attributes to successfully make the transition through the National Paralympic Performance Pathways Programs and international arena beyond.

Prioritisation will be given to swimmers with qualifying performances in the 'Priority Events' indicated in Table 1. The Paralympic Mentor Coach or Paralympic Performance Manager reserve the right to include swimmers at their discretion.

### ***Change of sport class***

If a swimmer's sport class changes following selection (regardless of the reason) the swimmer's place on the Development Squad will be reviewed. The swimmer will be obliged to achieve the required performance standard for their new classification within 6 months (or other period agreed to by the Para Mentor Coach or Para Head Coach) otherwise the swimmer will be withdrawn.

### ***Coach and support staff selection***

1. The Development Squad Head Coach will be the Paralympic Mentor Coach, unless otherwise appointed by the General Manager Paralympic & Open Water Programs.
2. The General Manager Paralympic & Open Water Programs and Para Mentor Coach will select additional coaches to attend program activities and camps based on the needs of the group attending and the plan going forward to build coaches skills towards international representation.
3. Each camp will be supported by a Team Manager, a team of Sports Scientists and a nurse/carer depending on individual swimmer support needs. These selections will be made by the General Manager Paralympic & Open Water Programs and Paralympic Mentor Coach in consideration of the overall camp objectives and swimmer group needs.

## **PROGRAM ACTIVITIES**

The SAL Paralympic Mentor Coach will work together with the Para Performance Science Manager and Paralympic Pathways Senior Coordinator to develop a camp proposal and schedule. This will include the overall objectives of the camp, intended outcomes and timetable. In general, the camp will include the following activities:

- Performance testing and analysis
- Skills work
- Physical and medical screening
- Education activities
- Opportunities to grow personally and understand the Paralympic culture

## REQUIREMENTS AND RESPONSIBILITIES

Selection onto SAL Para-swimming Performance Pathways Programs is a privilege and presents a significant opportunity for swimmers to advance and improve.

There is no individual funding associated with selection to the Development Squad however SAL does make significant investment into the supports and services provided as part of this program.

Swimmers selected to the Para-swimming Development Squad must adhere to the following:

- Sign a swimmer agreement
- Maintain working with a suitably qualified home coach who is responsible for the swimmers' training plan and Daily Performance Environment (DPE)
- Maintain appropriate levels of training as agreed between the Paralympic Mentor Coach, the swimmer's home coach and the swimmer
- Complete daily reporting in AMS
- Current National Institute Network Medical Screening (within 12months of camp date)
- Attend and complete all required squad activities

The swimmers home coach must adhere to the following:

- Submit annual plans and progress updates to the Paralympic Mentor/Head Coach as required
- Be available for home program visits by the Paralympic Mentor/Head Coach and/or State Head Coach as required

Both the swimmer and their home coach must comply with the following Policies, Procedures and Codes:

- [SAL Code of Conduct](#)
- [SAL Safe Sport Framework](#) (Child Protection)
- [SAL and ASADA Anti-doping Rules](#)
- [SAL Classification Policy](#)
- [IPC Classification Code](#) and [WPS Classification Rules and Regulations](#)

**Table 1: Recognised selection events\* and minimum MCPS standards**

x = Non-selection event   ● Male selection event   ● Female selection event

	S/SB 1	S/SB 2	S/SB 3	S/SB 4	S/SB 5	S/SB 6	S/SB 7	S/SB 8	S/SB 9	S 10	S/SB 11	S/SB 12	S/SB 13	S/SB 14
<b>FREESTYLE</b>														
50m	x	x	●	● ●	●	●	●	●	●	● ●	● ●	x	● ●	x
100m	x	x	●	●	● ●	●	●	●	●	● ●	●	● ●	x	x
200m	x	●	●	●	● ●	x	x	x	x	x	x	x	x	● ●
400m	x	x	x	x	x	● ●	● ●	● ●	● ●	● ●	● ●	x	● ●	x
<b>BACKSTROKE</b>														
50m	●	● ●	● ●	● ●	● ●	x	x	x	x	x	x	x	x	x
100m	●	● ●	x	x	x	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●
<b>BUTTERFLY</b>														
50m	x	x	x	x	● ●	● ●	● ●	x	x	x	x	x	x	x
100m	x	x	x	x	x	x	x	● ●	● ●	● ●	●	●	● ●	● ●
<b>BREASTSTROKE</b>														
50m	x	●	● ●	x	x	x	x	x	x	x	x	x	x	x
100m	x	x	x	● ●	● ●	● ●	● ●	● ●	● ●	x	● ●	● ●	● ●	● ●
<b>INDIVIDUAL MEDLEY</b>														
150m	x	x	●	● ●	x	x	x	x	x	x	x	x	x	x
200m	x	x	x	x	●	● ●	● ●	● ●	● ●	● ●	● ●	x	● ●	● ●
MCPS	500	500	500	550	550	600	600	600	600	600	500	550	600	600

\*Based on 2020 Paralympic Games program.