

Overview of 2014 programme:

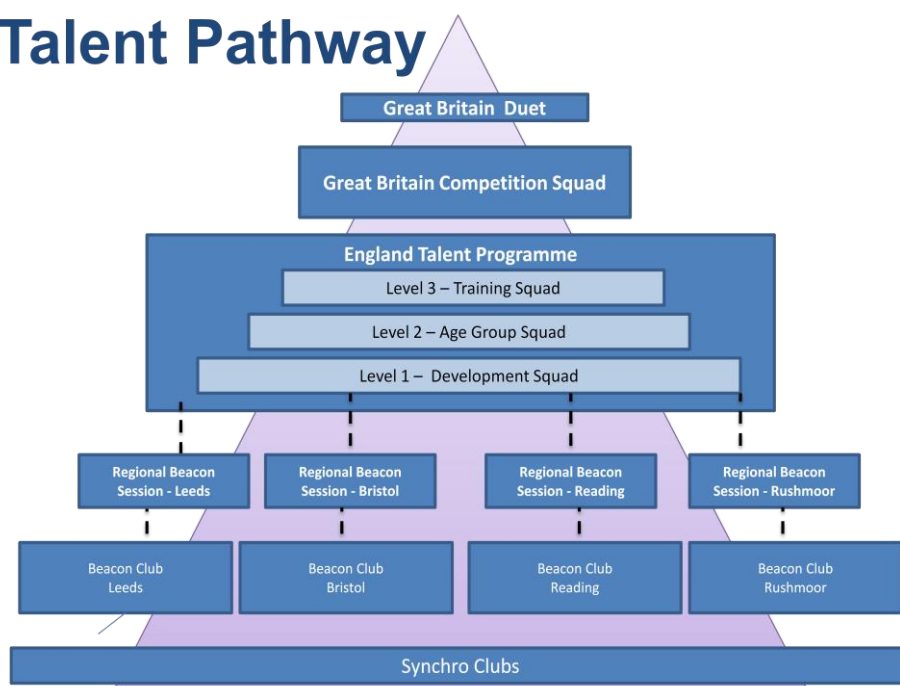
To develop a high standard of technical and routine skills, as well as preparing athletes for the next level of England Talent Pathway and international competition.

There are three levels of England Synchro Talent Programme

- England Development (first level) 12-20 athletes (any age)
- England Age Group (second level) 10-16 athletes, 13-15 year olds
- England Junior (third level) 10-20 athletes, 15+

There are limited resources to deliver and run this programme, elements of the programme may be self funded or athlete contributions will need to be sought.

Talent Pathway



This selection is specifically for Development and Age Group athletes, the selection is laid out in this document it will be split into three phases

- Phase one: selection from Figure Results at National Age Groups 2014
- Phase two: Trial Camp and selection, 13-14th December 2014 to be held at Crystal Palace National Sports Centre
- Phase three: Attendance at England training sessions/camps/competition

Objective:

- Improve general level of athletes including results in figures and routines, by applying higher training standards and continuous testing.
- Educate and prepare the athletes for the next level of pathway, by increasing exposure to top level of England programme athletes, coaches and systems, learning about S&C, nutrition, psychology.
- Preparing to compete internationally.
- Keep talented athletes engaged within a National programme.

England Talent Selection 2014

The Talent Development Officer (TDO) and National Coaches formulate the selection committee. Input may be gathered from staff working with the athletes and any other person the TDO considers necessary to assist in the final decision. The TDO's decision shall be final.

Synchronised Swimming is a team sport and it is difficult to base selection strictly on athletic performance. Acknowledgement is made that in selecting for a team sport it is necessary to consider various factors and not just individual skill level.

The selection committee will draw from information on **Accuracy, Consistency, Improvement**, and the following factors will be considered.

Selection Areas:

Physiological Requirements:

- General Physical Fitness
- Synchronised Swimming general and routine specific fitness
- Flexibility
- Lean and well defined athletic appearance

Technical ability

- Synchronisation & Pattern accuracy
- Height & Extension
- Execution
- Energy
- Artistic Mastery – ability to deliver the choreography
- Highlight consistency

Specific Technical markers that the coaches will be looking for:

- Flat Splits (in the water)
- Mid Thigh Vertical
- Barracuda and Rocket Split height
- Position accuracy and on the spot spin
- Synchronisation and Pattern accuracy

Compatibility with coaches and other athletes:

- Individual contribution to enhance team dynamics
- Has the ability to appreciate each team member

Psychological abilities:

- Mental Toughness - ability to maintain and highlight optimum performance under pressure and adversity.
- Focus and Concentration - ability to maintain performance related focus for the duration of all training and competition sessions.
- Demonstration of an internal drive and motivation towards excelling in all areas
- Confidence in own ability to correct and adapt at competition

The Human Factor

- Work ethic based on intensity of training
- Receiving, acting on and maintaining correction

1 **ATHLETE SELECTION**

1.1 **Ages eligible for selection**

- Age Group Squad is age specific – only athletes born between 2000-2002 are eligible
- Development Squad is not age specific and can be from either 12&U or 13/14 age group

1.2 **Phase 1: Selection from Figures**

- Athletes will be selected from figure results of National Age Groups, December 2014
 - 12&U: first 20 placed athletes
 - 13/14: first 20 placed athletes
- TDO may add any TID athletes to this selection
- **When the figure competition concludes selected athletes will be given an invitation to attend the Squad Trial Camp.**

1.3 **Phase 2: Squad Trial Camp**

- The selection camp will take place at;
The Crystal Palace National Sports Centre
Ledrington Road (Off Anerley Hill)
Crystal Palace
London
SE19 2BB
- Final athlete selection will be based on a series of tests:
 - Testing:
 - Swimming: 400m F/C timed, flutter kick, hypoxic test.
 - Land Strength Tests: England Talent Squad protocols (attached document).
 - Land Flexibility: All splits will be tested.
 - Water Flexibility: All splits and back arch will be tested.
 - Synchro technical skills
 - Routine: England Talent 2014 Age Group Team – Peter Pan Routine from Mediterranean Cup 2014
Learn from start until 1min 50secs & from 3 minutes until the end
Find the video here <http://youtu.be/GNHzxkU7e3o>
Please email karen.thorpe@swimming.org if you require the music

1.4 **Phase 4: Squad Training, Education, Competition**

- Commitment to **all** training camps/sessions
- Continuous improvement on all testing

1.5 Failure to comply with Talent Rules/Code of Conduct will result in removal from the squad and the next athlete on the list will be invited, if deemed necessary by the Head Coach/TDO.

1.6 Solo and duets to be selected at a later date. The solo and duet will be invited to train with the England Junior Squad on specific dates. The solo and duet may be invited to attend further competitions and they will be required to make a further financial contribution to cover these costs.

2 **COACH SELECTION**

2.1 There will be a Head Coach per squad, Assistant Coaches and at least one Team Manager present at all camps/competitions.

- 2.2** The selected athlete's coaches are invited to attend the trial and any subsequent training session. Coaches will be responsible for booking accommodation and will need to liaise with Karen Thorpe (TDO). Coaches' involvement will ensure a high standard of club training is maintained.

3 GENERAL CONDITIONS

- 3.1** All swimmers participating in the England Talent Programmes (ETP) must be a member of an ASA affiliated club.
- 3.2** All athletes must be eligible to represent England at International level and hold a current British passport.
- 3.3** All athletes must be able to fully commit to attending all aspects of the ETP.
- 3.4** All camps will be residential and compulsory unless otherwise stated.
- 3.5** All athletes are asked to contribute £50 to attend the trial. Selected athletes will be asked to make a further contribution towards training costs and a further contribution towards any overseas/international competitions. Solo/duet please note point 2.2
- 3.6** These plans are subject to minor changes.

4 PROVISIONAL PROGRAMME ITINERARY

- 4.1** 2015 dates and venues are not yet confirmed and could be subject to change. More information regarding training dates will be given upon selection.

Dates	Venue	Plan 2014
December 6-7 th	Gloucester GL1	<ul style="list-style-type: none"> • Selection from Figure Results
December 13-14 th	Crystal Palace	<ul style="list-style-type: none"> • Selection for age group & development squads
February 16 th – 20 th	Aldershot or Crystal Palace	<ul style="list-style-type: none"> • Training camp for all Squads
March 30-2 nd April	Aldershot	<ul style="list-style-type: none"> • Training camp for all squads
April 7-10 th	Aldershot	<ul style="list-style-type: none"> • Training Camp for all Squads
May 10-11 th	TBC	<ul style="list-style-type: none"> • Age Group only
May 25-29 th	Aldershot	<ul style="list-style-type: none"> • Training Camp for all Squads
June 6 th - 7 th	TBC	<ul style="list-style-type: none"> • Age Group
June 14 th -16 th	TBC	<ul style="list-style-type: none"> • Age Group
June 17 th -22 nd	Croatia Competition - TBC	<ul style="list-style-type: none"> • Age Group

There may be further training after Croatia for the Age Group Squad only, they will potentially be preparing to go to the Mediterranean Cup, host Country and dates to be announced. The decision will be made based on budget and results whether a full team or duet attend the competition.

- 4.2** Any England Age Group athletes already selected to England Junior squad will work with TDO on priorities for the year.