

2019 SENIOR AREA REPRESENTATIVE SQUAD SELECTION CRITERIA

Objective

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

- 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)
- Para 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).

The Area may choose to include additional criteria.

Squad Activities

- Skill-based program with a focus on fun, social and life skills
- Days to be determined based on local needs and local area calendar. These activities can be delivered at any time (following April) that best suits the Area (LC or SC season).

Education Curriculum Activities

- Age appropriate

Pool Session

- Focus on skills
- Technical focus

Competition Activities

- Compete at the SNSW Senior Area Representative Meet (location and date to be advised)

Coach Overview

It is recommended the Home Coach attends with their selected swimmer/s.

**Swimmers may only accept a position on one SNSW squad with a default set to the highest achievement.*