

Swimming Australia Pathway Youth Transition Program

The Swimming Australia (SA) Youth Transition Program is aimed at defining the key individual ingredients for each swimmer to transition to the Senior Team. In this program, we deliberately target an ethos of excellence and personal responsibility. Swimmers are expected to optimise their daily coaching, support services and themselves to consistently achieve peak performances.

The program is overseen by SA's General Manager Performance Pathway (GMPP) and National Youth Coach (NYC) who provide the strategic leadership and high performance operations to ensure Australia wins when it matters and to enhance the capability of coaches and swimmers striving for international success through a sustainable, aligned and driven high-performance system. This selection criteria outlines the background and eligibility criteria for investment targeted towards swimmers for the period September 2021 to August 2022.

Selected athletes invited to join the program must fully commit to annual plans as prescribed by the NYC.

The program operates in two phases:

- Phase 1 focuses on individual preparation and benchmarking via competition analysis, assessments and training information gathered on Swimming Australia training camps.
- Phase 2 involves individually targeted international competition and/or training camps in line with their annual/quadrennial plan through consultation with their home program coach.

Selection Criteria

The SA Youth Transition Program supports up to 20 swimmers who are:

- two to four years from a Senior Podium performance, and;
- at the T4 and E1 stages of the ASF¹.

These swimmers will be subjectively selected with consideration given to:

- achieve a standard of top 8 in the world plus 2% (please see Performance Standards in Appendices),
- achieved a SA swimmer performance evaluation (SPE) benchmarked against key trainability (technical/tactical/physical/psychological) performance criteria to determine capabilities of success.

Program Selections

Program selections will be finalised by 20th September 2021 and all athletes will be notified in writing (via email) by the 30th September 2021.

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 GMPP, NYC, Swimming Australia Head Coach and High-Performance Unit (HPU), if SA is of the opinion the recognised swimmers' performance

¹ Refer to Further Information – The Australian Swimming Framework (ASF)

indicates accelerated progress and an improved trainability benchmarks and profile in line with selection criteria outlined earlier.

The GMPP and NYC may recommend to SA HPU that a swimmer is added, 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 Youth Transition program activities;
- failure to engage fully in SA Youth Transition IAPP meetings;
- failure to fully complete self-monitoring data as prescribed by SA, or;
- non-disclosure of medical or injury information to appropriate SA staff.
 - *Swimmers may be assessed at any time during the season to demonstrate full engagement with prescribed training programmes, protocols and support services.*

Swimming Australia Youth Transition Program Swimmer Performance Evaluation (SPE)

	Factor	Ratings	Benchmark	Assessment Method
Performance Potential	Year's performance ²	Green: 1-10 World Ranked Amber: 11-20 World Ranked Red: outside top 20	Based on place in World rankings, 2 per nation.	World Rankings 2 per nation
	Competition Placing	Green: 1-8 placing Amber: 9-16 placing Red: 16+ placing	Based on place in the major BME competition that year.	Competition Results at nominated BME from approved Coaching plan
	Progression ³	Annual percentage vs. World Ranking analysis	Based PBs, SB and World Rankings using as many years data as available.	World Ranking vs. Percentage Improvement bubble graph Swimming Australia IAPP

² In the event of serious injury/illness, and with the agreement of the GM PP & NYC, the previous season's ranking can be used

³ Obviously, progression will plateau in senior athletes. In that case, consistent international performance would be reflected in an above average Rating.- For younger athletes, this item will reflect their ultimate potential, together with the progress made that season as compared to previous years.



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	Factor	Ratings	Benchmark	Assessment Method
Trainability (based on assessment from 9 stage Pathway)	Technical ability (Skill Acquisition)	<p>Green: consistently demonstrates an ability to refine technique against the World Best</p> <p>Amber: demonstrates an improved understanding and execution of technical elements</p> <p>Red: has failed to demonstrate significant improvement in technical ability</p>	<p>Related to technical models and race analysis reports (Sparta) and/or by independent evaluation by the National Youth Coach or National Head Coach.</p> <p>Consideration of DPS/SR/SC plus Skills Time in comparison to the World's Best</p>	National Youth Coach Skill competency audit Performance Analysis and Race Analysis Athlete performance data management and sports intelligence data
	Tactical ability	<p>Green: consistently demonstrates an ability to refine tactical awareness against the World Best</p> <p>Amber: demonstrates an improved understanding and execution of the tactical elements within competition</p> <p>Red: has failed to demonstrate significant improvement in tactical ability</p>	<p>Related to technical models and race analysis reports (Sparta) and/or by independent evaluation by the National Youth Coach or National Head Coach.</p> <p>Consideration of Splits, pacing in comparison to the World's Best</p>	Performance Analysis and Race Analysis Athlete performance data management and sports intelligence data



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	<p>Physical <i>Resilience</i> <i>Preparation</i> <i>Recoverability</i></p>	<p>Green: consistently demonstrates an adherence to all aspects of Physical Resilience, Preparation and Recoverability Amber: demonstrates an improved understanding and adherence to all aspects of Physical Resilience, Preparation and Recoverability Red: has failed to demonstrate significant adherence to all aspects of Physical Resilience, Preparation and Recoverability</p>	<p><i>Resilience</i> - Reflects the individual robustness of the athlete with respect to the frequency of their 'injury or illness'. <i>Preparation</i> – Reflects the training preparation of swimmers (Coach to provide examples of the Aerobic and Anaerobic assessments they'll use) <i>Recoverability</i> – Reflects the swimmers' ability to recover in training and competition</p>	<p>Physiotherapy/Medical Screening and self-management assessments Performance Scientist Test sets (Step Tests, Speed Efficiency Tests, Recovery Protocols) Strength and Conditioning Assessments (Counter movement jumps etc.) Consistent record of Training History and Wellness on the AMS</p>
	<p>Psychology</p>	<p>Green: consistently performs effectively against the world best Amber: demonstrates a commitment to all aspects of performance Red: has failed to learn the foundations needed to perform effectively</p>	<p>Reflects the athlete's ability to 'perform when it matters most' in BME's and major championships.</p>	<p>Psychological profiling/assessments Psychological Screening AIS Self-Regulation Screening/Assessment</p>



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	Athlete Wellbeing	<p>Green: consistently commits to achieving an appropriate training vs. lifestyle balance</p> <p>Amber: demonstrates a commitment achieving an appropriate training vs. lifestyle balance</p> <p>Red: has failed to demonstrate significant adherence to achieving an appropriate training vs. lifestyle balance</p>	Reflects the athlete's commitment to, and execution of, an appropriate lifestyle. Respecting the balance of personal wellbeing and performance excellence.	Athlete Wellbeing and Excellence Screening
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	Daily Training Environment	<p>Green: Are programs that provides 5-6 of the areas listed</p> <p>Amber: Are programs that provides 3-4 of the areas listed</p> <p>Red: Are programs that provides 0-2 of the areas listed</p>	Relates to the level of athlete program support across various areas such as program training partners, coach access and performance support in the daily training environment.	<p>The environment conducive to elite level performance would be factored in by the areas below – PACE</p> <ul style="list-style-type: none"> • Program: <ul style="list-style-type: none"> ○ Individual Athlete support and squad training partners ○ Interaction/engagement with Swimming Australia program education ○ Attendance at Swimming Australia program activities/events • Athlete: <ul style="list-style-type: none"> ○ Athlete’s trainability (as measured above in SPE) • Coach: <ul style="list-style-type: none"> ○ Access to quality Coaching – as assessed by SA Coach Matrix, experience, qualifications and standards • Environment: <ul style="list-style-type: none"> ○ Access to quality facilities – Pool and Dry Land. ○ Performance Support (Sport Science and Medicine support)
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Appendix 1. Performance Standards Table

Female	
SELECTION EVENTS	YT Squad
	2%
50m Freestyle	00:24.81
100m Freestyle	00:54.17
200m Freestyle	01:58.91
400m Freestyle	04:08.95
800m Freestyle	08:30.59
1500m Freestyle	16:18.14
100m Backstroke	01:00.49
200m Backstroke	02:11.34
100m Breaststroke	01:07.92
200m Breaststroke	02:26.60
100m Butterfly	00:58.33
200m Butterfly	02:11.65
200 IM	02:13.20
400 IM	04:42.92

Male	
SELECTION EVENTS	YT Squad
	2%
50m Freestyle	00:22.22
100m Freestyle	00:48.78
200m Freestyle	01:47.82
400m Freestyle	03:50.19
800m Freestyle	07:57.08
1500m Freestyle	15:10.51
100m Backstroke	00:54.26
200m Backstroke	01:59.02
100m Breaststroke	01:00.36
200m Breaststroke	02:11.34
100m Butterfly	00:52.33
200m Butterfly	01:57.62
200 IM	01:59.99
400 IM	04:15.20



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