



Policy Title:	Selection to Provincial Team Policy	Policy No: SSO 9-16
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Related documents:	<i>Code of Conduct and Ethics</i> <i>Appeal Policy</i> <i>Competition Bye Request Form</i>	

Definitions

- “Members” - The Regional Training Centre, Ontario and any Competitive, Recreational, Scholastic, University synchronized swimming club or Trillium awards program provider.

Purpose

To be selected to represent Synchro Swim Ontario (“SSO”) is an honour that few athletes achieve each season. The purpose of this policy is to ensure a transparent selection process by providing specific criteria that will be used by Synchro Swim Ontario to identify and select athletes for provincial team programs.

Application of This Policy

This policy applies to SSO and its Members.

Eligibility for Selection

Selection is open to both Competitive National and Competitive Provincial stream athletes. Athletes must satisfy the following conditions:

1. Be registered and in good standing with Synchro Swim Ontario and hold a current CASSA membership
2. Be an Ontario resident as of September 1 of the year in which the competition is held
3. Pay any required fees
4. At the time of Phase 3 of the selection events, be able to participate fully in all provincial team activities including selections, training, demonstrations, travel and competitions
5. Complete all parts of the selection process as required.

Age Groups

The age group in which a swimmer competes is their age as of December 31 of the year in which the competition is held.

Athlete Selection Committee

The Synchro Swim Ontario board of directors (the “board”) has delegated the authority for all decision-making under this Policy to the Athlete Selection Committee. The role of the Athlete Selection Committee is to make observations throughout Phase 3 of the selection process.



The Athlete Selection Committee will consist of:

- SSO High Performance (“HP”)/Technical Lead
- Team Head and Assistant Coaches
- SSO Sport Development Manager.

The Athlete Selection Committee will record their feedback during Phase 3 of the selection process and will meet to discuss the team selection. Minutes will be taken to ensure that all information discussed is documented. These minutes will be confidential to the Committee.

The final decision making authority rests with the SSO HP/Technical Lead. The SSO Sport Development Manager is responsible for ensuring that the process outlined in this Policy is followed properly and that the selection process is fair and equitable for all candidates. The Sport Development Manager reserves the right to ask other SSO representatives to help and support her in this task.

Roles and Responsibilities

1. Synchro Swim Ontario HP/Technical Lead

- Observes and records feedback on athletes during the selection process
- Ensures the selection process is followed and appropriate reasoning and rationale are provided
- Provides expertise to ensure the best team of athletes is selected. This may include adding athletes on the basis of exceptional performance during the season (e.g., at Canadian Qualifier Championships, Canadian Espoir Championships or National Team Trials), prior to Phase 3 of the selection process, if the HP/Technical Lead believes this is appropriate
- Acts as Mentor Coach to the selected coaching team and provides overall leadership as required
- Makes the final decision regarding the selection of athletes.

2. Team Head & Assistant Coaches

- Observes and records feedback on athletes during the selection process
- Contributes feedback and observations to the Synchro Swim Ontario HP/Technical Lead.

3. Synchro Swim Ontario Sport Development Manager

- Observes and records feedback on athletes during the selection process
- Provides expertise as a coach and SSO staff member to ensure the best team of athletes is selected
- Ensures the selection process is followed and appropriate reasoning and rationale are provided.

If for any reason all of the above mentioned individuals are unavailable to participate in the selection committee, SSO will select the next best-suited individual to replace them.

Byes

The privilege of granting byes will be given at the discretion of the Athlete Selection Committee. The bye process must be followed including proper and official written documentation by the athlete requesting a bye including a written explanation and doctor’s note. The Synchro Swim Ontario Competition Bye Request Form is available on the SSO website at www.synchroontario.com.

Appeals Process

Decisions regarding Provincial Team selections are subject to appeal pursuant to the Synchro Swim Ontario Appeal Policy, which is available on the SSO website at www.synchroontario.com.



Selection Process

Synchronized swimming is not a timed or measured event, but is a judged sport. Accordingly, performance and success in the sport and selection to provincial teams requires evaluation of athletes using both objective and subjective factors.

Phase 1: Provincial Championships Figure Event

Phase	Selection Event	Calculation	Selection	Result
1	Provincial Championships Figure Event	100% Figures	Top 32	Advance to Phase 2

Notes:

1. Provincial stream athletes to enter event as Exhibition and pay Figure entry fee
2. Should an athlete decline their participation in Phase 2, they may be replaced by the next ranked athlete from Phase 1
3. Athletes may be added on the basis of exceptional performance during the season, prior to Phase 3 of the selection process, if the HP/Technical Lead believes this is appropriate.

Phase 2: Top 32 Figure Event to be held before Hilton Worldwide Invitational

Phase	Selection Event	Calculation	Selection	Result
2	Top 32 Figure Event to be held before Hilton Worldwide Invitational	100% Figures	Top 16	Advance to Phase 3

Notes:

1. Figure group to be drawn two (2) weeks in advance
2. To not swim the same figure group as Phase 1, the figure group drawn at Provincial Championships will be removed from the draw
3. Should an athlete decline their participation in Phase 3, they may be replaced by the next ranked athlete from Phase 2
4. Should an athlete be selected to a National Team, the next eligible athlete as ranked in Phase 2 will be invited to participate in Phase 3
5. Athletes may be added on the basis of exceptional performance during the season, prior to Phase 3 of the selection process, if the HP/Technical Lead believes this is appropriate.

Phase 3: Provincial Team Selection Camp

Phase	Selection Event	Calculation	Selection	Result
3	Selection Camp	N/A	Top 10	Team Selection

Notes:

1. The number of selected athletes may change from year to year depending on the competitive event and related requirements
2. Should an athlete decline to participate on a Provincial Team, they may be replaced by the next ranked athlete from Phase 3.



Phase 3 Selection Criteria

The Athlete Selection Committee will review and discuss the following evaluations, observations, and attributes during Phase 3:

1. Execution in routine skills (height in egg beater, height in vertical figure, height in position figure 1 leg, height in ballet leg, rapid and precise arm movement, rapid and precise leg movement, flexibility and extension, lightness in the routine)
2. Propulsion and movement (in figures, egg beater, kicks, and figures in the team routine)
3. Synchronization
4. Training endurance (i.e., endurance in complete routines, consistency in training, giving best effort at all times, maintaining high intensity, timed swim)
5. Competencies in Synchro Canada aligned LTAD testing
6. Abilities in lifts (as a flyer, as a springer, as a pusher, having explosive strength to maintain a lift)
7. Body and facial expression (must demonstrate body expression, energy, aggressive movements and as requested, be able to demonstrate one or several facial expressions during a routine)
8. Behaviour and attitude (professional behaviour: punctuality, commitment/dedication, leadership, work ethic, concentration/focus, openness to comments, ability to self-evaluate, quick correction, communication)
9. communication)
10. Psychological and physical readiness to handle the training camp and competition
11. Team Chemistry (relationship with team mates, relationship with coaching staff and experts).

Selection of Solo(s), Duet(s) and Alternate(s)

Appointments for the solo(s), duet(s) and alternate(s) on provincial team will be based on the selection process and selection criteria described in this Policy.

The Athlete Selection Committee will also consider the following criteria, listed below in priority of importance:

- Results and experience in Provincial and National Competitions
- Technical and artistic ability based on their own assessment as well as judges' scores from competition
- Compatibility with athlete combinations, other athletes and coaches
- Physical competition readiness and physical suitability.

The Athlete Selection Committee may solicit feedback from other technical experts to assist in making their decision. The SSO HP/Technical Lead has the final decision making authority regarding the naming of solo(s), duet(s) and alternate(s) on provincial team.