



2020 Area Development Program Guide



2020 Swimming NSW Area Development Program Guide

Background

Swimming NSW (SNSW) is dedicated to recognising and rewarding dedicated young swimmers in all areas of the State. These swimmers may have started in the sport for recreational/social reasons and now aspire to being selected on State and National Squads in the future. It is important that SNSW provide a solid pathway for these swimmers to develop their swimming skills, as well as maintain motivation as they go through maturation. In regional areas, the program/s will be coordinated by the local SNSW Club Support Officer in conjunction with the Area Development Convenor.

National Area Representative Squad (NARS)

Objective

Targeting swimmers who have qualified for the Australian Open & Age Championships and providing them with opportunities to further develop their skills. This should be achieved in an environment to promote pathway progression.

Selection Criteria

- Able-bodied swimmers aged females 13-18 years and males 14-19 years who competed at the 2020 Australian Swimming Championships and the Australian Age Championships in an individual event
- Swimmers who qualified for the 2020 Australian Swimming Championships and the Australian Age Championships but did not compete due to extenuating circumstances (at the Area's discretion).
- Open Water Swimmers aged 14-18 years of age that competed in an individual event at the 2020 Australian Open Water Championships and are not selected in a SNSW State Squad.

The Area may choose to include additional criteria.

Squad Activities

A skill-based development camp and other pertinent learning and educational opportunities. The coordination of this camp will be the responsibility of the SNSW Club Support Officers in conjunction with their Area Development Convenor. To provide improved accessibility, there will be two NARS camps in 2020. Swimmers may only participate in one camp each year.

Northern Camp – Runaway Bay, QLD (Date TBC)

Southern Camp – Canberra, ACT (Date TBC)

Levy

To be determined by each Area.

Coach Overview

Coach selection process to be determined by Swimming NSW in conjunction with the SNSW Club Support Officer. Area to fund selected coaches.

**Areas are encouraged to include Area cap and a uniform for this squad.*

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

Senior Area Representative Squad (SARS)

Objective

A focus on coach development to provide opportunities for coaches to share knowledge that can be applied in the daily training environment (DTE). In addition, swimmers of similar ages are in an environment that develops, motivates and provides encouragement.

Ages: 13-18 years who have swam at State, Country/Metro level in an individual event

Selection Criteria

- Able-bodied Swimmers aged 13-18 years who competed in an individual event at the:
 - 2019/20 SNSW Senior State Age Championships (long course) or;
 - 2019/20 SNSW Senior Metropolitan Championships (long course) or;
 - 2019/20 SNSW Country Championships (long course)
- Para swimmers aged 13-18 years who competed in an event at the:
 - 2019/20 SNSW Senior Metropolitan Championships (long course) or;
 - 2019/20 SNSW Senior Country Championships (long course)
- Open water swimmers aged 13-18 years who competed in an individual event at the 2019/20 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

- Coach Development – engage with activities that can be applied in the daily training environment
- Skill-based program that includes a focus on fun, social and life skills
- Program 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, the SNSW Club Support Officer and the SNSW Coaching Director and/or SNSW Regional Coaching Director (LC or SC season).

Competition Activities

- Compete at the SNSW Senior Area Representative Swim League (location and date to be advised)
- Swimmers may only compete at one Area Representative Swim League each year (i.e. either the Senior Area Representative Swim League or the Junior Area Representative Swim League)

Coach Overview

Coach attendance is highly recommended at Squad activities with their swimmer/s.

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

Junior Area Representative Squad (JARS)

Objective

Swimmers of similar ages are encouraged to improve their skills that can be repeated in the daily training environment (DTE). Creates a development opportunity for coaches to learn new methods/skills to improve their swimmers in their DTE.

Ages: 10-12 years who have swam at State, Country/Metro level in an individual event

Selection Criteria

- Able-bodied swimmers aged 10-12 years. Age as at that competed in an individual event at the:
 - 2019/20 SNSW Junior State Age Championships (long Course) or;
 - 2019/20 SNSW Junior Metropolitan Championships (long course) or;
 - 2019/20 SNSW Country Championships (long course)
- Para swimmers aged 10-12 years that competed in an event at the:
 - 2019/20 SNSW Junior Metropolitan Championships (long course) or;
 - 2019/20 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).

The Area may choose to include additional criteria.

Squad Activities

- Coach Development – engage with activities that can be applied in the DTE
- 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, the regional Club Support Officer, the SNSW Coaching Director and/or SNSW Regional Coaching Director (LC or SC season).

Competition Activities

- Compete at the SNSW Junior Area Representative Swim League (location and date to be advised)
- Swimmers may only compete at one Area Representative Swim League (i.e. either the Senior Area Representative Swim League or the Junior Area Representative Swim League)
 - If a 12 year old swimmer turns 13 years old prior to the Senior Area Representative Swim League, the swimmer may decide which meet they would like to compete in

Coach Overview

Coach attendance is highly recommended at Squad activities with their swimmer/s.

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