

# SWIMMING WA

## 2022/23

### PERFORMANCE PATHWAY PROGRAM



## Welcome and Introduction:

Swimming WA (SWA) is proud to present information and criteria for the 2022/23 Performance Pathway Program. The SWA Performance Pathway Program underpins the Swimming Australia and Western Australian Institute of Sport (WAIS) programs to provide an integrated pathway for athlete and coach development within Western Australia. As part of the annual review process, the 2022/23 pathway has been streamlined and now provides a clearer pathway progression for pool, open water, and multi-class swimmers.

To prepare Australia's next generation of swimmers for senior performance excellence on the world stage, Swimming Australia, through the State Technical Directors, has thoroughly reviewed the Performance Pathway Program. The State and National Performance Pathway Program includes Swimming Australia's "Flippers" Program and features a combination of activities delivered by each state (and nationally with the National Flippers Camp held in January each year) with the aim of preparing identified athletes to successfully transition to the pinnacle of swimming in Australia – the "Dolphins Swim Team". The program can also positively impact the daily training environment for all swimmers and coaches within their home programs.

The Performance Pathway Program is managed by Swimming Australia and delivered in partnership with SWA and WAIS. The WA Flippers Program is funded by Swimming Australia via the Australian Institute of Sport (AIS) and SWA, and will include a small financial contribution from each participating athlete in the Flippers Squad.

Upon selection into the SWA Performance Pathway Program, athletes and their coaches will be invited to attend various camps, workshops, testing sessions and clinics. Squad activities have been developed by SWA in consultation with Swimming Australia's State Technical Director for WA/SA.

Overall, the Performance Pathway Program will assist in nurturing and developing sporting potential by focusing on three E's: Education, Environment, and Experience.

### Education

Whether you are a swimmer, coach, parent or supporter, you will have access to content experts and be provided with information that is engaging and innovative. You will be provided with all relevant training and testing data to help you set and achieve your goals.

### Environment

One aim is to transfer the skills learnt in the program into your daily training environment (DTE). Attending the training camp and education sessions throughout the year can help you build a successful long-term swimming career.

### Experience

To be an elite swimmer, it is important to have opportunities for learning and development both domestically and internationally. As your swimming career progresses through the Performance Pathway, we aim to provide these opportunities, particularly through State and National Team representation.



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## Athlete Eligibility Criteria for all Performance Pathway Program squads:

The WA Performance Pathway Program supports swimmers who:

- Are an Australian Citizen at the date of selection (Note: athletes who are Australian Residents at the time of selection and are in the process of becoming an Australian Citizen, may be considered for selection by submitting appropriate documentation/evidence).
- Are a registered member of a SWA affiliated club and reside in Western Australia at the time of acceptance into the program and for the duration of their involvement in the program.
- Accept their offer of a position in the Performance Pathway Program and agree to the terms and conditions in the Athlete Agreement and the SWA Code of Behaviour.
- Meet the Selection Standards (see Page 4 and 5).
- Be in good standing with Swimming WA and Swimming Australia.

### Notes:

Swimming Australia categorised 1-3 athletes and WAIS scholarship holders are ineligible for selection in the SWA Performance Pathway Program, but may be invited to development activities throughout the year if deemed appropriate by SWA, WAIS and/or SA.

The number of athletes in each program will be at SWA's absolute discretion and is subject to budget and resources available at the time.

The eligibility and selection criteria are correct at the time of publishing. SWA reserves the right, at its absolute discretion, to alter the criteria and to consider the addition of athletes in special circumstances.

Flippers Squad athletes will be required to pay a small financial contribution to the activities in which they are part of. The fee will need to be paid upon acceptance of an offer via MySwimResults.

Swimmers must register for an account on the Sport Integrity Australia website <https://elearning.sportintegrity.gov.au/login/index.php> and complete the Anti-Doping Fundamentals Course (formerly Level 1).



## SWA Flippers Program:

Identified as a key priority for the future of our sport, the National Flippers program has been rejuvenated since its initial inception, however, its core aim to discover and develop talent remains the same. The tailored program, delivered at state and national level, is designed to prepare and nurture selected athletes who are showing potential, with the hope they can successfully transition to the senior team and represent Australia at major international events within the next 4-6 years.

The State Flippers is a steppingstone to the National Program. Further information and Selection Criteria for the National Flippers can be found [here](#).

The SWA Flippers Program encourages swimmers to build on their swimming technique, tactical awareness, professional attitude, and physical capabilities already developed in their home program and via other SWA activities. In 2022/23, there are two levels of the SWA Flippers Program:

- Target Flippers (incorporating National Flippers)
- Flippers

Pool able-bodied athletes have been selected in the following age categories by using the 2019 FINA World Championship Benchmark Event (BME) plus the age-appropriate percentage. Age is as at the first day of competition in which the selection time was achieved. Eligible competitions for selection are the 2022 Australian Age Championships & the Australian Swimming Championships. An additional selection event will be the 2022 WA State Short Course Championships. Athletes achieving the selection standards at the WA State Short Course Championships may be invited to the appropriate squad at the absolute discretion of SWA and the State Technical Director.

## Selection Criteria for the Target Flippers and Flippers Squads (Pool – Female):

POOL - FEMALE SELECTION EVENTS	2022 WA STATE FLIPPERS 13-17 years					TARGET SQUAD	
	13 years	14 years	15 years	16 years	17 years	19&U	20+
<b>BME+</b>	<b>12%</b>	<b>11%</b>	<b>10%</b>	<b>9%</b>	<b>8%</b>	<b>6%</b>	<b>4%</b>
50m Freestyle	27.40	27.15	26.91	26.66	26.42	25.93	25.44
100m Freestyle	59.71	59.17	58.64	58.11	57.57	56.51	55.44
200m Freestyle	2:10.84	2:09.67	2:08.50	2:07.33	2:06.17	2:03.83	2:01.49
400m Freestyle	4:30.24	4:27.83	4:25.42	4:23.01	4:20.59	4:15.77	4:10.94
800m Freestyle	9:30.86	9:25.77	9:20.67	9:15.57	9:10.48	9:00.28	8:50.09
1500m Freestyle	17:58.28	17:48.65	17:39.03	17:29.40	17:19.77	17:00.52	16:41.26
100m Backstroke	1:06.88	1:06.28	1:05.68	1:05.08	1:04.49	1:03.29	1:02.10
200m Backstroke	2:24.93	2:23.63	2:22.34	2:21.05	2:19.75	2:17.16	2:14.58
100m Breaststroke	1:15.01	1:14.34	1:13.67	1:13.00	1:12.33	1:10.99	1:09.65
200m Breaststroke	2:41.48	2:40.04	2:38.60	2:37.16	2:35.71	2:32.83	2:29.95
100m Butterfly	1:03.95	1:03.38	1:02.81	1:02.24	1:01.67	1:00.53	59.38
200m Butterfly	2:24.55	2:23.26	2:21.97	2:20.68	2:19.38	2:16.80	2:14.22
200 IM	2:26.15	2:24.84	2:23.54	2:22.23	2:20.93	2:18.32	2:15.71
400 IM	5:12.40	5:09.61	5:06.82	5:04.03	5:01.24	4:55.67	4:50.09

## Selection Criteria for the Target Flippers and Flippers Squads (Pool – Male):

POOL - MALE SELECTION EVENTS	2022 WA STATE FLIPPERS 14-18 years					TARGET SQUAD	
	14 years	15 years	16 years	17 years	18 years	20&U	21+
<b>BME+</b>	<b>12%</b>	<b>11%</b>	<b>10%</b>	<b>9%</b>	<b>8%</b>	<b>6%</b>	<b>4%</b>
50m Freestyle	24.38	24.16	23.95	23.73	23.51	23.08	22.64
100m Freestyle	54.13	53.65	53.16	52.68	52.20	51.23	50.26
200m Freestyle	1:58.45	1:57.39	1:56.34	1:55.29	1:54.22	1:52.11	1:49.99
400m Freestyle	4:13.50	4:11.24	4:08.97	4:06.71	4:04.45	3:59.92	3:55.39
800m Freestyle	8:44.29	8:39.61	8:34.93	8:30.25	8:25.57	8:16.21	8:06.84
1500m Freestyle	16:42.47	16:33.52	16:24.57	16:15.62	16:06.66	15:48.76	15:30.86
100m Backstroke	59.81	59.27	58.74	58.21	57.67	56.60	55.54
200m Backstroke	2:11.33	2:10.16	2:08.99	2:07.81	2:06.64	2:04.30	2:01.95
100m Breaststroke	1:06.32	1:05.72	1:05.13	1:04.54	1:03.95	1:02.76	1:01.58
200m Breaststroke	2:23.67	2:22.39	2:21.11	2:19.83	2:18.54	2:15.98	2:13.41
100m Butterfly	57.90	57.39	56.87	56.35	55.84	54.80	53.77
200m Butterfly	2:10.20	2:09.04	2:07.88	2:06.71	2:05.55	2:03.23	2:00.90
200 IM	2:12.14	2:10.96	2:09.78	2:08.60	2:07.42	2:05.06	2:02.70
400 IM	4:45.76	4:43.21	4:40.65	4:38.10	4:35.55	4:30.45	4:25.35

## Selection Criteria for the Target Flippers and Flippers Squads (Open Water):

Due to our WA borders being closed when the Australian Open Water Championships were conducted in Adelaide in January 2022, the 2022/23 Target Flippers and Flippers Squads (Open Water) athletes were selected based on results of the SWA Open Water State Titles for 5km and 10km and comparing them to the Australian Open Water Championships results.

## Selection Criteria for the Target Flippers and Flippers Squads (MC):

MCPS	S/SB	S/SB	S/SB	S/SB	S/SB	S/SB	S/SB	S/SB	S/SB	S	S/SB	S/SB	S/SB	S/SB
Age	1	2	3	4	5	6	7	8	9	10	11	12	13	14
13&u	420	420	420	462	462	504	504	588	588	588	420	588	588	588
14years	425	425	425	468	468	510	510	595	595	595	425	595	595	595
15years	430	430	430	473	473	516	516	602	602	602	430	602	602	602
16years	435	435	435	479	479	522	522	609	609	609	435	609	609	609
17years	440	440	440	484	484	528	528	616	616	616	440	616	616	616
18years	445	445	445	490	490	534	534	623	623	623	445	623	623	623
19+years	450	450	450	495	495	540	540	630	630	630	450	630	630	630

Note: Recognised selection events only - as per Swimming Australia Development Squad - see below. Selection events were the 2022 Australian MC Age and MC Open Championships.

**Table 1: Recognised selection events\* and minimum MCPS standards**

= Priority   
 x = Non-selection event   
 ● Male   
 ● Female

	S/SB 1	S/SB 2	S/SB 3	S/SB 4	S/SB 5	S/SB 6	S/SB 7	S/SB 8	S/SB 9	S 10	S/SB 11	S/SB 12	S/SB 13	S/SB 14
<b>FREESTYLE</b>														
50m	x	x	●	● ●	●	●	●	●	●	● ●	● ●	x	● ●	x
100m	x	x	●	●	● ●	●	●	●	●	● ●	●	● ●	x	x
200m	x	●	●	● ●	● ●	x	x	x	x	x	x	x	x	● ●
400m	x	x	x	x	x	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	x	● ● ●	x
<b>BACKSTROKE</b>														
50m	●	● ●	● ●	● ●	● ●	x	x	x	x	x	x	x	x	x
100m	●	● ●	x	x	x	● ●	●	● ●	● ●	● ●	● ●	● ●	● ●	● ●
<b>BUTTERFLY</b>														
50m	x	x	x	x	● ●	● ●	● ●	x	x	x	x	x	x	x
100m	x	x	x	x	x	x	x	● ●	● ●	● ●	●	●	● ●	● ●
<b>BREASTSTROKE</b>														
50m	x	●	● ●	x	x	x	x	x	x	x	x	x	x	x
100m	x	x	x	● ●	● ●	● ●	●	● ●	● ●	x	● ●	●	● ●	● ●
<b>INDIVIDUAL MEDLEY</b>														
150m	x	x	●	● ●	x	x	x	x	x	x	x	x	x	x
200m	x	x	x	x	●	● ●	● ●	● ●	● ●	● ●	● ●	x	● ●	● ●
MCPS	500	500	500	550	550	600	600	700	700	700	500	700	700	700

\*Based on 2024 Paralympic Games program. (Subject to Change based on Paralympic Cycle)

## Target Flippers and Flippers Program Activities:

Upon selection and registration in the SWA Flippers Squad, athletes and their coaches will be invited to attend various training, testing sessions, workshops, and the Flippers camp. Activities will include pool, open water, and multi-class athletes who have met the selection criteria.

Athletes, coaches and parents will have access to several activities throughout the season, allowing greater reinforcement of skill development, and a focus on key outcomes along the way. It will also allow for a progression of personal excellence education and create a real Team WA focus to foster a supportive and positive environment for ultimate success. Coaches with athletes in the program will also be provided with several development and educational opportunities throughout the year.

## Target Flippers Squad Inclusions:

As a Target Flippers Squad member, you will be offered the following opportunities:

- Swimming WA Flippers Camp in Perth from 11-15 July 2022
- Monthly group education sessions with WAIS performance staff from August - December 2022
- Access to the Swimming Australia Hub for training sessions from July - December 2022 on an individual-needs basis
- Access to the WAIS gym for supervised Strength & Conditioning sessions at designated times from July - December 2022
- Selection on the Swimming WA International Tour TBC (\*user-pay fee applies)
- Squad uniform
- Recognition on the Swimming WA website

This squad is "opt in" and athletes will be invited to register for the squad. There is a \$200 squad registration fee. This is an exciting new opportunity for elite athletes in the Swimming WA Performance Pathway to access the Swimming Australia HUB delivered by WAIS. The aim is to "add value" to the athlete's home environment by providing access to additional servicing that may not be available in the home club environment. A short individual athlete training plan will be developed by the athlete's coach in partnership with the athlete, Swimming Australia State Technical Director and the WAIS Coaching Team. A WAIS document will need to be signed to access the facility for insurance purposes.

## Flippers Squad Inclusions:

As a Flippers Squad member, you will be offered the following opportunities:

- Swimming WA Flippers Camp in Perth from 11-15 July 2022
- Monthly group education sessions with WAIS performance staff from August - December 2022
- Access to the Swimming Australia Hub for once per month group training sessions from July - December 2022 (see calendar below)
- Selection on the Swimming WA International Tour TBC (\*user-pay fee applies)
- Squad uniform
- Recognition on the Swimming WA website

This squad is "opt in" and athletes will be invited to register for the squad. There is a \$200 squad registration fee.



## 2022/23 Flippers Program Dates:

Activity	Date	Event	Squads
1	Monday 11 - Friday 15 July 2022	Flippers Training Camp including Swimming Australia Testing #1	Target & Flippers
	<i>5-7 August 2022</i>	<i>2022 Hancock Prospecting Short Course Championships - HBF Stadium</i>	
2	Saturday 13 August 2022	Athlete Education and Skill Session	Target & Flippers
	<i>24-27 August 2022</i>	<i>Australian Short Course Championships (Sydney)</i>	
3	September 24 September 2022	Athlete Education and Skill Session	Target & Flippers
4	Saturday 22 October 2022	Athlete Education and Skill Session	Target & Flippers
5	Saturday 19 November 2022	Athlete Education and Skill Session	Target & Flippers
TBC	<i>23-26 November 2022 or 24-27 November 2022</i>	<i>Singapore Long Course Nationals (SEA Games Selection) details TBC</i>	
	<i>16-20 December 2022</i>	<i>Hancock Prospecting State Championships</i>	
6	Sunday 18 December 2022 (during Hancock Prospecting State Championships)	Parent Education Session	Target & Flippers
7	21 January 2023	Swimming Australia Testing #2	Target & Flippers

The Flippers program is heavily subsidised by SWA, SA and WAIS and offers exceptional progression opportunities in a swimmer's long-term athlete development. The dollar value each swimmer receives through this program is considerable and includes the cost of coach and program staff, sport science support and access to facilities. The WA Flippers program is a tremendous opportunity for both coaches and athletes to grow and improve.

Education topics may include:

- Athlete wellbeing
- Sport psychology
- Nutrition
- Recovery
- Biomechanics (performance support)
- Skill development
- Parent education

You should typically expect to be part of the State Flippers Program for 1-3 years, depending on your development. Athletes should then be aiming for National Flippers, WAIS scholarships and/or Swimming Australia categorisation.

Coaches of the selected athletes will be encouraged to attend all activities with their swimmers.



## The Team behind the Team:

Our Flippers program staff are here to support you. We are:

Name	Role	Contact Details
Ben Harvey	SWA General Manager Competitive Pathways	ben.harvey@wa.swimming.org.au
Brooke Kemp (Acting)	SWA Athlete Pathways Manager	pathways@wa.swimming.org.au
Mel Tantrum	Swimming Australia State Technical Director WA / SA	mel.tantrum@swimming.org.au
Ben Higson	WAIS Head Coach Swimming	bhigson@wais.org.au
Will Scott	WAIS Senior Assistant Swimming Coach	wscott@wais.org.au
TBC	WAIS Gen32 Scholarship Coach	TBC

## State Development Squad:

Athletes selected in the State Development Squad will be identified from the 2022 Australian Age and Open Swimming Championships, 2022 MC Age Championships and 2022 Australian Open Water Championships. Athletes are selected if they placed in the top 10 Australians in an event at any of these competitions. Age as at the first day of meet.

As part of the State Performance Squad, athletes and their coaches will be invited to 3 activities over the 2022/23 season. The focus of these activities is to bring athletes and coaches together to train in a high performance environment and to share and develop their skills and knowledge. There is no fee for this squad.

## State Development Inclusions:

As a State Development Squad member, you will be offered the following opportunities:

- 3 squad activities (include one day – Friday 15 July – during Flippers Camp)
- Swim cap
- Recognition on the Swimming WA website

## National Junior Challenge:

SWA will recognise all WA athletes who achieved gold, silver, and bronze medals in the National Junior Challenge on the SWA website and/or Facebook page. Medals will be available to collect during the Hancock Prospecting Short Course Championships in August and September.

## Regional Athlete Support Program:

SWA will work closely with the following 9 Regional Academies of Sport to identified talented regional athletes and offer support through the Regional Athlete Support Program:

- South West Academy of Sport
- Midwest Academy of Sport
- Peel Regional Academy of Sports
- Broome Talent Program
- Pilbara Sports Academy
- Great Southern Sports Talent Association
- Goldfields Sport Development Network
- Esperance Talent Development Program
- Wheatbelt Athlete Support Program

The Regional Athlete Support Program assists in the delivery of a high-quality daily training environment for regional athletes through the Regional Talent Development Network (RTDN) and Regional Athlete Travel Subsidy Scheme (ATSS). SWA will assist with scholarship applications if required.



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