

Swimming Australia Pathway National Flippers Program

The Swimming Australia (SA) National Flippers program is designed to assist swimmers master correct fundamental technical skills required for their specific event and develop physical fitness in line with their biological maturity to cope with the demands of Youth swimming.

Athletes will be benchmarked for their technical, tactical, physical, physiological and mental attributes from their competition performances and AMS assessment profiles.

Selection Criteria

The National Flippers Program supports swimmers who:

- Are four to six years from a Senior Podium performance,
- Are at T2 - T4 levels of the Australian Swimming Framework (ASF), and
- Have met the National Flippers Performance Standards of:
 - 8th placed into the World Championship Final plus 3% for Females Aged 18yrs and over and Males Aged 19yrs and over
 - 8th placed into the World Championship Final plus 5% for Females Aged 17yrs and under and Males Aged 18yrs and under
 - *Standards to be found in appendices*
- These swimmers will be selected subjectively based on potential to successfully represent Australia at major international events.
- Selections will be made by the State Technical Directors (STD), National Youth Coach (NYC) and General Manager Performance Pathway (GMPP) through evaluation of swimmers' performances at the Australian National Championships and the State Flippers assessment camps.
- The swimmer evaluations will take into account the following considerations:
 - Technique including distance per stroke, stroke count, stroke rates, pacing, starts, turns, finish skills, competition progression, relative maturation age and training age,
 - Performances and rankings from the Australian National Championships,
 - Results from the SA assessment protocols undertaken at the State Flippers camps, and;
 - Feedback from the program visits conducted by the National Youth Coach and State Technical Directors.

Program Selections

Program selections will be finalised by 10th September 2021 and all athletes will be notified in writing (via email) by the 17th September 2022.

Selection Additions, Withdrawals and Suspensions

In exceptional circumstances, additional swimmers may be selected onto the program during the season. Any additional selections will be agreed by the STD's, NYC and GMPP, if SA is of the opinion the recognised swimmers' performance indicates accelerated progress and an improved trainability benchmarks and profile in line with selection criteria outlined earlier.

The STD's, NYC and GMPP may recommend that a swimmer is suspended or withdrawn from the program at any time during the season. Recommendations to withdraw swimmers from the program and the associated funding and benefits will be made if, at the absolute discretion of the SA HPU, the swimmer is no longer seen as a strong genuine medal prospect at Olympic level. In addition, circumstances that warrant withdrawal or suspension from the program include but are not limited to:

- failure to make the required commitment to training or meet the required fitness standards;
- failure to engage fully in SA and State Flipper program activities;
- failure to engage fully in SA and State Flipper monitoring procedures, and;
- non-disclosure of medical or injury information to appropriate SA and State Flipper program staff.
 - *Swimmers may be assessed at any time during the season to demonstrate full engagement with prescribed training programmes, protocols and support services.*

Athlete Contribution

The athlete contribution as part of this selection criteria will be \$250 per athlete and will be invoiced at the time of selection. Please refer to Swimming Australia's Athlete Contribution Model for the details of this policy.

Appendix 1. Performance Standards Table

Male		
SELECTION EVENTS	Flippers 19yrs & over	Flippers 18yrs & under
	3%	5%
50m Freestyle	00:22.43	00:22.87
100m Freestyle	00:49.25	00:50.21
200m Freestyle	01:48.88	01:51.00
400m Freestyle	03:52.45	03:56.96
800m Freestyle	08:01.76	08:11.12
1500m Freestyle	15:19.44	15:37.29
100m Backstroke	00:54.80	00:55.86
200m Backstroke	02:00.19	02:02.52
100m Breaststroke	01:00.96	01:02.14
200m Breaststroke	02:12.62	02:15.20
100m Butterfly	00:52.84	00:53.87
200m Butterfly	01:58.77	02:01.08
200 IM	02:01.17	02:03.52
400 IM	04:17.71	04:22.71

Female		
SELECTION EVENTS	Flippers 19yrs & over	Flippers 18yrs & under
	3%	5%
50m Freestyle	00:25.05	00:25.54
100m Freestyle	00:54.70	00:55.77
200m Freestyle	02:00.08	02:02.41
400m Freestyle	04:11.39	04:16.27
800m Freestyle	08:35.60	08:45.61
1500m Freestyle	16:27.73	16:46.91
100m Backstroke	01:01.08	01:02.27
200m Backstroke	02:12.62	02:15.20
100m Breaststroke	01:08.59	01:09.92
200m Breaststroke	02:28.04	02:30.92
100m Butterfly	00:58.91	01:00.05
200m Butterfly	02:12.94	02:15.52
200 IM	02:14.51	02:17.12
400 IM	04:45.69	04:51.24