



## MLC Aquatic Relay Selection Guidelines

Relay teams are always an exciting thing to be a part of for any swimmer and often the only time when swimmers race as a "team". Relay selection can also be controversial with swimmers being selected based on different strengths and weaknesses which can sometimes appear "unfair" to an individual. It is important that all swimmers and parents realize that relay teams are selected based on a number of factors and criteria's not just 1 and are always selected with the team's best interest in mind. All relay teams are selected by the coaches with the final decision being made by the head coach.

Generally the MLC Aquatic relay teams will be selected based on the A teams being the fastest team we can possibly field regardless of a swimmers age and B teams will be based on the next fastest team we can field based on swimmers from that age group. This allows us to find a balance between the clubs best possible performance and giving swimmers the opportunity to be a part of a relay team and enjoy the experience.

Below is a short insight and explanation on what the coaches consider when selecting the teams.

**Swimmers Competition performances** – here we assess the swimmers personal best times as well as their seasonal best times. The reason for looking at both is that there are periods where swimmers competition results fluctuate depending on various individual circumstances and the team is always looking for the best indicators for performance at the meet. We will also look at individual swimmers performances during the meet which will give us our best indication for relay performances.

**Swimmers Current Training Attendance and Performance** – here we assess what we as coaches think the swimmer might be able to do in competition based on current training levels. If a swimmer has been training exceptionally well and not missed a session it is assumed that they will perform well at the meet. If a swimmer has been injured, sick, or unable to train for the majority of the season, in a manner that would give them their best performances, than the team may not be able to rely on that swimmer to perform at their best.

**Relay Skills** – refer to specific relay skills like relay change over's and a swimmers ability to "swim above themselves" in a relay. Very often there are swimmers who consistently swim faster in relays than in their individual races and vice versa swimmers who do not swim faster in relays than their individual races. Relay changeovers account for between 0.03sec and 1.2 sec per change over which can mean the difference between placing and medals for the team but can also get a team disqualified if not performed correctly. The coach's assess swimmers ability to change over fast and safely during training as well as using previous relay history.

### **RELAY DISCLAIMER**

*Relay teams are selected by the coaches with the head coach making the final decision on team selection. Relay teams may change before or during the meet based on the above considerations. We will endeavor to give swimmers and parents as much notice as possible of any changes that may occur. If you have any questions or concerns about relay selections please DO NOT voice your concerns to other parents, speak to your coach first then the Head Coach should you need to.*

Regards  
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