

Every swimmer in the Metro South West Area is entitled to be given a chance to achieve the best they can in School, State, National and possibly International competition.

It is also important that an athlete satisfies their own needs for personal success and achievement, by committing themselves to the swimming discipline which will encourage their love of the sport and future success in this sport.

Metro South West Area is committed in assisting all swimmers of the Area; to engage them in considering the sport that we are all practising; the scope of the swimming discipline, in the hope that each individual will realise their own personal best. As well as, excel in presenting their abilities in all the different levels of sporting achievement.

Part of this support mechanism has been developed with a higher level association,
Swimming NSW

Developing yearly programs to progressively improve on the rising pathway to a possible School team, a State team and maybe a National team.

Metro South West hopes this pathway allows the swimmers to develop their own physical, technical and competitive skills. Along with their individual social skills and produce an image of their own abilities to maintain their motivation, through to maturation.

In 2019, Swimming NSW has developed the following programs:

NATIONAL AREA REPRESENTATIVE SQUAD (NARS)

SENIOR AREA REPRESENTATIVE SQUAD (SARS)

JUNIOR AREA REPRESENTATIVE SQUAD (JARS)

The Area, in line with this decision, has developed the

2019 METRO SOUTH WEST DEVELOPMENT PROGRAM

to suit its district members.

ALL QUALIFYING MEMBERS ARE MOST WELCOME!

MSW DEVELOPMENT SQUADS QUALIFYING PROCESS.

- 1) All MSW swimmers will be selected based on

“AGE AS OF” FOR ALL SQUADS: 31 MARCH 2019”

regardless of “Age as of ” for various Meets, such as National, State.

- 2) Selection is based on **INDIVIDUAL RESULTS ONLY** in all selected MSW Meets and others

- 3) MSW will host camps/meets for the following Squads:

NATIONAL A SQUAD (*SNSW calls National Area Rep Squad, NARS*)

JUNIOR AND SENIOR TARGET SQUAD (*SNSW identifies these Squads as Senior Area Rep Squad, SARS and Junior Area Rep Squads, JARS*)

DEVELOPMENT SQUAD (*This was the old Achievers Squad*)

NOVICE SQUAD (*This was the known as Junior Establishment Squad*)

- 4) All Swimmers must have competed in the Area’s 2018 Winter and 2018/2019 Summer (Pool and/ or Open Water) Championships.

- 5) All swimmers should have competed in Area selected Meets (2018 Winter and 2018-19 Summer) to be considered for selection in Squads.

- 6) Selection criteria is outlined in each Squad section.

- 7) Meets used for selection:

MSW 2018 Winter SC Championships

MSW 2018 Winter SC Qualifying Meet

MSW 2018 Winter Sprint Meet

MSW 2018 / 2019 Summer LC Championships (Senior and Junior)

MSW 2018 Summer Open Water Championships

MSW 2019 Summer LC Qualifying Meet

MSW 2019 Summer Speedo Heats

MSW 2019 5 to 9 Years Meet

MSW 2019 Summer Sprint Meet

- 8) Competition at Metropolitan, State and National Meets will be considered in each individual squad requirements

- 9) A points system shall be used to determine selection in each Squad, in conjunction with the competition in Metropolitan, State and National Events.

- 10) **POINTS SCHEDULE**

	Attendance Per day	Top 10 Finish/event	Points/Events completed
2018 MSW SHORT COURSE CHAMPIONSHIPS	10	10	2
2018/19 MSW LONG COURSE CHAMPIONSHIPS	10	10	2
<i>NOTE: 800 and 1500 m Events at Championships</i>	0	10 EXTRA	10 EXTRA
2018 MSW OPEN WATER CHAMPIONSHIPS	20	10	2
2018 MSW SHORT COURSE QUALIFYING MEET	5	5	2
2019 MSW LONG COURSE QUALIFYING MEET	5	5	2
2018 MSW WINTER SPEEDO HEATS	5	0	2
2019 MSW SUMMER SPEEDO HEATS	5	0	2
2019 MSW SPRINT MEET	5	5	2
2019 MSW 5 TO 8 YRS MEET: ALL 7 AND 8 YEARS OLD ATHLETES NEED TO COMPETE AT THIS MEET TO be considered for selection in NOVICE Squad.			

In addition, the following points shall be awarded for competing at required meets, outside of Area, to qualify as per Development Criteria:

Squads	Attendance	Top 10 Finish/event
NATIONAL A SQUAD (<i>Also Known as NARS</i>)		
National Open and Age and MC (LC and SC) and National Open Water (Open and Age)	1000	10
NSW State Meets (Not qualifying Meets)	500	10
JUNIOR and SENIOR TARGET SQUADS (Also Known as SARS and JARS)		
NSW State Meets (Not qualifying Meets)	500	10
NSW Metropolitan	20	5

- 11) **MSW Selectors will assign points to each athlete based on completed competition, in conjunction with Events out of Area**
- 12) **Athletes point scores will be then be sorted in order (highest to lowest) and placed in the Squads as per criteria set in each Squad.**
- 13) **A full list of all points accrued by the athletes, will be presented to the Area.**
- 14) **Athletes, will be divided into the relevant Squads, namely National A, Junior and Target, Development and Novice**
- 15) **The Squad Selection lists will be published on Area Website, and sent to all Clubs. A selection letter will be sent to all Clubs, as well as, placed on Area Website and Area Facebook. Clubs are to distribute letters to each selected athlete in their Club.**

IT IS THE RESPONSIBILITY OF EACH MSW CLUB TO ADVISE THEIR ATHLETES OF THEIR STANDING IN DEVELOPMENT SQUADS.

16) ALL ATHLETES IN THE SELECTED SQUADS WILL BE ASKED TO NOMINATE AND AGREE TO ATTEND BOTH DEVELOPMENT CAMPS AND MEETS

Athletes must be reminded that if you do agree to attend and then do not attend, costs will be charged for the absence.

If absence due to a Medical occurrence a Medical Certificate is required.

If absence due to other family reasons consideration will be given by Development Committee.

17) Any Area Athletes selected in any State or National Team Squads are ineligible to attend any Area Development Activities, even if originally selected.

18) Due consideration will be given to Clubs that have become part of the Area, but their athletes were not able to compete at the required Area Meets due to the date of affiliation of the Clubs.

SQUADS SELECTION CRITERIA AND SQUAD DETAILS**NATIONAL A SQUAD (Pool / Open Water / MC)**

(SNSW calls this Squad: National Area Representative Squad)

SNSW and MSW OBJECTIVES:

Targeting swimmers who have qualified for the Australian Open & Age Championships and providing them with opportunities to socialise and meet new swimmers, whilst creating an environment to further develop their skills.

SELECTION CRITERIA:

AGE: Females 13 to 18 Years and Males 14 – 19 Years as of 31 March 2019

(This "age as of date" is irrespective of the Age athletes will be for Australian Championships and Australian Age)

AUSTRALIAN:

- Able-bodied and MC swimmers aged females 13-18 years and males 14-19 years who competed at the 2019 Australian Open and Age Championships in an individual event
- All Swimmers who qualified for the 2019 Australian Open and Age Championships, but did not compete due to extenuating circumstances (at the Area's discretion).
- All Open Water Swimmers aged 14-18 years of age that competed in an individual event at the 2019 Australian Open Water Championships and 2019 pool individuals and are not selected in a SNSW State Squad.

NSW: Nil

MSW AREA:

- Competed in Individual Events (Able and MC) at 2018 Short Course Championships and /or 2018/19 Long Course Championships and / or 2018 Open Water Championships.
- Competed, in individual events, at Area selected Meets.

ACTIVITIES:

In 2019, SNSW and MSW will co-ordinate camps

On Friday 26 July a touring coach will pick up swimmers at a nominated pick up point, (in the afternoon) to go to Sydney Institute of Sport at Narrabeen, where National A Squad (pool qualifiers) will stay until Sunday 28 July 2019.

A Touring Coach will return squad to original pick up point (in the afternoon)

Activities will include pool (technical skills), gym, lectures on nutrition and competition, and some surprises, including relaxation activities.

MSW hosted a National A's Open Water Camp at Wanda beach on 12 January 2019, for all National Open Water Qualifiers.

Similar camp will be hosted in 2020, prior to National Competition.

Details will be forwarded to all interested.

MERCHANDISE:

First Time Australian Competitors will receive MSW National Jacket, irrespective of attendance at "National A or NARS" Activities.

National Jackets are available for other National Swimmers at a Cost of \$25.00

Swim Cap, MSW Shirt, Back Pack, Towel.

SQUAD SIZE: 40 MAXIMUM (OPEN TO ALL SELECTED)

LEVY: \$ 100.00 each (Payment prior to activity)

SENIOR TARGET SQUAD (Pool / Open Water / MC)

(SNSW calls this Squad: Senior Area Representative Squad, SARS)

SNSW and SMSW OBJECTIVES:

To provide opportunities for swimmers in the same age bracket to come together in an environment that encourages the coaches and swimmers to work in their home programs and continue along their swimming development pathway.

SELECTION CRITERIA:

AGE: Male and Females: 13 to 18 Years as of 31 March 2019

NSW:

Able-bodied Swimmers aged 13-18 years who competed in an individual event at the:

- 2018/19 SNSW State Age Championships (long course) or;
- 2018/19 SNSW Metropolitan Championships (long course) or;
- 2018/19 SNSW Country Championships (long course)

MC swimmers aged 13-18 years who competed in an event at the:

- 2018/19 SNSW Metropolitan Championships (long course) or;
- 2018/19 SNSW Country Championships (long course)

Open water swimmers aged 13-18 years who competed in an individual event at the 2018 SNSW State Open Water Championships.

Swimmers who qualified for the above listed Championships but did not compete due to extenuating circumstances (at the Area's discretion).

MSW AREA:

Competed in Individual Events 2018 Short Course Championships and /or 2018-19 Long Course Championships and / or 2018 Open Water Championships.

Competed in Individual Events at Area Meets

ACTIVITIES:

2 Senior Members of this Squad (1 Male and 1 Female, not previously from National A Squad) will be invited to attend activities with National A Squad, selected by highest points accrued in the competition required.

MSW DEVELOPMENT DAY: Saturday 6 July 2019

AT RIPPLES ST MARYS LEISURE CENTRE, 9:00 AM TO 4:00 PM

DETAILS IN NOMINATION LETTER WHEN ISSUED.

SNSW WILL HOST SENIOR AREA REPRESENTATIVE SQUAD MEET ON 3 AND 4 AUGUST 2019

AT WOY WOY LEISURE CENTRE.

MSW Team will depart on Friday 2 August 2019 (in the afternoon) via coach pick up at Guildford Pools and stay overnight at Big 4 Umina Beach Caravan Park returning Sunday 4 August 2019(in the afternoon)

MERCHANDISE: Available only if attending Development Day and Target Meet:
Swim Cap, MSW Shirt, Towel.
Four Senior Members will be allocated National A Apparel

SQUAD SIZE: 25 to 30 MAXIMUM (OPEN TO ALL SELECTED)

LEVY: \$75.00 each (Payment prior to activity)

JUNIOR TARGET SQUAD (Pool / Open Water / MC)

(SNSW calls this Squad: Junior Area Representative Squad, JARS)

SNSW and SMSW OBJECTIVES:

To provide opportunities for coaches and swimmers in the same age bracket to come together in an environment that encourages the coaches and swimmers to work in their home programs and continue along their swimming development pathway.

SELECTION CRITERIA:

AGE: 10 to 12 Years as of 31 March 2019 (9 Year Old will not be eligible)

NSW:

Able-bodied swimmers aged 10-12 years. Age as at that competed in an individual event at the:

- 2018/19 SNSW State Age Championships (long Course) or;
- 2018/19 SNSW Metropolitan Championships (long course) or;
- 2018/19 SNSW Country Championships (long course)

MC swimmers aged 10-12 years that competed in an event at the:

- 2018/19 SNSW Metropolitan Championships (long course) or;
- 2018/19 SNSW Country Championships (long course)

Swimmers who qualified for the above listed Championships but did not compete due to extenuating circumstances (at the Area's discretion).

MSW AREA:

Competed in Individual Events 2018 Short Course Championships and /or 2018-19 Long Course Championships and / or 2018 Open Water Championships.

Competed in Individual Events at Area Meets

ACTIVITIES:

MSW DEVELOPMENT DAY: Saturday 6 July 2019
AT RIPPLES ST MARYS LEISURE CENTRE, 9:00 AM TO 4:00 PM.
DETAILS IN NOMINATION LETTER WHEN ISSUED.

SNSW WILL HOST JARS SQUAD MEET ON 12 OCTOBER 2019 AT SOPAC, HOMEBUSH
MSW JUNIOR TEAM WILL MAKE THEIR OWN WAY TO AND FROM THE VENUE

MERCHANDISE: Available only if attending Development Day and Target Meet:
Swim Cap, MSW Shirt, Towel.

SQUAD SIZE: 25 to 30 MAXIMUM (OPEN TO ALL SELECTED)

LEVY: \$ 50.00 each (Payment prior to activity)

DEVELOPMENT SQUAD (Pool / Open Water / MC)

(Used to be Achievers Squad in previous Years. SNSW will not take action on this Squad in 2019)

SMSW OBJECTIVES:

In addition to our Policy, to increase participation, whilst improving swimmer progression and retention.

SELECTION CRITERIA:

AGE: 9 to 16 Years as of 31 March 2019

NSW: Nil

MSW AREA:

Competed in Individual Events 2018 Short Course Championships and /or 2018-19 Long Course Championships and / or 2018 Open Water Championships.

Competed in Individual Events at Area Meets

Selection available only to swimmers who have been in Development Squad (also known as Achievers Squad) no more than three previous years

ACTIVITIES:

In the absence of SNSW Development Meet, MSW will host a long Course DUAL development meet for 80 elected Development Swimmers.

80 Swimmers will be divided into 4 teams, competing in all four strokes (50 m Events) and Relays (4 x 50 Freestyle and 4 x 50 Medley)

Awards will be provided for all four Teams.

Proposed date: Saturday 15 June 2019, 9:00 Am to 3:00 PM

Proposed venue – CAMPELLTOWN Aquatic Centre, BRADBURY.

Event Entry and Pool Entry Free, for Swimmers only

Swimmers to make their own way to and from venue

MERCHANDISE: Swim Cap, MSW Shirt.

SQUAD SIZE: 80 MAXIMUM (OPEN TO ALL SELECTED)

LEVY: \$ 20.00 each (Payment prior to activity)

NOVICE – JUNIOR ESTABLISHMENT SQUAD

SMSW OBJECTIVES: Introduce young Athletes to swimming Training and Team surrounding with the aim to start enjoy the sport as a fun, as well as, competition.

SELECTION CRITERIA:

AGE: 7 and 8 Years as of 31 March 2019

MSW AREA: **MUST** Compete in individual events at 5 to 8 Years Meet (Unless from new Clubs) in March 2019
Compete at Area supported Meets

ACTIVITIES: **Saturday 1 June 2019** at Guildford Pool, between 1:00 and 4:00 PM
Swim skills and fun afternoon session, followed by sausage sizzle

NOVICE PROGRAM:

1:00 PM Swimmers arrive at pool, for registration and collection of apparel.

1:45 PM Swimmers move to pool

1:45 PM Introductory discussion on progress of swimmers through Development

2:15 Pm Parents can spectate pool session

3:30 PM Complete pool session

3:30 to 4:00 PM sausage sizzle.

MERCHANDISE: Swim Cap, MSW Shirt

SQUAD SIZE: All 7 and 8 year old that have competed at 5 to 8 Years Meet.
Consideration given to those who did not attend this Meet, but only if attended several MSW Meets

LEVY: NIL

COACH EDUCATION DEVELOPMENT PLAN

SNSW and SMSW OBJECTIVES:

Provide an opportunity for Area Coaches to attend and gain personal development opportunities, which will enhance their skill set and create localised network opportunities with swimmers from other Clubs, as well as their own

All Area Coaches are Welcome to all Development Activities, Camps and Meets.

There will be a roster to allow all interested Coaches to attend Development Camp and Meets.

Compensation provided for all attending Coaches