

PLEASE REVIEW THESE QUESTIONS AND WHAT DOES SWIMMING DEVELOPMENT MEAN TO YOU:

- INCREASE ATHLETES' POTENTIAL TO BECOME TOP OF THE TREE.....YES
- ENABLE ATHLETES TO LEARN THEIR CAPACITIES AND LIMITATIONS.....YES
- ENABLE ATHLETES TO INVESTIGATE THE AVENUES TO REACH THE TOP.....YES
- FIND WHAT IS THE MEANT BY THE TOP.....YES
- LEARN TECHNIQUES AND DRILLS TO ENABLE EFFICIENT POWERFUL COMPETITION.....YES
- ENABLE ATHLETE TO INTERACT WITH THEIR PEERS.....YES
- ENABLE ATHLETES TO INTERACT WITH COACHES AND MANAGERS.....YES
- PARENTS, COACHES NEED TO DEVELOP THROUGH THEIR LIFE IN THE SPORT.....YES
- LEARN THE MEANING OF HARD WORK, THAN SATISFACTION.....YES
- LEARN TO ENJOY SWIMMING AND REMAIN IN THE SPORT.....YES
- ARE THERE ANY OTHERS.....YES

**The policy of Swimming Metro South West, in the short period of time available for Area Development, is to cover the meaning of development and introduce athletes to the possible ways for an athletes to achieve their own best, as well as, the very best against his or her peers.**

**Swimming Metro South West WELCOMES the athletes of the Area in their Development Program, to commence the long road to Personal and/or School and/or State and/or National and/or Global success.**

Swimming Metro South West Selectors will assign points to each athlete based on completed competition as required to qualify for selection to the Development Squads.

In 2018, a full list of all points accrued by the athletes, will be presented to the Area.

Athletes, will be divided into the relevant Squads, namely National A, Junior and Target, Development, Novice and Senior Development.

**All athletes in the Selected Squads will be asked to nominate AND AGREE to attend BOTH Development Camps and Meets.**

**Basic principle, if you have made the squads: "First in best dressed", up to each Squad size.**

**QUALIFYING DATE FOR "AGE AS OF" FOR ALL SQUADS: 31 MARCH 2018**

## GENERAL SELECTION PROCESS

### STAGE 1 – COMPETITION

Competition Points are accrued only, if athletes have competed at Area Meets, as listed below. Points per each Area meets are noted alongside each event.

Qualifying Area Meets	Points		
	Attendance Per day	Top 10 Finish/event	Points/Events competed
2017 MSW SHORT COURSE CHAMPIONSHIPS	10	5	2
2017 MSW LONG COURSE CHAMPIONSHIPS	10	5	2
NOTE: 800 and 1500 m Events at Championships	0	10 EXTRA	10 EXTRA
2017 MSW OPEN WATER CHAMPIONSHIPS	20	5	2
2017 MSW SHORT COURSE QUALIFYING MEET	5	4	2
2018 MSW LONG COURSE QUALIFYING MEET	5	4	2
2017 MSW WINTER SPEEDO HEATS	5	4	2
2018 MSW SUMMER SPEEDO HEATS	5	4	2
2018 MSW SPRINT MEET	5	4	2
2018 MSW 5 TO 8 YRS MEET	ALL 7 AND 8 YEARS OLD ATHLETES NEED TO COMPETE AT THIS MEET TO QUALIFY FOR NOVICE SQUAD.		

In addition, the following points shall be awarded for competing at required meets, outside of Area, to qualify as per Development Criteria:

Squads	Attendance	Top 10 Finish/event
<b>NATIONAL A SQUAD</b>		
National Open and Age and MC (LC and SC) and National Open Water (Open and Age)	1000	10
NSW State Meets (Not qualifying Meets)	500	10
<b>JUNIOR and SENIOR TARGET SQUADS</b>		
NSW State Meets (Not qualifying Meets)	500	10
<b>DEVELOPMENT SQUAD</b>		
NSW Metropolitan	20	5

### STAGE 2 – POINTS ALLOCATION

Selection Committee will research all required meets, allocate points for all Area and Other meets as per schedule above. A list of all points for all competitors will be compiled and provided to the Area.

### STAGE 3 – SELECTION

Athletes point scores will be then be sorted in descending order (highest to lowest) and placed in the Squads as per criteria set in each Squad.

Sizes of Squads will be defined in Criteria, but as stated previously, all athletes who have qualified for a particular Squad are ELIGIBLE to nominate for the Squad, for Camps and Meets.

**STAGE 4 – COMMUNICATION**

The Squad lists will be published on Area Website, and sent to all Clubs.

A selection letter will be sent to all Clubs, as well as, placed on Area Website and Area Facebook.

Clubs are to distribute letters to each selected athlete in their Club.

**IT IS THE RESPONSIBILITY OF EACH AREA CLUB TO ADVISE THEIR ATHLETES OF THEIR STANDING IN DEVELOPMENT SQUADS.**

**SELECTED ATHLETES MUST NOMINATE TO DEVELOPMENT COMMITTEE TO BE INCLUDED IN THE QUALIFIED SQUAD. SELECTORS WILL CONFIRM VIA RETURN LETTER OF ACCEPTANCE OR REFUSAL.**

**ATHLETES MUST AGREE TO ATTEND BOTH CAMPS AND MEETS TO ENSURE FINAL SELECTION IN THE SQUADS.**

Preliminary details of all camps are described within the body of this document.

**STAGE 5 – SPECIAL CONSIDERATIONS**

As of 1 April 2018, the Area will have Ashfield SC, Enfield SC, MLC Marlins, Sydney PLC and Trinity Grammar as full associated members of the Area.

It is in the interest of the Area, to recognise the athletes of these Clubs and include their effort of the previous year for inclusion in MSW Development Program.

However, as these Clubs may have not competed in Area Required Meets, it is the Area's will to engage with METSEA (previous District of these Clubs) and evaluate their development required meets, for those athletes interested in MSW Development, and ensure they are included in Development for 2018.

**Further, any athletes selected in any SNSW Development Squads**

**2018 State Transition Squad**

**2018 State Emerging Talent Squad**

**2018 NSW Senior Development Squad**

**2018 NSW Age Development Squad**

**2018 NSW Junior Sharks Squad**

**2018 NSW Para Development Squad**

**2018 NSW Touring Team Squad**

**2018 State Team Squad**

**are ineligible for selection in any Area Development Squads.**

## SQUADS SELECTION CRITERIA AND SQUAD DETAILS

**NATIONAL A SQUAD (Pool / Open Water / MC)**

SNSW and SMSW OBJECTIVES: In addition to our Policy, to increase participation, whilst improving swimmer progression and retention.

SELECTION: SMSW Selectors

CRITERIA:

AGE: 13 to 18 Years as of 31 March 2018

AUSTRALIAN: Competed in INDIVIDUAL EVENTS, but not qualified for an individual final, at: 2017 Australian Short Course Championships and / or 2018 Australian Open and Age Championships and / or 2018 Australian Age MC Championships and /or 2018 Australian Open and Age Open Water Championships.

NSW: Competed in individual events at: 2017 and/ or 2018 NSW State Short and Long Course Open and / or Age Championships.

MSW AREA: 2017 Short Course Championships and /or 2017 Long Course Championships and / or 2017 Open Water Championships.  
Compete at Area supported Meets

ACTIVITIES: In 2018, SNSW has handed over the reins for this National A Squad entirely to the Area.

**PLANNING OF ACTIVITIES TBC**, however MSW aim is to take National A (Able Body and MC) Squad to a Meet interstate, with inclusion of some Senior Target Squad Members and commit to an interstate competition and study tour.

MERCHANDISE: FIRST TIME AUSTRALIAN COMPETITORS WILL RECEIVE MSW JACKET, WHETHER ATTENDING "NATIONAL A" ACTIVITIES OR NOT.  
JACKETS ARE AVAILABLE FOR OTHER NATIONAL SWIMMERS at a COST  
Swim Cap, MSW Shirt, Back Pack, Towel.

SQUAD SIZE: 25 MAXIMUM (OPEN TO ALL SELECTED)

LEVY: **\$ 100.00 each** (Payment prior to activity)

## SQUADS SELECTION CRITERIA AND SQUAD DETAILS

**SENIOR TARGET SQUAD (Pool / Open Water / MC)**

**SNSW and SMSW OBJECTIVES:** In addition to our Policy, to increase participation, whilst improving swimmer progression and retention.

**SELECTION:** SMSW Selectors

**CRITERIA:**

**AGE:** 13 to 18 Years as of 31 March 2018

**NSW:** Competed individual events at:  
Able Bodies Athletes:  
2017 NSW State Short and/ OR Long Course Open and / or Age Championships and / or  
2017 NSW Open Water Championships (5, 7.5 and 10 Kms)  
MC Athletes: 2017 Country Championships and / or 2017 Metropolitan Long Course  
Championships.

**MSW AREA:** 2017 Short Course Championships and /or 2017 Long Course Championships and / or  
2017 Open Water Championships.  
Competed at Area Meets

**ACTIVITIES:** 2 Senior Members of this Squad (1 Male and 1 Female, not previously from National A  
Squad) will be invited to attend Interstate Meet with National A Squad, selected by  
highest points accrued in the competition required.

**MSW DEVELOPMENT DAY: 30 JUNE 2018 AT RIPPLES ST MARYS LEISURE CENTRE,  
9:00 AM TO 4:00 PM – DETAILS IN NOMINATION LETTER WHEN ISSUED.**

**SNSW will host Target Squad Meet on 4 and 5 August 2018 at Woy Woy Leisure  
Centre.**

**Target Team will depart on Friday 3 August 2018 Afternoon, via coach pick up at  
Guildford Pools, and stay overnight near the Leisure Centre and return Sunday 5  
August 2018 Afternoon.**

**MERCHANDISE:** Available only if attending Development Day and Target Meet:  
Swim Cap, MSW Shirt, Towel.  
Four Senior Members will be allocated National A Apparel

**SQUAD SIZE:** 24 MAXIMUM (OPEN TO ALL SELECTED)

**LEVY:** **\$75.00 each** (Payment prior to activity)

## SQUADS SELECTION CRITERIA AND SQUAD DETAILS

**JUNIOR TARGET SQUAD (Pool / Open Water / MC)**

**SNSW and SMSW OBJECTIVES:** In addition to our Policy, to increase participation, whilst improving swimmer progression and retention.

**SELECTION:** SMSW Selectors

**CRITERIA:**

**AGE:** 10 to 12 Years as of 31 March 2018 (9 Year Old will not be eligible)

**NSW:** Competed individual events at:  
Able Bodies Athletes:  
2017 NSW State Short and/ OR Long Course Open and / or Age Championships and / or  
2017 NSW Open Water Championships (5, 7.5 and 10 Kms)  
MC Athletes: 2017 Country Championships and / or 2017 Metropolitan Long Course  
Championships.

**MSW AREA:** 2017 Short Course Championships and /or 2017 Long Course Championships and / or  
2017 Open Water Championships.  
Competed at Area Meets

**ACTIVITIES:** **MSW DEVELOPMENT DAY: 30 JUNE 2018 AT RIPPLES ST MARYS LEISURE CENTRE,  
9:00 AM TO 4:00 PM – DETAILS IN NOMINATION LETTER WHEN ISSUED.**

**SNSW will host Target Squad Meet on 4 and 5 August 2018 at Woy Woy Leisure  
Centre.**

**Target Team will depart on Friday 3 August 2018 Afternoon, via coach pick up at  
Guildford Pools, and stay overnight near the Leisure Centre and return Sunday 5  
August 2018 Afternoon.**

**MERCHANDISE:** Available only if attending Development Day and Target Meet:  
Swim Cap, MSW Shirt, Towel.

**SQUAD SIZE:** 24 MAXIMUM (OPEN TO ALL SELECTED)

**LEVY:** **\$75.00 each** (Payment prior to activity)

## SQUADS SELECTION CRITERIA AND SQUAD DETAILS

**ACHIEVERS SQUAD (Pool / Open Water / MC)**

SNSW and SMSW OBJECTIVES: In addition to our Policy, to increase participation, whilst improving swimmer progression and retention.

SELECTION: SMSW Selectors

CRITERIA:

AGE: 10 to 16 Years as of 31 March 2018 (9 Year Old will not be eligible for camp, only for NSW Achievers Development Meet)

NSW: Competed individual events at:

Able Bodies and MC Athletes: 2017 Metropolitan Long Course Championships.

MSW AREA: 2017 Short Course Championships and /or 2017 Long Course Championships and / or 2017 Open Water Championships (5, 7.5 and 10 Kms)

Competed at Area Meets

ACTIVITIES: **MSW DEVELOPMENT CAMP: Saturday 18 and Sunday 19 July 2018 at Sydney Academy of Sport, Narrabeen.**

**Selected Swimmers will make their own way to Narrabeen on Saturday Morning by the time set (TBC) and will be picked up by parents/ guardians on Sunday afternoon and at time TBC.**

**No Under 9 selected swimmers will be entitled to enter the camp.**

**SNSW will host Achievers Development Squad meet on 13 October 2018 at SOPAC, Homebush.**

**All Under 9 Years selected will be able to compete at this Meet.**

MERCHANDISE: Available only if attending Development Camp and NSW Achievers Development Meet: Swim Cap, MSW Shirt.

SQUAD SIZE: 100 MAXIMUM (OPEN TO ALL SELECTED)

LEVY: **\$50.00 each** (Payment prior to activity)

**SQUADS SELECTION CRITERIA AND SQUAD DETAILS****NOVICE – JUNIOR ESTABLISHMENT SQUAD**

**SNSW and SMSW OBJECTIVES:** Introduce young Athletes to swimming Training and Team surrounding with the aim to start enjoy the sport as a fun , as well as, competition.

**SELECTION:** SMSW Selectors

**CRITERIA:**

**AGE:** 7 and 8 Years as of 31 March 2018

**MSW AREA:** MUST Compete at 5 to 8 Years Meet (Unless from new Clubs) in March 2018  
Compete at Area supported Meets

**ACTIVITIES:** **Saturday 23 June 2018 at Guildford Pools, between 2:00 and 4:00 PM**  
**Swim Skills and Fun Afternoon Session, followed by Sausage Sizzle**

**MERCHANDISE:** Swim Cap, MSW Shirt

**SQUAD SIZE:** All 7 and 8 year old that have competed at 5 to 8 Years Meet. Consideration given to those who did not attend this Meet, but only if attended several MSW Meets

**LEVY:** NIL



## SQUADS SELECTION CRITERIA AND SQUAD DETAILS

**SENIOR ESTABLISHMENT SQUAD**

SNSW and SMSW OBJECTIVES: Support swimmers 18 to 20 years that are missing out on development opportunities provided by development plan

SELECTION: SMSW Selectors

CRITERIA:

AGE: 18 - 20 Years as of 31 March 2018

MSW AREA: Compete at Area Meets

ACTIVITIES: **MSW DEVELOPMENT DAY: 30 JUNE 2018 AT RIPPLES ST MARYS LEISURE CENTRE, 9:00 AM TO 4:00 PM – DETAILS IN NOMINATION LETTER WHEN ISSUED.**

If Opportunity arises, 2 swimmers (1 Male and 1 Female) from this Squad will be invited to attend National A Interstate Meet, selected by accrued points from competition

MERCHANDISE: Swim Cap, MSW Shirt

SQUAD SIZE: Maximum 10.

LEVY: NIL

### COACH EDUCATION DEVELOPMENT PLAN

SNSW and SMSW OBJECTIVES: Provide an opportunity for Area Coaches to attend and gain personal development opportunities, which will enhance their skill set and create localised network opportunities

All Area Coaches are Welcome to all Development Activities, Camps and Meets.

There will be a roster to allow all interested Coaches to attend Development Camp and Meets.