



2020/21 Performance Pathway Program



Contents

2020/21 Olympic Pathway	4
Swimming Australia Podium Categorized Athletes	5
2020/21 Swimming NSW Flippers Squad Selection Criteria	6
2020 Swimming NSW Flippers Touring Team	8
2020/21 Swimming NSW Performance Squad Selection Criteria	9
2020/21 Swimming NSW Open Water Performance Squad	11
2020/21 Swimming NSW Sharks Squad Selection Criteria.....	13
2020 NSW State Teams Selection Criteria.....	15
Pathway Program Projects and Hub Engagement	17
Regional Squad Project.....	17
NSW Performance Hubs	18
2020/21 Para Pathway	19
Swimming Australia Podium Categorized Para Athletes.....	20
2020/21 Swimming NSW Para Potential Squad Selection Criteria	21
2020/21 Swimming NSW Para Development Squad Selection Criteria	23

2020/21 NSW Performance Pathway Summary

Olympic Pathway

Para Pathway

NSW Podium Categorised Athletes

Swimming Australia Podium and Podium Potential Categorised Athletes in the Olympic and Paralympic Program
Performance driven, eligible for financial support based on IAPP

SNSW Flippers Squad

Australian Age/Open Championships or Trials

- Female 20+ years and Male 21+ years athletes within 3% of the 8th place qualifier at the 2019 WC Final
- Females 19 years & under and Males 20 years & under within 5% of the 8th qualifier at the 2019 WC Final

Training + Testing Days/Touring Team/Training Support/DTE
Coach Mentoring

SNSW Para Potential Squad

Swimmers 12+ years

Achieve a squad QT in a Final at one of the following:

- 2020 SNSW State Open
- 2020 Australian Age

Induction Day/Development Day

SNSW Performance Squad

Australian Age/Open Championships or Trials

- Female 20+ years and Male 21+ years athletes who swim a squad qualifying time
- Females 19 years & under and Males 20 years & under who swim a squad qualifying time

Squad Camp/DTE coach mentoring

SNSW Para Development Squad

Swimmers 12-23 years

Achieve a squad QT in a Final at one of the following:

- 2020 SNSW State Open
- 2020 Australian Age

Induction Day/Development Day

SNSW Open Water Performance Squad

Australian Open Water Championships
Female and Male 16+ years

P1: Top 10 placing 10km Open events

Top 5 placing in 5km Open events

Male & female 18-19yrs: 1st- 5th placing in 10km Age event

Male & female 16-17yrs: 1st- 5th placing in 7.5km Age event

P2: Male & female 18-19yrs: 1st- 5th placing in 5km Age event

Male & female 16-17yrs: 1st- 5th placing in 5km Age event

Squad Camp/Training Day

SNSW Sharks Squad

Australian Age or Open Championships

- Female 17 – 19 years and Male 18 – 20 years swimmers who swim a squad qualifying time
 - Female 13 – 16 years and Male athletes 14 – 17 years who swim a squad qualifying time
- OWS: Swimmers 14-15yrs, medallists in 5km Age events at Australian Open Water Championships

Squad Camp

Performance Hubs
Olympic Park - Northern Metro – ACT

NSW State Team

A team of up to 44 swimmers:

- 10 x male 14-15 years
- 10 x female 13-14 years
- 10 x male 16-17 years
- 10 x female 15-16 years and;
- 4 x Para swimmers 13-17 years

Selection Events are:

- 2020 SNSW Country Short Course Championships
- 2020 SNSW Metropolitan Short Course Championships
- 2020 SNSW State Age 13 & Over Short Course Championships
- NSW State Teams Time Trials

Compete at Swimming Australia State Teams Short Course Championships



2020/21 Olympic Pathway



Swimming Australia Podium Categorised Athletes

Athletes who are listed on Swimming Australia's 2020/21 Olympic Program Categorisation list as Podium or Podium Potential will have access to Swimming NSW resources and may request funding to assist with their training and competition throughout the year. To be eligible for financial support, coaches in collaboration with their athlete must submit an Individual Athlete Performance Plan (IAPP). Funding may be provided to squad members based on their IAPP and as assessed by the NSW Technical Lead. Athletes will be supported for as long as they are categorised by Swimming Australia.

Coaches with Podium Categorised athletes will be supported through daily training environment engagement, underpinned by NSWIS support. There will be workshops and educational resources provided by Swimming Australia, Swimming NSW and NSWIS.



2020/21 Swimming NSW Flippers Squad Selection Criteria

Objective

The State and National Talent Program is now known as Swimming Australia's 'Flippers' Program. The objective of this program is to prepare Australia's next generation of swimmers for senior performance excellence. The program will feature a combination of activities delivered by each State and Nationally, aiming to assist identified athletes to successfully transition to the pinnacle of swimming in Australia - the Dolphins Swim Team.

Eligibility

To be eligible for selection in the 2020/21 Swimming NSW (SNSW) Flippers Squad, swimmers must be:

- An Australian Citizen
- Permanently residing and training in NSW or ACT
- A current financial member of Swimming NSW

Eligibility and meeting the selection criteria does not guarantee selection into the squad.

Selection Criteria

Only performances in a Final at the Australian Swimming Championships, Australian Age Championships and Australian Swimming Trials will be considered for squad selection:

- Female athletes 20+ years and Male athletes 21+ years who are within 3% of the 8th place qualifier at the 2019 World Championships Final
- Females 19 years & under and Males 20 years & under who are within 5% of the 8th qualifier at the 2019 World Championships Final
- For Timed-Finals, swimmer must swim the squad qualifying time and be placed in the Top 8
- Age as at the first day of the Australian Age Championships (7 April 2020)

Please see below for squad qualifying times.

Athletes selected in the NSW Flippers Squad will be ineligible for selection onto other squads in the NSW Performance Pathway.

Activities and Engagement

There will be specific assessment and training contact points for the NSW Flippers Squad throughout the year. Swimming Australia (SA) talent identification testing will be conducted in the NSW Performance Hubs and embedded in the home program. In addition, NSW Flippers will be invited to participate in a Touring Team should they meet the squad requirements and it align with their IAPP. Athletes selected in the NSW Flippers Squad will have access to NSW Performance Hub facilities and service providers when participating in squad activities.

Swimming Australia may select NSW Flippers to be part of their National Flippers Program based on performances and testing results over the course of the year. If selected in the National Program, the athlete will be invited to attend the National Flippers Camp.

NSW Flippers Squad Qualifying Times

Men		Selection Events	Women	
20yrs & Under	21yrs & Over		20yrs & Over	19yrs & Under
00:22.86	00:22.42	50m Freestyle	00:25.19	00:25.68
00:50.75	00:49.78	100m Freestyle	00:54.91	00:55.98
01:51.05	01:48.93	200m Freestyle	02:00.32	02:02.66
03:57.66	03:53.13	400m Freestyle	04:14.51	04:19.45
08:11.53	08:02.16	800m Freestyle	08:44.99	08:55.18
15:39.81	15:21.91	1500m Freestyle	16:37.42	16:56.79
Backstroke				
00:26.10	00:25.61	50m Backstroke	00:28.62	00:29.18
00:56.07	00:55.00	100m Backstroke	01:01.50	01:02.70
02:03.12	02:00.78	200m Backstroke	02:13.28	02:15.87
Breaststroke				
00:28.43	00:27.89	50m Breaststroke	00:32.03	00:32.65
01:02.17	01:00.99	100m Breaststroke	01:08.98	01:10.32
02:14.69	02:12.13	200m Breaststroke	02:28.51	02:31.39
Butterfly				
00:24.37	00:23.91	50m Butterfly	00:26.79	00:27.31
00:54.29	00:53.25	100m Butterfly	00:58.81	00:59.96
02:02.06	01:59.74	200m Butterfly	02:12.93	02:15.51
IM				
02:03.88	02:01.52	200 IM	02:14.40	02:17.01
04:28.00	04:22.90	400 IM	04:47.30	04:52.88

Flippers Coach Overview

Coaches with athletes in the NSW Flippers Squad must provide an IAPP to the NSW Technical Lead in order to have access to Performance Hub service providers and facilities. Flippers coaches are also strongly encouraged to attend all squad activities with their athletes. There will be instances where athletes are unable to participate in activities if their coach cannot attend. Coaches will also be supported by Swimming Australia, NSWIS & SNSW through designated mentors and coach education and development opportunities.

Terms, Conditions and Selection Timeframe

All squad members must adhere to the *SNSW Performance Pathway Program Terms and Conditions*. NSW Flippers athletes will remain on the Squad for one year (until the conclusion of the 2021 Australian Championships). The NSW Technical Lead or SNSW Coaching Director may review the position of a squad member at any time during this period if it is deemed the athlete is not meeting their performance/attendance requirements or has breached the terms and conditions of the program.

Squad Selection Announcement

There will be two intakes for this squad. The first announcement will be after the 2020 Australian Swimming Championships. The second announcement will be after 2020 Australian Swimming Trials should any other athletes achieve selection from this meet.

2020 Swimming NSW Flippers Touring Team

Overview

The aim of the Swimming NSW (SNSW) Touring Team is to provide athletes who are on the verge of National Team selection with an opportunity to travel and compete at a high-level international meet. From this, swimmers will be able to practice racing under pressure and in an unfamiliar environment.

In 2020, the NSW Flippers Squad will have the opportunity to be part of a SNSW Touring team competing at the Singapore and China legs of the 2020 FINA World Cup Series in September. Competition dates for the Singapore leg are the 4th - 6th September and the China leg are the 10th - 12th September.

Travel will be to and from Sydney, with departure on the 1st September and return on the 13th September (TBC).

*Due to the outbreak of the Coronavirus in January 2020, SNSW are working closely with medical experts to ensure the health and safety of the team travelling to the Asian legs of the World Cups. If it is deemed unsafe, the team will not travel. This will be decided closer to the date. If the team does not travel to the Asian World Cups, another activity will be provided for the team.

Eligibility

To be eligible for selection in the 2020 SNSW Touring Team, athletes must be:

- an Australian Citizen, permanently residing and training in NSW or ACT
- a current financial member of Swimming NSW
- a member of the 2020 NSW Flippers Squad
- meet all squad requirements, including completion of all squad activities and submission of an individual athlete performance plan (IAPP)

Swimmers must complete and return a *Touring Team Availability Form** and have this tour as part of their IAPP to be considered.

*Touring Team Availability Forms will be sent out to eligible athletes who have met the selection criteria at the Australian Swimming Open/Age Championships and Australian Swimming Trials. These must be returned to Tim Donlan (tim.donlan@nsw.swimming.org.au) by **5pm on Monday, 29th June 2020**.

Athlete Levy

There will be an athlete levy for this tour. SNSW will provide an invoice to the swimmer on selection and acceptance of their position on this team. This levy must be paid prior to departure. The levy amount will be advised at a later date.

Coach Overview

Coaches are to submit an “expression of interest” to be considered as Team Coaches of the Touring Team. The NSW Technical Lead and SNSW Coaching Director will appoint coaches once the athlete team list is confirmed. The number of team coaches selected will be based on the number of athletes on team.

An expression of interest form will be sent out to after the Australian Swimming Trials.

2020/21 Swimming NSW Performance Squad Selection Criteria

Objective

The Swimming NSW Performance Squad is designed to support high-performing NSW athletes with the potential for Australian Swim Team selection within the 2024 Olympic cycle.

Eligibility

To be eligible for selection for the 2020/21 Swimming NSW (SNSW) Performance Squad, swimmers must:

- be an Australian Citizen
- permanently residing and training in NSW or ACT
- be a current financial member of Swimming NSW

Eligibility does not guarantee selection into the squad.

Selection Criteria

Athletes who swim a 2020/21 SNSW Performance Squad qualifying time in a Final at one of the following selection meets:

- 2020 Australian Age Championships, 2020 Australian Swimming Championships and 2020 Australian Swimming Trials
- For Timed-Finals, swimmer must swim the squad qualifying time and be placed in the Top 8
- Age as at the first day of the 2020 Australian Age Swimming Championships (7 April 2020)

2020/21 SNSW Performance Squad Qualifying Times				
Men		Selection Events	Women	
20yrs & Under	21yrs & Over		20yrs & Over	19yrs & Under
00:23.19	00:22.86	50m Freestyle	00:25.68	00:26.05
00:51.47	00:50.75	100m Freestyle	00:55.98	00:56.78
01:52.63	01:51.05	200m Freestyle	02:02.66	02:04.41
04:01.05	03:57.66	400m Freestyle	04:19.45	04:23.16
08:18.55	08:11.53	800m Freestyle	08:55.18	09:02.83
15:53.24	15:39.81	1500m Freestyle	16:56.79	17:11.31
00:26.48	00:26.10	50m Backstroke	00:29.18	00:29.60
00:56.87	00:56.07	100m Backstroke	01:02.70	01:03.59
02:04.88	02:03.12	200m Backstroke	02:15.87	02:17.81
00:28.84	00:28.43	50m Breaststroke	00:32.65	00:33.12
01:03.06	01:02.17	100m Breaststroke	01:10.32	01:11.32
02:16.62	02:14.69	200m Breaststroke	02:31.39	02:33.55
00:24.72	00:24.37	50m Butterfly	00:27.31	00:27.70
00:55.06	00:54.29	100m Butterfly	00:59.96	01:00.81
02:03.81	02:02.06	200m Butterfly	02:15.51	02:17.45
02:05.65	02:03.88	200 IM	02:17.01	02:18.97
04:31.83	04:28.00	400 IM	04:52.88	04:57.06

The maximum number for the SNSW Performance Squad is 30 athletes. Should there be more athletes eligible than the maximum number, athletes will be ranked by percentage closest to the squad qualifying time.

Performance Squad Coach Overview

All coaches with athletes selected in the SNSW Performance Squad will be invited to participate in the squad training activities and have access to SNSW resources, including specific technical development support within the home program. Additional education opportunities will be available for coaches throughout the year. The SNSW Coaching Director will appoint Mentor Coach/s to the Performance Squad who will provide direction to the squad, attend the camp and provide mentorship to squad coaches.

Coaches without athletes on the squad may be invited to Performance Squad activities if shown that these align with their professional development. This will be at the discretion of the NSW Technical Lead and/or SNSW Coaching Director.

Terms, Conditions and Selection Timeframe

All squad members must adhere to the *SNSW Performance Pathway Program Terms and Conditions*.

Support for the SNSW Performance Squad members will be for one (1) year (until the conclusion of 2021 Australian Swimming Championships). The SNSW Coaching Director may review the position of a squad member at any time during this period if it is deemed the athlete is not meeting their performance/attendance requirements or has breached the terms and conditions of the program.

Squad Selection Announcement

There will be two intakes for this squad. The first announcement will be after the 2020 Australian Swimming Championships. The second announcement will be after 2020 Australian Swimming Trials should any other athletes achieve selection from this meet.

Athlete Levy

There may be an athlete levy associated with this squad. This will be advised at the time of selection.

2020/21 Swimming NSW Open Water Performance Squad Selection Criteria

Objective

The Swimming NSW (SNSW) Open Water Performance Squad recognises the best National level Open Water Swimmers in NSW. Support is provided to this group with the aim of selection onto the Australian Open Water Swimming team. The squad provides an opportunity for athletes to come together as a group and train and compete specifically for open water swimming.

Eligibility

To be eligible for selection for the 2020/21 Swimming NSW (SNSW) Open Water Performance Squad, swimmers must:

- be an Australian Citizen
- permanently residing and training in NSW or ACT
- be a current financial member of Swimming NSW

Eligibility does not guarantee selection into the squad.

Selection Criteria

Athletes aged 16 years and over who swim at the 2020 Australian Open Water Championships and attain the following results (excluding visitors):

PRIORITY 1:

- Top 10 placing in 10km Open event at the Australian Open Water Championships
- Top 5 placing in 5km Open event at the Australian Open Water Championships
- Male and female 18-19-year-old: 1st – 5th placing in the 10km in the combined Age group
- Male and female 16-17-year-old: 1st – 5th placing in the 7.5km in the combined Age group

PRIORITY 2:

- Male and female 18-19-year-old: 1st – 5th placing in the 5km in the combined Age group
- Male and female 16-17-year-old: 1st – 5th placing in the 5km in the combined Age group

The maximum number for the SNSW Open Water Performance Squad is 15 athletes. Should there be more eligible athletes for this squad, athletes may be ranked by percentage closest to the winning time of the event.

Activities and Engagement

All athletes in the SNSW Open Water Performance Squad will be invited to a specific open water training day, camp and competition.

Open Water Performance Squad Coach Overview

Coaches with swimmers in this squad will be invited to the training day and other coaching activities, as appropriate. Coaches availability to attend the camp will be sought by "Expressions of Interest". The number of camp coaches selected will be based on the number of athletes attending. Those who placed swimmers onto the squad will have priority. Coaches without athletes on the squad may be invited to activities if shown that these align with their professional development. This will be at the discretion of the SNSW Coaching Director.

Terms, Conditions and Selection Timeframe

All squad members must adhere to the *SNSW Performance Pathway Program Terms and Conditions*.

Support for the SNSW Open Water Performance Squad members will be for one (1) year (until the conclusion of 2021 Australian Swimming Championships). The SNSW Coaching Director may review the position of a squad member at any time during this period if it is deemed the athlete is not meeting their performance/attendance requirements or has breached the terms and conditions of the program.

Squad Announcement

The squad will be announced following the 2020 Australian Swimming Championships.

Athlete Levy

There may be an athlete levy associated with this squad. This will be advised at the time of selection.

2020/21 Swimming NSW Sharks Squad Selection Criteria

Objective

The Swimming NSW Sharks Squad is designed to identify and provide support for emerging age group swimmers, transitioning swimmers and their coaches. Swimmers in this squad will have the opportunity to:

- Enhance education, develop skills and gain exposure to varied opportunities away from their daily training environment.
- Create a supportive environment for talented swimmers to develop their skills and swimming knowledge in preparation for National Team and/or Talent Identification (TID) Squad selection.

Eligibility

To be eligible for selection in the 2020/21 Swimming NSW (SNSW) Sharks Squad, swimmers must be:

- An Australian Citizen, permanently residing and training in NSW or ACT
- A current financial member of Swimming NSW

Eligibility and meeting the selection criteria does not guarantee selection into the squad.

Selection Criteria

POOL

Male swimmers who are 14-20 years and Female swimmers who are 13-19 years who swim a 2020/21 SNSW Sharks Squad qualifying time in a Final at one of the following selection meets:

- 2020 Australian Age Championships or 2020 Australian Swimming Championships
- For Timed-Finals, swimmer must swim the squad qualifying time and be placed in the Top 8
- Age as at the first day of the 2020 Australian Age Swimming Championships (7 April 2020)

2020/21 SNSW Sharks Squad Qualifying Times				
Men		Selection Events	Women	
14 - 17 years	18 - 20 years		17 - 19 years	13 - 16 years
00:23.84	00:23.40	50m Freestyle	00:26.29	00:26.66
00:52.92	00:51.95	100m Freestyle	00:57.31	00:58.11
01:55.81	01:53.69	200m Freestyle	02:05.58	02:06.75
04:07.84	04:03.32	400m Freestyle	04:25.63	04:26.87
08:32.59	08:23.23	800m Freestyle	09:07.93	09:10.48
16:20.09	16:02.19	1500m Freestyle	17:21.00	17:25.84
00:58.47	00:57.41	100m Backstroke	01:04.19	01:05.08
02:08.40	02:06.05	200m Backstroke	02:19.10	02:21.05
01:04.83	01:03.65	100m Breaststroke	01:11.99	01:13.00
02:20.47	02:17.90	200m Breaststroke	02:34.99	02:37.16
00:56.61	00:55.58	100m Butterfly	01:01.38	01:02.24
02:07.29	02:04.97	200m Butterfly	02:18.74	02:20.68
02:09.19	02:06.83	200 IM	02:20.28	02:22.23
04:39.49	04:34.38	400 IM	04:59.85	05:04.03

OPEN WATER

Females & Males aged 14-15yrs: Medallist in the 5km Age events at the Australian Open Water Championships (excluding visitors).

Selection into the SNSW Sharks Squad will be considered from times swum at the nominated selection events. Consideration may be given to swimmers who swim a qualifying time in a Final at the 2019/2020 NSW State Swimming Championships (Age or Open) but not at the National meets due to extenuating circumstances. This decision will be at the discretion of the SNSW Coaching Director.

The maximum number for the SNSW Sharks Squad 30 athletes. Should there be more than the maximum number eligible, athletes may be ranked by percentage closest to the squad qualifying time.

Activities and Engagement

Swimmers in this squad will be invited to age group specific activities.

Sharks Coach Overview

The SNSW Coaching Director will appoint Mentor coach/s to the Sharks Squad who will provide direction and mentorship to squad coaches.

There may be additional education opportunities for coaches throughout the year, as deemed appropriate by mentor coach/es. Coaches without athletes on the squad may be invited to Sharks Squad activities if shown that these align with their professional development. This will be at the discretion of the SNSW Coaching Director.

Terms, Conditions and Selection Timeframe

All squad members must adhere to the *SNSW Performance Pathway Program Terms and Conditions*.

Support for the SNSW Sharks Squad members will be for one (1) year (until the conclusion of 2021 Australian Swimming Championships). The SNSW Coaching Director may review the position of a squad member at any time during this period if it is deemed the athlete is not meeting their performance/attendance requirements or has breached the terms and conditions of the program.

Squad Selection Announcement

The SNSW Sharks Squad will be announced following the 2020 Australian Swimming Championships.

Swimmer Levy

There may be a swimmer levy associated with the SNSW Sharks Squads. This will be advised at the time of selection.

2020 NSW State Teams Selection Criteria

2020 Australian State Teams Short Course Age Championships - AIS
30 September – 2 October 2020

Overview

The Australian State Teams Short Course Age Championship sees each State and Territory from around the Country bring their best up and coming swimmers to Canberra to compete for the title of State Teams Champion. It is a great opportunity for swimmers to race for and represent Team NSW.

Eligibility

To be eligible for selection an athlete must:

- be a registered member of Swimming NSW (SNSW)
- be an Australian Citizen who is eligible to represent NSW at this event
- be aged between 13-16 years (female), 14-17 years (male) or 13-17 years (para athlete) on the first day of the State Teams Championships
- Complete a SNSW Team Agreement, ASADA and e-learning Match Fixing online education

Selection Criteria

A team of up to 44 swimmers will be selected. The NSW State Team will comprise of:

- 10 males in the 14-15 years age group;
- 10 males in the 16-17 years age group;
- 10 females in the 13-14 years age group;
- 10 females in the 15-16 years age group and;
- 4 Para swimmers in the 13-17 years age group

Swimmers age is determined as at the first day of the State Teams competition.

The squad will be selected from the highest rankings using the following meets:

- Priority 1:
 - 2019 SNSW State Age 13 & over Short Course Championships
- Priority 2:
 - 2019 SNSW Country Short Course Championships
 - 2019 SNSW Metropolitan Short Course Championships

Team Selection:

The two (2) highest ranked athletes (that are available) from the following events will be considered (but not guaranteed) for selection:

- 100m & 200m Backstroke in each of the combined age groups
- 100m & 200m Breaststroke in each of the combined age groups
- 100m & 200m Butterfly in each of the combined age groups
- 50m, 100m & 200m Freestyle in each of the combined age groups
- 400m & 800m* Freestyle in each of the combined age groups
- 200m & 400m Individual Medley in each of the combined age groups

*The SNSW Selection Committee will also have the option of using Australian Age and Australian Open results when selecting athletes for the 800m events.

Para swimmers will be ranked by percentage (%) using the SNSW Para Potential Squad Times. The first and second ranked male and female Para swimmers aged 13-17 years in the S6-S10 & S13 classes will become first priority for selection. As per the Swimming Australia guidelines, Para swimmers selected for State Teams must be independent and not require a carer on team.

The following MC events will be used:

- 100m in Freestyle, Backstroke, Breaststroke & Butterfly plus the 200 IM

After considering the first priority swimmers, the SNSW Selectors along with the SNSW Coaching Director will consider remaining swimmers that will best suit the balance of the team and the order of events in the SA State Teams Short Course program. Relay swimmers and where required, other priority swimmers may also be considered using the same criteria. Meeting any of the selection criteria does not guarantee selection into the NSW State Team.

In the event that two swimmers are of equal ranking

- the swimmer's best performance will be ranked by the closest percentage (%) to the SA State Teams Age record for that event.
- Also, the Selectors along with the SNSW Coaching Director will select the athlete which best fulfils the needs of the team.

NSW athletes who are unavailable due to National Team Commitments will still be considered for selection in this team.

*Up to 3 swimmers per age group may be added as a Shadow Squad to ensure we have the appropriate back up for selected swimmers whose training may have been affected by illness or other contributing factors.

Coach Overview

Coaches availability to attend the camp (TBC) and the State Teams Championship will be sought by "Expressions of Interest" available at a designated meet.

The SNSW Coaching Director will be calling for expressions of interest for the Team Coaches:

- 2 coaches in the Male 14-15 years age group
- 2 coaches in the Male 16-17 years age group
- 2 coaches in the Female 13-14 years age group
- 2 coaches in the Female 15-16 years age group

The eight (8) Team Coaches will be selected based on the following:

- Their swimmer's best performance at the 2020 State Age SC Championships will be ranked by the closest percentage (%) to the SA State Teams Age Championship record for that event and Age Band
- 2 coaches selected per age band
- The needs of the team
- All selected coaches must be available for all the team's activities
- Only performances in the team selection criteria events will be considered

Pathway Program Projects and Hub Engagement

Regional Squad Project

Objective

With NSW being a geographically large area, it presents challenges in supporting swimmers and coaches based outside of the Metro area. Swimming NSW (SNSW) has identified that there are many talented swimmers and coaches residing in regional areas. By implementing a Regional Squad Project, support is provided to targeted individuals to enhance skills and technique.

The Regional Squad will encompass two age groups:

- Junior: Males 14 – 17 years and Females 13 – 16 years
- Senior: Males 18+ years and Females 17+ years

SNSW aims to see progressive performance improvements in this group as the swimmers challenge each other and the coaches impart their learnings onto their home program.

Eligibility

- An Australian Citizen, permanently residing and training in Regional NSW or ACT
- A current financial member of Swimming NSW
- Junior: Males 14 – 17 years and Females 13 – 16 years
- Senior: Males 18+ years and Females 17+ years
- Swimmers in other squads on the SNSW Pathway may be invited to participate in this project

Selection

Swimmers will be selected based not only on performances but using talent identification processes. Selection will be made by the SNSW Coaching Director, Regional Coaching Director and ACT Performance Hub Head Coach. All home coaches of selected athletes are invited to Regional Squad activities. A maximum of 15 swimmers will be selected per age-group squad.

Activities and Engagement

SNSW aims to have multiple touch points each year with the targeted group of swimmers and coaches. The activities will take place in a NSW Performance Hub (e.g. ACT, Northern Metro or SOPAC Performance Hub) to expose the group to a high performance environment, using facilities and resources not unavailable in their home program. The group will be led by the SNSW Regional Coaching Director and an appointed NSW Hub Head Coach.

NSW Performance Hubs

Swimming NSW have three Performance Hubs in NSW/ACT:

1. NSW Olympic Park Hub – Sydney Olympic Park
2. ACT Performance Hub – AIS, Canberra
3. NSW Northern Metro Hub – Knox Pymble

A key objective for establishing the hubs was to support the development of pathways and create sustainable high-performance programs in NSW/ACT. The hubs have access to the best facilities, resources and high-performance personnel in the State, including the NSW Institute of Sport, the AIS, Knox Grammar School and Pymble Ladies College. Therefore, it is essential for athlete and coach development that the hubs are engaged as part of the SNSW Performance Pathway. Throughout the year, selected National level athletes and their home coaches will be invited to come into the hubs to train with the residence program. SNSW Pathway squads will also utilise the hubs for camps and other development opportunities.





2020/21 Para Pathway



Swimming Australia Podium Categorized Para Athletes

Para athletes who are categorised from Podium to Podium Potential on Swimming Australia's 2020/21 Paralympic Program Categorisation list will have access to SNSW resources and may request funding to assist with their training and competition throughout the year.

Athletes and their coaches must submit an Individual Athlete Performance Plan (IAPP) to be eligible for any financial support. Funding may be provided to squad members based on their IAPP as assessed by the SNSW Coaching Director together with the Swimming Australia Para Head Coach. Athletes will be supported for as long as they are categorised.



2020/21 Swimming NSW Para Potential Squad Selection Criteria

Objective

To provide high-performing Para swimmers with opportunities to enhance their training and competition development. Activities would provide greater exposure to a performance training environment that would improve results to achieve selection onto a National Team or Squad. The SNSW Para Potential Squad would undertake the Swimming Australia (SA) Testing Protocols, where applicable.

Eligibility

To be eligible for selection in the 2020/21 Swimming NSW (SNSW) Para Potential Squad, swimmers must be:

- A current financial member of Swimming NSW
- An Australian resident permanently training in NSW or ACT
- Aged 12 years and over

Eligibility does not guarantee selection into the squad.

Selection Criteria

Swimmers must achieve one (1) SNSW Para Performance Squad qualifying time in a Final at one of the following long course Championships (Paralympic events only):

- 2020 Hancock Prospecting Australian Age Swimming Championships (incorporates both age and open multi-class swimmers – Sunday 12th – Tuesday 14th April)

In addition:

- Swimmers selected on the SNSW Para Potential Squad are ineligible for selection in Area Development Squads.
- Swimmers selected on a Swimming Australia Team or Squad will not be eligible to continue with the SNSW Para Performance Squad.

Maximum SNSW Para Potential Squad Numbers

A maximum of 15 swimmers will be selected, comprising a maximum of 10 swimmers in the physical impairment classes, 2 swimmers in the visual impairment classes and 3 swimmers in the intellectual impairment class. Adjustments to the squad size and quotas may be changed at any time at the discretion of the SNSW Coaching Director in discussion with the SAL Para Head Coach.

Should more than the number of swimmers listed above be eligible for the squad, swimmers will be ranked by percentage closest to the Squad qualifying time.

2020/21 SNSW Para Potential Squad Qualifying Times (12yrs and over)

Distance/Class		Men													
		S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
Freestyle	50	☒	0:27.84	☒	0:30.50	0:27.09	0:29.90	☒	0:32.83	☒	0:39.35	0:46.95	0:48.51	☒	☒
	100	☒	☒	1:01.85	☒	0:59.20	☒	1:06.92	☒	1:16.14	1:27.32	1:39.90	☒	☒	☒
	200	2:14.07	☒	☒	☒	☒	☒	☒	☒	☒	3:04.75	3:31.53	3:53.56	4:17.24	☒
	400	☒	4:48.07	☒	5:23.21	4:41.32	5:00.59	5:13.70	5:37.65	6:01.61	☒	☒	☒	☒	☒
Backstroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	0:44.76	0:51.16	0:53.03	0:57.76	1:24.17
	100	1:12.57	1:08.48	1:10.20	1:16.66	1:08.28	1:14.13	1:14.38	1:23.35	1:26.00	☒	☒	☒	2:04.53	2:48.62
Breaststroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	0:56.83	1:02.43	☒
	100	1:17.79	1:16.72	1:19.35	1:23.59	☒	1:16.52	1:24.59	1:32.24	1:35.14	1:49.09	1:50.83	☒	☒	☒
Butterfly	50	☒	☒	☒	☒	☒	☒	☒	0:34.58	0:35.52	0:40.96	☒	☒	☒	☒
	100	1:09.05	1:05.85	1:07.16	1:12.89	1:04.98	1:08.83	1:10.17	☒	☒	☒	☒	☒	☒	☒
Individual Medley	150	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	2:55.02	3:18.17	☒	☒
	200	2:32.81	2:36.73	☒	2:49.99	2:30.05	2:38.38	2:42.37	3:00.17	3:05.60	☒	☒	☒	☒	☒
Distance/Class		Women													
		S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
Freestyle	50	☒	0:32.22	☒	0:35.45	0:32.40	☒	0:35.11	☒	0:39.57	☒	0:46.59	☒	☒	☒
	100	☒	☒	1:12.54	1:18.56	1:10.30	1:12.23	☒	1:23.78	☒	1:34.27	☒	1:49.09	☒	☒
	200	2:29.73	☒	☒	☒	☒	☒	☒	☒	☒	3:17.08	☒	☒	☒	☒
	400	☒	5:24.18	☒	6:12.32	5:15.42	5:26.21	5:32.75	6:11.65	6:09.58	☒	☒	☒	☒	☒
Backstroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	0:52.12	0:59.36	0:59.13	1:18.36	☒
	100	1:17.08	1:19.45	1:23.64	1:32.33	1:19.27	1:21.27	1:29.84	1:36.16	1:39.84	☒	☒	☒	2:39.45	☒
Breaststroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	1:09.71	☒	☒
	100	1:28.95	1:27.66	1:39.49	1:38.29	☒	1:28.40	1:33.69	1:47.20	1:51.69	2:00.99	2:11.67	☒	☒	☒
Butterfly	50	☒	☒	☒	☒	☒	☒	☒	0:40.78	0:42.33	0:52.60	☒	☒	☒	☒
	100	1:20.24	1:14.66	☒	☒	1:19.09	1:19.59	1:21.11	☒	☒	☒	☒	☒	☒	☒
Individual Medley	150	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	3:23.85	☒	☒	☒
	200	2:51.91	2:48.58	☒	3:17.78	2:54.18	2:59.70	3:10.00	3:31.80	3:31.29	4:10.26	☒	☒	☒	☒

2020/21 Swimming NSW Para Development Squad Selection Criteria

Objective

To provide talented Para swimmers with an educational component to assist with their training and personal development. The aim of the activities would contribute to swimmers maintaining motivation and improving performance to achieve selection onto a National Team or Squad.

Eligibility

To be eligible for selection in the 2020/21 Swimming NSW (SNSW) Para Development Squad, swimmers must be:

- A current financial member of Swimming NSW
- An Australian resident permanently training in NSW or ACT
- Aged between 12-23 years as at the first day of the selection meet

Eligibility does not guarantee selection into the squad.

Selection Criteria

Swimmers must achieve one (1) SNSW Para Development qualifying standard at one of the following long course Championships (Paralympic events only):

- 2020 SNSW Open Swimming Championships (March 2020)
- 2020 Hancock Prospecting Australian Age Swimming Championships (incorporates both age and open multi-class swimmers – Sunday 12th – Tuesday 14th April)

In addition:

- Swimmers selected on the SNSW Para Development Squad are ineligible for selection in Area Development Squads
- Swimmers selected on a Swimming Australia squad/team will not be eligible to continue with the SNSW Para Development Squad

Maximum SNSW Para Development Squad Numbers

A maximum of 20 swimmers will be selected, comprising of a maximum of 14 swimmers in the physical impairment classes, 4 swimmers in the visual impairment classes and 2 swimmers in the intellectual impairment class. Adjustments to the squad size and quotas may be changed at any time at the discretion of the SNSW Coaching Director.

Should more than the number of swimmers listed above be eligible for the squad, swimmers will be ranked by percentage closest to the squad qualifying time. The SNSW Coaching Director may consider swimmer inclusion based upon requests from Swimming Australia and the SAL Para Head Coach.

2020/21 SNSW Para Development Squad Qualifying Times (12-23yrs old)

Distance/Class		Men													
		S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
Freestyle	50	☒	0:31.47	☒	0:34.48	0:30.63	0:33.80	☒	0:37.12	☒	0:44.49	0:53.08	0:54.83	☒	☒
	100	☒	☒	1:09.91	☒	1:06.92	☒	1:15.65	☒	1:26.07	1:38.71	1:52.93	☒	☒	☒
	200	2:31.55	☒	☒	☒	☒	☒	☒	☒	☒	3:28.85	3:59.12	4:24.03	4:50.80	☒
	400	☒	5:25.65	☒	6:05.37	5:18.02	5:39.79	5:54.61	6:21.69	6:48.77	☒	☒	☒	☒	☒
Backstroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	0:50.60	0:57.84	0:59.94	1:05.30	1:35.15
	100	1:22.03	1:17.42	1:19.35	1:26.66	1:17.18	1:23.80	1:24.08	1:34.22	1:37.21	☒	☒	☒	2:20.78	3:10.62
Breaststroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	1:04.25	1:10.58	☒
	100	1:27.93	1:26.72	1:29.70	1:34.50	☒	1:26.50	1:35.63	1:44.27	1:47.55	2:03.32	2:05.28	☒	☒	☒
Butterfly	50	☒	☒	☒	☒	☒	☒	☒	0:39.09	0:40.16	0:46.31	☒	☒	☒	☒
	100	1:18.05	1:14.44	1:15.92	1:22.39	1:13.45	1:17.81	1:19.33	☒	☒	☒	☒	☒	☒	☒
Individual Medley	150	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	3:17.85	3:44.02	☒	☒
	200	2:52.74	2:57.18	☒	3:12.17	2:49.62	2:59.04	3:03.55	3:23.67	3:29.81	☒	☒	☒	☒	☒
Distance/Class		Women													
		S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
Freestyle	50	☒	0:36.43	☒	0:40.08	0:36.62	☒	0:39.69	☒	0:44.73	☒	0:52.66	☒	☒	☒
	100	☒	☒	1:22.00	1:28.80	1:19.47	1:21.65	☒	1:34.71	☒	1:46.56	☒	2:03.32	☒	☒
	200	2:49.26	☒	☒	☒	☒	☒	☒	☒	☒	3:42.78	☒	☒	☒	☒
	400	☒	6:06.47	☒	7:00.89	5:56.56	6:08.76	6:16.16	7:00.12	6:57.78	☒	☒	☒	☒	☒
Backstroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	0:58.92	1:07.11	1:06.85	1:28.58	☒
	100	1:27.14	1:29.82	1:34.55	1:44.38	1:29.61	1:31.87	1:41.56	1:48.71	1:52.87	☒	☒	☒	2:52.49	☒
Breaststroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	1:18.81	☒	☒
	100	1:40.55	1:39.10	1:52.46	1:51.11	☒	1:39.93	1:45.91	2:01.19	2:06.26	2:16.77	2:28.85	☒	☒	☒
Butterfly	50	☒	☒	☒	☒	☒	☒	☒	0:46.10	0:47.85	0:59.46	☒	☒	☒	☒
	100	1:30.70	1:24.40	☒	☒	1:29.40	1:29.97	1:31.69	☒	☒	☒	☒	☒	☒	☒
Individual Medley	150	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	3:50.44	☒	☒	☒
	200	3:14.34	3:10.57	☒	3:43.57	3:16.90	3:23.14	3:34.79	3:59.42	3:58.85	4:42.91	☒	☒	☒	☒