

2023-24 Swimming NSW Performance Pathway Program

Performance Pathway Program Eligibility

- Must be a financial member of SNSW
- Must be an Australian Citizen and permanently reside and train in NSW or ACT
- Swimmer's age as at the age swum at the meet. Consideration will be made for swimmers who age up during a meet or between selection meets
- All squad members must complete a Swimming NSW Team Agreement once selected and are subject to the program's Terms and Conditions

Meeting eligibility and selection criteria do not guarantee automatic selection into Performance Pathway Squads.

Squad and Program Description

Swimming Australia Podium Categorised Athletes (Olympic & Para Programs)

Squad Objective

Support of podium categorised athletes is targeted at assisting NSW athletes remain on the National team and achieve repeated performance success at the international level or at senior benchmark events. SNSW will provide resources (including the potential of funding) to assist NSW categorised swimmers with training or competition, in line with their individual performance plans.

Activities and Engagement

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.

NSW Flippers Squad

Squad Objective

The objective of this squad is to prepare Australia's next generation of swimmers for National team selection and performance excellence within the current Olympic cycle. The program will feature a combination of activities delivered by the State and Nationally, aiming to assist promising athletes to successfully transition to the pinnacle of swimming in Australia - the Dolphins Swim Team.

Activities and Engagement

Athletes in the Flippers squad are either currently representing Australia on the Junior international stage or on the cusp of selection onto the Australian Junior or Senior team, having shown repeated success at the National Age or Open level. The SNSW Performance Pathway Program aims to identify activities where athletes and their coaches will experience top-quality racing in unfamiliar environments. Exposure to these settings will help athletes acquire the attributes necessary to be performance-ready when it matters, whether that be at domestic or international competition.

Athletes and coaches will be encouraged to complete an Individual Performance Plan (IPP) so that pertinent activities are presented. In addition to targeted competition, Flippers athletes and coaches will be supported in training with access to NSW Performance Hub facilities and performance service providers. These opportunities will be discussed with the athlete, coach, SNSW Coaching Director and NSW Technical Lead.

National Flippers Squad

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.

SNSW Target Squad

Squad Objective

The Target Squad is designed to identify high-performing NSW swimmers in the upper National Age band. Once identified, specific resources will be provided to athletes, home coaches and support networks to facilitate continual performance improvement, as well as holistic personal development. With this support, the program aims to increase the number of Flippers athletes and, NSW representation on National teams/squads.

Activities and Engagement

Activities for the Target Squad will be focused on improving technical efficiency and skills for better swimming performances. This will include athletes and coaches working with performance support staff within the home training environment or at specific Target Squad activities. Additionally, there will be a focus on preparing athletes for high-level competition and providing support in the athlete wellbeing and engagement space.

SNSW Sharks Squad

Squad Objective

The Swimming NSW Sharks Squad is designed to identify emerging swimmers in the younger National Age band. The program aims to support squad members to:

- develop technical skills
- gain racing experience through quality age-group competition
- maintain motivation to continue competing in the sport
- develop holistically as a person
- provide swimmers with skills to balance sport and non-sport life

Activities and Engagement

Athletes and coaches selected in the Sharks Squad will be receive scheduled performance support within the home program. This may involve testing, skill/technique development and other collaborations specific for the athlete and coach.

In addition to home program support, squad members will be invited to participate in targeted squad training and competition activities, aimed at simulating racing situations outside of the usual comfort zone.

SNSW Open Water Squad

Squad Objective

The Swimming NSW Open Water 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 Swim Team. The squad provides an opportunity for athletes to come together as a group to train and compete specifically in open water swimming.

Activities and Engagement

To provide swimmers with further open water racing experience, squad members will be invited to specific open water training session/s and a competition.

SNSW Para Development Squad

Squad Objective

To provide emerging Para swimmers with an educational opportunity to assist with their training and personal development. The aim of the activities would contribute to swimmers maintaining motivation and improving performance to achieve the next level of success, including selection onto a National Team or Squad.

Activities and Engagement

The SNSW Para Development Squad will be invited to 2 x training days that will involve performing the Swimming Australia (SA) Testing Protocols and targeted personal development education.

Junior Development Program

Program Objective

The Junior Development Program is designed to recognise proficient young medley swimmers across NSW and promote the importance of coaching all strokes early in a swimmer's development. By focusing on medley swimming at this level, NSW will build a solid base of technically sound swimmers as they move through the pathway.

Activities and Engagement

All swimmers and home coaches selected for the Junior Development Program will be invited to a clinic specifically focused on medley swimming. The clinic aims to provide recognition to the swimmers, as well as provide age-group coaches with specialised medley-based coaching skills.

Regional Development Program

Program Objective

Swimming NSW has identified that there are many talented swimmers and coaches residing in regional areas. By implementing a Regional Development Program led by the SNSW Regional Coaching Director, support is provided to identified individuals who can challenge and boost the performances of their local squad mates.

Activities and Engagement

Swimmers and coaches identified for the Regional Development Program will be invited to a training camp at a NSW/ACT Performance Hub. The group will be exposed to a high-performance environment, using facilities and resources that are unusually easily accessible in their home program. The group will be led by the SNSW Regional Coaching Director.

Selection Criteria

Swimming Australia Podium Categorised Athletes (Olympic & Para Programs)

NSW athletes within categories 1, 2 or 3 on the current Swimming Australia Athlete Categorisation Olympic and Paralympic Program list. Athletes will be supported for as long as they are categorised by Swimming Australia.

NSW Flippers Squad, SNSW Target Squad and SNSW Sharks Squad

PRIORITY 1:

Swimmers who achieve a Squad qualifying time in a **Final** at one of the following meets:

- 2023 Australian Age Swimming Championships (9-15 April 2023)
- 2023 Australian Swimming Championships (17-20 April 2023)
- 2023 World Championship Trials (13-18 June 2023)

For Timed-Finals, swimmer must achieve the squad qualifying time and be placed in the:

- Top 10 at Australian Age Championships or Australian Swimming Championship
- Top 8 at World Championships Trials

PRIORITY 2:

Swimmers who achieve a Squad qualifying time in a:

- **Heat** at a **Priority 1** meet, or
 - **Final*** at a Swimming NSW Championship event between 1 December 2022 and 1 April 2023
- *In Timed Final** events, swimmers must be placed in the top 10

SNSW Open Water Squad

This squad will have a maximum of 10 swimmers as per the criteria below. If more than 10 swimmers achieve the criteria, the 10km event is priority and swimmers will be ranked by time closest to the winner.

PRIORITY 1:

Swimmers who achieve the following result at the 2023 Australian Open Water Swimming Championships (25 – 28 January 2023):

- 16 years and over: NSW medallists or NSW swimmers within 4 minutes of the winner in the Open 10km event
- NSW medallists in the 18 years and 19 years 10km or NSW swimmers within 4 minutes of the winners of the 18 years and 19 years 10km event
- NSW medallists in the 16 years and 17 years 7.5km or NSW swimmers within 2 minutes of the winners of the 16 years and 17 years 7.5km event

PRIORITY 2:

Gold medallists at the 2022 Swimming NSW Open Water Swimming Championships (20 – 21 December 2022) in the following events:

- 16 years and over 10km open event
- 17/18 years 10km event
- 16 years 7.5km event

Swimming NSW Para Development Program

Swimmers aged between 12-18 years are eligible for the Para Development Squad. Swimmers must achieve one SNSW Para Development qualifying time at one of the following long course Championships (Paralympic events only):

PRIORITY 1:

Swimmers who achieve a Squad qualifying time in a **A Final*** at the 2023 Australian Age MC Championships (7 – 9 April 2023).

PRIORITY 2:

Swimmers who achieve a Squad qualifying time in a:

- **Heat or B Final** at the Priority 1 meet, or
- **Final*** at a Swimming NSW Championship event between 1 December 2022 and 1 April 2023

Swimmers selected on a Swimming Australia Squad/Team will not be eligible to continue with the SNSW Para Development Squad.

Junior Development Program

Males 12-13 years and Females 11-12 years may qualify for the Junior Development Program. The top 3 swimmers from each age group in the 200m IM will be eligible for the program. The selection meets are:

- 2022 SNSW Junior Metro Championships (26 – 27 November 2022)
- 2023 Country Championships (17 – 19 February 2023)

Regional Development Program

Swimmers will be selected based not only on performances but using talent identification processes. Male swimmers aged 14 – 16 years and female swimmers aged 13 – 15 years are eligible for this program. Swimmers will be identified by the SNSW Coaching Director and Regional Coaching Director. A maximum of 12 female and 12 male swimmers will be selected.

Discretionary Selection: *In addition to the selection criteria outlined above, the Swimming NSW Coaching Director, Regional Coaching Director and/or NSW Technical Lead may recommend selection of a swimmer onto a 2023 Swimming NSW Squad or Program at their discretion.*

Squad Qualifying Times

2023 NSW FLIPPER SQUAD						
Men			Selection Event	Women		
18yrs & under	19yrs	20-23yrs		19-23yrs	18yrs	17yrs & under
00:22.92	00:22.70	00:22.48	50m Freestyle	00:25.61	00:25.85	00:26.10
00:50.36	00:49.88	00:49.40	100m Freestyle	00:55.43	00:55.97	00:56.51
01:51.36	01:50.30	01:49.24	200m Freestyle	02:00.38	02:01.54	02:02.71
03:57.79	03:55.53	03:53.26	400m Freestyle	04:13.83	04:16.30	04:18.76
08:10.83	08:06.16	08:01.48	800m Freestyle	08:46.00	08:51.11	08:56.21
15:41.73	15:32.77	15:23.80	1500m Freestyle	16:42.73	16:52.46	17:02.20
00:55.65	00:55.12	00:54.59	100m Backstroke	01:01.86	01:02.46	01:03.06
02:02.98	02:01.80	02:00.63	200m Backstroke	02:13.97	02:15.27	02:16.57
01:02.50	01:01.90	01:01.31	100m Breaststroke	01:08.39	01:09.06	01:09.72
02:16.17	02:14.88	02:13.58	200m Breaststroke	02:29.44	02:30.89	02:32.34
00:53.84	00:53.33	00:52.82	100m Butterfly	00:59.65	01:00.23	01:00.81
02:00.66	01:59.51	01:58.36	200m Butterfly	02:11.73	02:13.01	02:14.28
02:03.63	02:02.45	02:01.27	200m Individual Medley	02:14.64	02:15.95	02:17.26
04:25.13	04:22.60	04:20.08	400m Individual Medley	04:49.12	04:51.93	04:54.74

2023 SNSW TARGET SQUAD						
Men			Selection Event	Women		
16/17yrs	18yrs	19yrs		18yrs	17yrs	15/16yrs
00:23.58	00:23.36	00:23.14	50m Freestyle	00:26.35	00:26.60	00:26.85
00:51.80	00:51.32	00:50.84	100m Freestyle	00:57.05	00:57.59	00:58.13
01:54.54	01:53.48	01:52.42	200m Freestyle	02:03.88	02:05.05	02:06.22
04:04.59	04:02.32	04:00.06	400m Freestyle	04:21.23	04:23.69	04:26.16
08:24.86	08:20.18	08:15.51	800m Freestyle	09:01.32	09:06.43	09:11.53
16:08.64	15:59.67	15:50.70	1500m Freestyle	17:11.93	17:21.67	17:31.40
00:57.24	00:56.71	00:56.18	100m Backstroke	01:03.66	01:04.26	01:04.86
02:06.49	02:05.32	02:04.15	200m Backstroke	02:17.87	02:19.17	02:20.48
01:04.28	01:03.69	01:03.09	100m Breaststroke	01:10.38	01:11.05	01:11.71
02:20.07	02:18.77	02:17.47	200m Breaststroke	02:33.80	02:35.25	02:36.70
00:55.38	00:54.87	00:54.36	100m Butterfly	01:01.38	01:01.96	01:02.54
02:04.10	02:02.95	02:01.80	200m Butterfly	02:15.56	02:16.84	02:18.12
02:07.16	02:05.98	02:04.80	200m Individual Medley	02:18.56	02:19.87	02:21.18
04:32.70	04:30.18	04:27.65	400m Individual Medley	04:57.54	05:00.35	05:03.16

2023 SHARKS SQUAD						
Men			Selection Event	Women		
14yrs	15yrs	16yrs		15yrs	14yrs	13yrs
00:24.67	00:24.23	00:23.79	50m Freestyle	00:27.10	00:27.59	00:27.84
00:54.19	00:53.24	00:52.28	100m Freestyle	00:58.66	00:59.74	01:00.28
01:59.85	01:57.73	01:55.61	200m Freestyle	02:07.39	02:09.73	02:10.89
04:15.91	04:11.38	04:06.85	400m Freestyle	04:28.62	04:33.55	04:36.01
08:48.23	08:38.88	08:29.53	800m Freestyle	09:16.64	09:26.85	09:31.96
16:53.49	16:35.55	16:17.61	1500m Freestyle	17:41.14	18:00.61	18:10.34
00:59.89	00:58.83	00:57.77	100m Backstroke	01:05.47	01:06.67	01:07.27
02:12.35	02:10.00	02:07.66	200m Backstroke	02:21.78	02:24.38	02:25.68
01:07.26	01:06.07	01:04.88	100m Breaststroke	01:12.38	01:13.70	01:14.37
02:26.55	02:23.96	02:21.36	200m Breaststroke	02:38.15	02:41.05	02:42.50
00:57.95	00:56.92	00:55.90	100m Butterfly	01:03.12	01:04.28	01:04.86
02:09.85	02:07.55	02:05.25	200m Butterfly	02:19.40	02:21.96	02:23.24
02:13.05	02:10.69	02:08.34	200m Individual Medley	02:22.48	02:25.10	02:26.41
04:45.32	04:40.27	04:35.22	400m Individual Medley	05:05.96	05:11.58	05:14.38

2023 SNSW PARA DEVELOPMENT SQUAD												
BOYS: 12 YEARS - 18 YEARS												
	Freestyle				Backstroke		Breaststroke		Butterfly		Individual Medley	
Class	50	100	200	400	50	100	50	100	50	100	150	200
S1					01:38.51	03:23.06						
S2			05:39.38		01:16.52	02:42.99	01:22.88					
S3	01:01.35		04:32.30		01:00.85		01:05.85				04:00.22	
S4	00:50.18	01:50.73	03:53.32		00:56.84			02:13.79			03:31.98	
S5	00:41.86	01:34.54	03:31.78		00:44.57			01:58.85	00:42.55			
S6		01:27.39		06:47.04		01:41.13		01:48.29	00:42.11			03:35.36
S7	00:37.37			06:12.47		01:33.57			00:39.18			03:22.40
S8		01:18.14		05:58.47		01:29.58		01:33.35		01:24.39		03:08.98
S9	00:33.63			05:38.54		01:22.73		01:30.88		01:20.84		03:01.65
S10	00:31.38	01:08.70				01:20.65				01:16.99		02:55.44
S11	00:34.96			06:07.05		01:32.61		01:36.97		01:26.48		03:17.58
S12		01:10.59				01:21.81				01:17.19		
S13	00:32.22			05:23.50		01:19.93		01:26.75		01:16.11		02:54.64
S14			02:32.83			01:19.34		01:28.01		01:14.35		02:53.48

2023 SNSW PARA DEVELOPMENT SQUAD												
GIRLS: 12 YEARS - 18 YEARS												
	Freestyle				Backstroke		Breaststroke		Butterfly		Individual Medley	
Class	50	100	200	400	50	100	50	100	50	100	150	200
S1												
S2					01:33.72	03:23.55						
S3		02:26.38			01:13.59		01:18.82					
S4	00:54.54				01:04.57			02:27.36			03:43.53	
S5		01:49.08	03:42.52		00:57.79			02:15.42	01:00.53			04:48.33
S6	00:44.60			06:57.76		01:48.37		02:07.52	00:48.59			03:56.90
S7		01:35.30		06:56.45				02:04.61	00:45.83			04:02.52
S8	00:41.61			06:57.33.39		01:44.56		01:52.29		01:46.73		03:44.14
S9		01:24.64		06:12.96		01:34.83		01:43.60		01:31.37		03:27.82
S10	00:37.04	01:21.02		06:02.91		01:32.05				01:30.37		03:16.32
S11	00:39.78	01:28.87		06:50.67		01:42.79		01:54.88				03:41.13
S12		01:20.45				01:32.37		01:44.48				
S13	00:36.15			06:08.36		01:28.78		01:40.34		01:28.74		03:17.51
S14			02:52.95			01:30.70		01:41.39		01:28.79		03:19.23