

## **2017 DEVELOPMENT PLAN**

**The MSW Selection and Development Committee will select membership of each squad.**

**In 2017, there will be NO SELF Nominations for Squads A, B, C and D Novice Squad and E Squad will be self-nominating**

The Selection Committee will examine and research all Area, State and National Competition to select swimmers in each relevant Squad, with respect to each squad's criterion. Selected swimmers will be advised individually by mail, or email, of their selection. Nominations for Novice and E Squads will be checked by the Committee

### **GENERAL SELECTION PROCESS FOR ALL SQUADS**

Minimum Eligibility and Criteria have been set out for each Squad.

#### **STAGE 1 - COMPETITION**

##### **AREA MEETS REQUIRED FOR DEVELOPMENT SELECTION IN 2017 FOR ALL SQUADS**

- 2016 Short Course Championships: 10 Points/day Attendance, 2 Pts / Top 10, 1 Pt/ event
- 2016 Long Course Championships: 10 Points/day Attendance, 2 Pts / Top 10, 1 Pt/ event
- 2016 Open Water Championships: 20 Points Attendance, 2 Pts / Top 10, 5 Pt/ event
- 2016 Short Course Qualifying Meet: 5 Points Attendance, 2 Pts / Top 10, 1 Pt / Event
- 2016 or 2017 Long Course Qualifying Meet: 5 Points Attendance, 2 Pts / Top 10, 1 Pt / Event
- 2016 Winter Speedo Heats: 5 Points Attendance, 2 Pts / Top 10, 1 Pt / Event (Added 260816)
- 2017 - 5 to 8 Years Meet: 7 and 8 Year Olds must compete to qualify for NOVICE 2017
- 2017 Speedo Heats: 5 Points Attendance, 2 Pts / Top 10, 1 Pt / Event
- 2017 Sprint Meet: 5 Points Attendance, 2 Pts / Top 10, 1 Pt / Event

**Swimmers must compete in meets above to be considered for National and Target Squads**

#### **SQUAD: NATIONAL A'S (ABLE AND MC)**

- ANY NATIONAL MEET: 1000 Points for Competing, 2 Points / Top 10, 1 Point / Event
- ANY STATE MEET: 500 Points for Competing, 2 Points / Top 10, 1 Point / Event

#### **SQUAD: JUNIOR ( C ) and SENIOR ( B ) TARGET.**

- **ANY NSW STATE MEET**: 500 Points for Competing, 2 Points / Top 10, 1 Point / Event

#### **SQUAD: ACHIEVERS ( D ) – BONUS points for Competitors**

- **ANY NSW METROPOLITAN**: 20 Points for competing / day, 2 Points / Top 10, 1 Point / Event

## **2017 DEVELOPMENT PLAN**

### **STAGE 2 – POINTS ALLOCATION**

Selection Committee will examine the Area Meets listed in Stage 1 and tally points, for each swimmer, in individual events only and total each competitors' results.

### **STAGE 3 – SELECTION**

Selection Committee will arrange the points accrued in descending order and determine the National, State and Area swimmers.

Based on selection requirements and Squad sizes the Committee will select those required to fulfil Area's Squad numbers

### **STAGE 4 – COMMUNICATION**

Once all selections have been ratified by the Area, the Squad Selections will be published in Area's Website and sent to all Clubs.

Letters of successful Selection will be sent to each Club for distribution to the named swimmers.

It is the responsibility of the swimmer to reply to the invitation to confirm attendance at Squad Activities (Camp and Meet) by the due dates in invitation letter.

Area will confirm activities to each athlete via their respective Clubs

## **QUALIFYING DATE "AGE AS OF" FOR ALL SQUADS: 31 MARCH 2017**

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 in any Squad.**

**Selected athletes are required to comply with Metro South West Code of Conduct and complete development day(s) programs, camps as outlined per squad, with the intent of solid cooperation, work ethics, focus and aim.**

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

**Metro South West Development Committee wishes to thank all the swimmers, parents, coaches and technical officials for their perseverance, enthusiasm and assistance in the activities of 2016 and thank all future development athletes and parents for 2017.**

**2017 Development Convener: Jason Stubbs ([development@metrosw.org.au](mailto:development@metrosw.org.au))**

**2017 Selection and Development Committee: Belinda Havron, Judith Ferderer, Josef Strassmeir, Leonardo Repeti**

**2017 Development Coaches: Mal Lavis**

## **2017 DEVELOPMENT PLAN**

### **ANNOUNCEMENTS TIMING**

**MSW DEVELOPMENT COMMITTEE WISHES TO ADVISE THAT  
ALL SELECTIONS FOR A, B, C AND D SQUADS  
WILL BE MADE  
BY END OF APRIL 2017.**

**SELF NOMINATION FORMS FOR JUNIOR and SENIOR ESTABLISHMENT SQUADS  
(NOVICE and OPEN SQUAD)  
ARE AVAILABLE, ON OUR WEBSITE,  
AS OF 31 JANUARY 2017,  
FOR SUBMISSION BY 31 MARCH 2017.**

### **SELECTION PUBLICATIONS:**

<b><u>NATIONAL A'S:</u></b>	<b><u>8 MAY 2017</u></b>
<b><u>SENIOR TARGET, B:</u></b>	<b><u>10 APRIL 2017</u></b>
<b><u>JUNIOR TARGET, C:</u></b>	<b><u>10 APRIL 2017</u></b>
<b><u>ACHIEVERS, D:</u></b>	<b><u>10 APRIL 2017</u></b>
<b>JUNIOR ESTABLISHMENT, NOVICE:</b>	<b><u>10 APRIL 2017</u></b>
<b>SENIOR ESTABLISHMENT, OPEN:</b>	<b><u>10 APRIL 2017</u></b>

## 2017 DEVELOPMENT PLAN

### A SQUAD NATIONAL CHALLENGE Squad (Pool / Open Water / MC)

**Aim:** To Increase participation whilst improving swimmer progression and retention.

**Selection:** SELECTION by AREA SELECTION COMMITTEE

**Age:** 13 to 18 Years as of 31 March 2017

#### **Minimum Eligibility and Criteria (with respect to SNSW requirements):**

**National:** 2017 Individual National Competitors (Able bodied, Multi Class, Open Water) at National Open and / or Age Pool and /or Open Water Championships and /or National Age MC Championships

**State:** Swimmers have competed in individual events at the 2016 - 17 SNSW Open and / or Age and / or Open Water and / or Multiclass Championships,

**Area:** Swimmers have competed in individual events at the 2016 MSW Long Course and /or Short Course Open & Age Championships and / or 2016 MSW Open Water Championships and competed at other MSW Meets.

**Activities:** Organised in conjunction with SNSW

**Camp: 23 and 24 SEPTEMBER 2017 at TBC VENUE (SNSW TO CONFIRM).**

**Pool Sessions** to include Stretching, Activation and Prehab, Technical Focus (all Strokes) Technical Skills (Starts, Turns, Finishes, Underwater, Kicker Positions),

**Competition:** DUEL MEET at Knox Grammar Pool

**Merchandise:** Available only if attending all Squad Activities

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:** 25 Maximum

**Swimmer Levy:** \$ 100.00 per Swimmer

**Payments:** Must be before each activity

**NOTE:** SNSW is currently developing a program for development day for Multi Class National A's swimmers selected by the Area.  
National A's MC Swimmers will be entitled to free entry at SNSW MC Meet #3

## **2017 DEVELOPMENT PLAN**

### **B SQUAD SENIOR TARGET Squad (Pool / Open Water / MC)**

**Aim:** To Increase participation whilst improving swimmer progression and retention.

**Selection:** **SELECTION by AREA SELECTION COMMITTEE (Refer Selection Process)**

**Age:** 13 to 18 Years as of 31 March 2017

**Minimum Eligibility and Criteria (with respect to SNSW requirements):**

**State:** For Able Body: competed in individual events at SUMMER 2016 State LC Championship  
For Multi Class: competed in individual events at SUMMER 2016 NSW Metropolitan / Country / MC Championships  
Open Water swimmers: competed in individual events in 2016 NSW Open water Championships.

**Area:** All Swimmers competed in individual events at the 2016 MSW Long Course and/or 2016 Short Course Open & Age Championships and/or 2016 MSW Open Water Championships and competed at other MSW Meets as listed.

**Activities:** Organised in conjunction with SNSW

**Development day: Saturday 29 July 2017 @ Ripples St Mary's Leisure Centre**  
(Daily Self Transport and Pick Up)

**Lectures and Presentations:** Social Media and Drugs in Sport, Setting Goals, Athlete Development and Growth, Personal Preparation, Technical Skills.

**Pool Sessions:** Skill Focus (Starts, Turns, Finishes, Underwater), Technical Focus  
**AND**

**Combined Competition B & C Squad to compete at SNSW – Target Meet on**  
**19 & 20 AUGUST 2017 – VENUE SNSW TO CONFIRM**

**(Swimmers will be required to join team at VENUE on 19 August, and stay with the team overnight to return to the Meet on 20 AUGUST and then making their own way home, at end of meet)**

**Merchandise:** Available only if attending all Squad Activities  
MSW Swim Cap, MSW Shirt, MSW Towel, SNSW Development Squad Cap, SNSW Drink Bottle.

**Squad Size:** **Maximum 24**

**Swimmer Levy:** \$ 100.00 per Swimmer

**Payments:** Must be before each activity

## **2017 DEVELOPMENT PLAN**

### **C SQUAD JUNIOR TARGET Squad (Pool / Open Water / MC)**

**Aim:** To Increase participation whilst improving swimmer progression and retention

**Selection:** **SELECTION by AREA SELECTION COMMITTEE (Refer Selection Process)**

**Age:** 10 to 12 Years as of 31 March 2017

**Minimum Eligibility and Criteria (with respect to SNSW requirements):**

**State:** For Able Body: competed in individual events at SUMMER 2016 State LC Championship  
For Multi Class: competed in individual events at SUMMER 2016 NSW Metropolitan / Country / MC Championships

**Area:** All Swimmers competed in individual events at the 2016 MSW Long Course and/or 2016 Short Course Open & Age Championships and/or 2016 MSW Open Water Championships (2.5 Kms JX) and competed at other MSW Meets as listed.

**Activities:** Organised in conjunction with SNSW

**Development day: Saturday 29 July 2017 @ Ripples St Mary's Leisure Centre**  
(Daily Self Transport and Pick Up)

**Lectures and Presentations:** Social Media and Drugs in Sport, Setting Goals, Athlete Development and Growth, Personal Preparation, Technical Skills.

**Pool Sessions:** Skill Focus (Starts, Turns, Finishes, Underwater), Technical Focus  
*AND*

**Combined Competition B & C Squad to compete at SNSW Target Meet on**  
**19 & 20 AUGUST 2017 – VENUE SNSW TO CONFIRM**

**(Swimmers will be required to join team at VENUE on 19 August, and stay with the team overnight to return to the Meet on 20 AUGUST and then making their own way home, at end of meet)**

**Merchandise:** Available only if attending all Squad Activities  
MSW Swim Cap, MSW Shirt, MSW Towel, SNSW Development Squad Cap, SNSW Drink Bottle.

**Squad Size:** **Maximum 24**

**Swimmer Levy:** \$ 100.00 per Swimmer

**Payments:** Must be before each activity

## **2017 DEVELOPMENT PLAN**

### **D SQUAD    ACHIEVERS Squad (Pool / Open Water / MC)**

**Aim:**                    To Increase participation whilst improving swimmer progression and retention.

**Selection:**            **SELECTION by AREA SELECTION COMMITTEE (Refer Selection Process)**

**Age:**                    **10 - 16 Years as of 31 March 2017**  
**(9 Years old will be considered for skill testing and Squad Meet in October, but not camp)**

#### **Minimum Eligibility and Criteria (with respect to SNSW requirements)**

**Area:**                    Individual Competition at:  
2016 NSW LC Metropolitan Championships  
**And / or**  
2016 MSW Long Course and / or Short Course Open & Age Championships  
**And/ or**  
2016 MSW Open Water Championships and / or MSW Open Water JX Event  
**And / or**  
Competed at other MSW Meets (Speedo Sprint Series Heats OR Sprint Meet OR 5 to 8 Years Meet)

**Activities:**            Organised in conjunction with SNSW  
**Camp and Development days:**  
**Friday 1 to Sunday 3 September 2017 – Sydney Institute of Sport, Narrabeen**  
(Self-Transport on Friday and Self Pick Up on Sunday)  
Lectures and Presentations: Social Media, Technical / Skills Focus (All Strokes), Development Pathways, Coach Clinic.  
Pool Sessions: Skill Focus (Starts, Turns, Finishes, Underwater), Technical Focus  
Self-transport and Pick Up.

**SNSW DEVELOPMENT MEET: 7 October 2017 at SOPAC (Self Transport)**  
**Swimmers MUST attend Camp to attend swim MEET**  
**(Except for 9 Years and Under)**

**Merchandise:**        **Available only if attending all Squad Activities (Except for 9 Year Olds)**  
MSW Swim Cap, MSW Shirt, SNSW Development Squad Cap, SNSW Drink Bottle.

**Squad Size:**            **Maximum 100 (Including 9 Year Olds attending NSW Development Meet)**

**Swimmer Levy:** \$100.00 per Swimmer

**Payments:**            Must be before each activity

## 2017 DEVELOPMENT PLAN

### **NOVICE JUNIOR Establishment Squad**

**Aim:** Introduce young athletes to swimming training and team surrounding and enhance the possibility to qualify for 2016 Area LC Championships and other MSW Meets

**Selection:** SELF NOMINATION; Final squad confirmed by Selection & Development Committee

#### **Eligibility and Criteria:**

**Age:** 7-8 Years as of 31 March 2017

**Area:** Swimmers must have individually competed in at least one of the following Meets:  
**2017** 5-8 years Meet **and/or**  
**2017** Speedo Sprint Series Heats and/or  
**2017** Sprint Meet and  
Competed and / or Support of other 2016 – 2017 MSW Meets.

**Activities:** Technical Skills and Pool training session on Saturday 27 May 2017, between 1 to 3 pm, at Guildford Indoor Swim Centre, Cnr of Guildford and Tamplin Roads, Guildford.  
**ALL SWIMMERS FREE ENTRY, PARENTS / GUARDIANS PAY SPECTATORS FEE.**  
(Self - transport and pick up, Venue TBC)

**Merchandise:** **Available only if attending all Squad Activities**  
MSW Novice Squad Shirt, SNSW Development Squad Cap, SNSW supplied Drink Bottle

**Squad Size:** 50 Swimmers Maximum.

**Swimmer Levy:** NIL



## 2017 DEVELOPMENT PLAN

### **OPEN SENIOR Establishment Squad**

**Aim:** Provide an Opportunity to meet the needs of swimmers that are currently missing out on Development opportunities through the current structure

**Selection:** SELF NOMINATION; Final squad confirmed by Selection & Development Committee

#### **Eligibility and Criteria:**

**Age:** 19 and Over as of 31 March 2017

**Area:** Swimmers must have individually competed in at least one of the following Meets:  
**2016** MSW Pool (SC or LC) or Open Water Championships,  
**2017** Sprint Meet and  
Competed and / or Support of other 2016 – 2017 MSW Meets.

**Activities:** Development Day with Target Squad  
Development day: Saturday 29 July 2017 @ Ripples St Mary's Leisure Centre

**Merchandise:** Available only if attending all Squad Activities  
MSW Squad Shirt, SNSW Development Squad Cap, SNSW supplied Drink Bottle

**Squad Size:** 20 Swimmers Maximum.

**Swimmer Levy:** Nil

## **2017 DEVELOPMENT PLAN**

### **COACHES Development**

All Area Coaches, particularly Junior Coaches, are invited by MSW to attend any Squad Activities (Skill testing, Lectures and Presentations, Meets and Camps). Development activities are not restricted only to swimmers, but the Area Coaches are the ones, that also need to develop through encouragement and Continued experiences with swimmers other than own Squad. Coaches are kindly requested to nominate for any Squad, activity directly to our Development Committee. Area will remunerate all Coaches attending activities. SNSW are part of this Policy, and will provide a development path.

### **TECHNICAL OFFICIALS Development**

Technical Officials are another cog of swimmers development, and for this reason our Area Officials need to grow their technical abilities, as well as, their knowledge of different levels of meets and other officials in other areas of this sport. All Area Technical Officials are invited to attend any of the Development activities, as well as, future activities designed specifically, with SNSW, for Technical Officials. All Technical Officials will be remunerated for their attendance(s)

### **PARENTS Development**

Without the assistance of parents, there would be no swimmers nor swim meets. In partnership with SNSW, the Area is inviting any Parent to attend their offspring(s) development activities. An informal introductory briefing will be presented on the first day of each Squad activity to explain the aim, the work, reasons for each Squad different activity. Parents are also invited, if they so wish, to assist with administration duties during development activities

## **2017 DEVELOPMENT PLAN**

### **REMEMBER:**

**THESE ARE THE BASIC CRITERION FOR 2017 DEVELOPMENT SQUADS, CHANGES MIGHT OCCUR  
DUE TO RESCHEDULING OF ACTIVITIES**

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

BBQs, if 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 each squad program and coach,  
to enable success of the relevant aims of each Squad.

**Swimming Metro South West Inc.**