

As part Swimming NSW direction and aims, Metro South West's has established the 2014 Area Development Program to support and reach the challenges of success as requested by Swimming NSW.

The MSW Selection and Development Committee will finalise the membership of each squad from the nominations received.

Nominations must be received by **30th April, 2014 – No late nominations will be accepted**

(Please confer with Area Secretary with queries and delays)

Please note that nomination does not guarantee selection.

ALL NOMINATIONS MUST COMPLY WITH ELIGIBILITY, AGE AS OF AND CRITERIA.

AGE AS OF 29 MARCH 2014 (Area Sprint Meet)

SWIMMERS CAN ONLY NOMINATE FOR ONE SQUAD

Swimmers selected in any SNSW Development Squad (Junior Sharks Squad, Age Development Squad, Open Water Development Squad or Multi Class Swimmers Squad) are ineligible for selection of any Squad, except for the Challenge (A) Squad.

Selected athletes will be required to complete development program, as outlined per squad, with the intent of solid cooperation, work ethics, focus and aim.

All athletes must endorse and attend all sessions of their particular Squad to be eligible to receive Area's Merchandise and apparel.

Manual Nomination forms now are available
Electronic nominations might be available in the near future.

A SQUAD - Challenge Squad (Pool / Open Water / MC) (Also Refer to General Notes)**Aim:** Finalists at 2015 National Age Championships**Selection:** SELF- NOMINATION AND SELECTION**Eligibility and Criteria:****National:** 2014 Individual National Competitors (12 -18 Years Able bodied, Multi Class, Open Water) at National Age Pool and /or Open Water Championships and /or National Age MC Championships**State:** Swimmers have competed at the 2014 SNSW Long Course Open & Age Championships**Area:** Swimmers have competed at the 2013 MSW Long Course and /or Short Course Open & Age Championships and / or 2013 MSW Open Water Championships and competed at other MSW meets**Activities:** Organised in conjunction with SNSW**Two (2) day camp on 20 and 21 September 2014** at Knox Grammar.Self- transport on 20 and Pick up on 21 September 2014Lectures and Presentations will include Athlete Development and Growth; Time management; Personal Preparation (Illness, Injury, Self-management, Preparation Nutrition); Introduction to Social Media; Goal Setting; Technical Skill Presentation.Pool Sessions to include Skill Testing, Skill Focus (Starts, Turns, Finishes, Underwater) and competition in DUEL MEET at Knox Grammar Pool.**Merchandise:** MSW Swim Cap, MSW Shirt, MSW Back pack or Bag, MSW Towel, MSW Jacket (for first time qualifiers only – available for purchase by other Squad Members), SNSW Development Squad Cap, SNSW Drink Bottle.**Squad Size:** N/A**Swimmer Levy:** TBC**Payments:** Must be before each activity**REMEMBER:****THESE ARE THE BASIC CRITERION FOR 2014 DEVELOPMENT SQUADS, CHANGES MIGHT OCCUR DUE TO RESCHEDULING OF ACTIVITIES****ALL NOTIFICATIONS WILL BE SENT TO YOUR CLUB SECRETARY AND RACE SECRETARY, AND INFORMATION WILL BE PROVIDED BY THE AREA, ONLY VIA THOSE PERSONS.**

Parents & Spectators are responsible for their own expenses (including Pool Entry and food) when attending Training Sessions, Meets etc.

BBQs provided at selected activities are free of charge for squad members only.

Parents must respect the role of the Area in Development program, and allow Area Managers and Coaches to manage and coach, to enable success of the relevant aims of each Squad.

Swimming Metro South West Inc.

B SQUAD – Target Squad (Also Refer to General Notes)

- Aim:** **Qualify to 2014 and 2015 National Age Championships**
- Selection:** **SELF-NOMINATION**; Final squad selected by Selection & Development Committee
- Eligibility and Criteria:**
AGE: 13-18yrs as of 29 March 2014
- State:** For Able Body: competed in individual events at SUMMER 2014 State LC Championship
For Multi Class: competed at SUMMER 2013 Metropolitan Championships
- Area:** All Swimmers competed at the 2013 MSW Long Course and / or Short Course Open & Age Championships and/ or 2013 MSW Open water Championships and competed at other MSW Meets.
- Activities:** **Two (2) Development days TBC. ~~on 28 and 29 June 2014~~ (Guildford Pools, Tamplin Road, Guildford).** Self-Transport to and from each day (9:00 am to 4:00 pm)
Lectures and Presentations: Setting Goals, Athlete Development and Growth, Personal Preparation, Technical Skills.
Pool Sessions: Skill Testing, Skill Focus (Starts, Turns, Finishes, Underwater), Technical Focus
AND
Squad Bus trip to compete at **SNSW - B & C Meet** at Peninsula Leisure Centre, Woy Woy on **18 and 19 October 2014**
- Merchandise:** MSW Swim Cap, MSW Shirt, MSW Backpack or Bag, SNSW Development Squad Cap, SNSW Drink Bottle.
- Squad Size:** N / A
- Swimmer Levy:** TBC
- Payments:** Must be before each activity

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C SQUAD – Achiever Squad (Also Refer to General Notes)

- Aim:** **Qualify for National Age Championships**
- Selection:** **SELF NOMINATION**; Final squad selected by Selection & Development Committee
- Eligibility and Criteria:**
AGE: 10 -12yrs as of 29 March 2014
- State:** For Able Body: competed in individual events at SUMMER 2014 State LC Championship
For Multi Class: competed at SUMMER 2013 Metropolitan Championships
For Open water: competed at SUMMER 2013 State Open Water and JX Championships
- Area:** All Swimmers competed at the 2013 MSW Long Course and / or Short Course Open & Age Championships and/ or 2013 MSW Open Water Championships and JX Event and competed at other MSW Meets
- Activities:** **Two (2) Development days TBC. on 28 and 29 June 2014** (Guildford Pools, Tamplin Road, Guildford). ~~on 28 and 29 June 2014~~ (Guildford Pools, Tamplin Road, Guildford).
Self-Transport to and from each day (9:00 am to 4:00 pm)
Lectures and Presentations: Introduction to Goal setting, Athlete Development, Race / Personal Preparation, Nutrition, Stretching, Illness and Injury, Technical Skills
Pool Sessions: Skill Testing, Skill Focus (Starts, Turns, Finishes, Underwater), Technical Focus
AND
Squad Bus trip to compete at **SNSW - B & C Meet** at Peninsula Leisure Centre, Woy Woy on **18 and 19 October 2014**
- Merchandise:** MSW Swim Cap, MSW Shirt, MSW Towel, SNSW Development Squad Cap, SNSW Drink Bottle.
- Squad Size:** **N / A**
- Swimmer Levy:** **TBC**
- Payments:** Must be before each activity

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Parents & Spectators are responsible for their own expenses (including Pool Entry and food) when attending Training Sessions, Meets etc.

BBQs provided at selected activities are free of charge for squad members only.

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D SQUAD - Development Squad (Also Refer to General Notes)

- Aim:** **Qualify for 2015 State Age Championships**
- Selection:** **SELF NOMINATION**; Final squad selected by Selection & Development Committee
- Eligibility and Criteria:**
AGE: 9-16yrs as of 29 March 2014
- Area:** All Swimmers competed at the 2013 MSW Long Course and / or Short Course Open & Age Championships and/ or 2013 MSW Open Water Championships and JX Event and competed at other MSW Meets (Speedo Sprint Series Heats OR Sprint Meet OR 5 to 8 Years Meet)
- Activities:** Team Camp of Two (2) Development days on **9 and 10 August 2014, for 10 Years old and above, at Sydney Academy of Sport, Narrabeen**
Lectures and Presentations: Goal Setting, Technical Skills, Meet Preparation.
Pool Sessions: Skill Testing, Skill Focus (Starts, Turns, Finishes, Underwater), Technical Focus
Self-transport and Pick Up.
ATHLETE 9 YEARS AND UNDER NOT ALLOWED TO CAMP, and are allowed only to SNSW Development Meet (merchandise Meeting TBC)
SNSW Development Meet 28 September 2014 at SOPAC
- Merchandise:** MSW Swim Cap, MSW Shirt, SNSW Development Squad Cap, SNSW Drink Bottle.
- Squad Size:** N / A
- Swimmer Levy:** TBC
- Payments:** Must be before each activity

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NOVICE - MSW Area based Squad (Also Refer to General Notes)**Aim:** Qualify for 2014 Area LC Championships**Selection:** **SELF NOMINATION**; Final squad selected by Selection & Development Committee**Eligibility and Criteria:****Area:** **AGE: 7-8yrs as of 29 March 2014**

Swimmers must have competed in at least one of the following Meets:
2014 5-8 years Meet **and/or** 2014 Speedo Sprint Series Heats **and/or** 2014 Sprint Meet.
Competed and or Support of other MSW Meets.

Activities: Introductory Skill and Pool training session in September 2014
(Exact Date and Venue TBC)**Merchandise:** MSW Novice Squad Shirt, SNSW Development Squad Cap, SNSW supplied Drink Bottle**Squad Size:** 50 Swimmers Maximum.**Swimmer Levy:** Nil**REMEMBER:**

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when attending Training Sessions, Meets etc.

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