

SWIMMING WA
2021/22
PERFORMANCE PATHWAY PROGRAMME



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WELCOME

Swimming Western Australia (SWA) is proud to present information and criteria for the upcoming 2021/22 Performance Pathway Program (PPP).

The PPP underpins Swimming Australia's National Flippers Program and collaborates with the Western Australia Institute of Sport (WAIS) to provide an integrated pathway for athlete and coach development for prolonged success within the state. Upon selection into the SWA PPP, athletes and their coaches will be invited to attend various camps, workshops and clinics.

Squad activities will be determined by SWA in consultation with the SWA State Technical Director, Glenn Beringen and the squad Head Coaches. The information will be communicated to athletes and their home coaches in due course.

We encourage you to take the time to consider being part of the Flippers programs with your coach and supporters. If you need further information about the programs, activities and events, Swimming WA's Performance Pathway staff and our State Technical Directors will be a great resource. You'll find all of our contact details within this handbook.

These programs are managed by SAL's Performance Pathway staff and the relevant State Swimming Associations (SSA's). Primarily, the Flippers programs are funded by the Australian Institute of Sport (AIS), State Swimming Associations and will include a small financial contribution from each participating athlete. The Performance Pathway programs will assist in nurturing and developing your sporting potential by focusing on the three E's - education, environments and experience.

Engaging Education

Whether you're a swimmer, coach, parent or supporter, you will have access to subject matter experts and be provided with information in a format which will be engaging and innovative. You will be provided with all relevant training and testing data you need to help you set and achieve your goals.

Environments

Our program aims to develop your ability to transfer skills learnt in your daily performance environment (DPE) and regular training camps throughout the program into a successful swimming career.

Experience

To be an elite swimmer it's 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 the National Youth Team.

Selection criteria for the WA Flippers squads are determined through qualification times based on national and state performance standards, or results at SWA State Championships, and the athlete's performances qualify them for a particular squad. Such classification provides recognition of an athlete's performance relative to their age. SWA PPP activities, such as training camps and education programs, will be designed to align with the athlete's age, stage of development and training capabilities.

Coaches with athletes in the program will also be provided with a number of development and educational opportunities throughout the year.

If you have any questions regarding the program, please contact:

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SWIMMING WA FLIPPERS PROGRAM

The WA Flippers Program encourages swimmers to build their swimming technique, tactical awareness, professional attitude and physical capabilities already developed in their home program and other WA activities.

In this program we will need to consistently commit to goals, ensuring good habits and routines become regular practice. There also will be an increasing emphasis on gaining experience, exposure and competition routines and skills.

Selection

The WA Flippers Program supports swimmers who are:

- Six to eight years from a Senior Podium performance,
- At the T2 and T3 levels of the Australian Swimming Framework (ASF), and
- Met the Flippers criteria/standards to be found in appendices

Program Inclusions

Access to high quality coaching at training camps, stroke, event, and assessment camps. It also will introduce athletes to Performance Support (Sport Science and Medicine) staff and the Athlete Wellbeing and Engagement Framework. In addition, each swimmer's home coach can access technical and personal development through the State Technical Director. This will include coach mentorship as well as technical and competition support.

The State element of 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 facilities. The WA Flippers program is a tremendous opportunity for both coaches and athletes to grow and improve.

Camps and Competitions

The Flippers program of camps and assessments consists of up to 10-20 days of contact time per season. They are held in Swimming Australia High Performance Hub. Swimmers are required to attend all state activities as part of the program to be considered for the National Program.

Swimmer Performance Preparation

The Flippers Program will introduce you to the following key education components relevant to performance preparation:

Physical Preparation

- ✓ Understands the basic factors of fitness that influence performance including swim training programming.
- ✓ Performs well in all training and test environments including aerobic capacity, sprint and including kick and pull tests sets.
- ✓ Demonstrates appropriate musculo-skeletal range of movement, stability, and robustness in a variety of training and competition environments.

Mental Preparation

- ✓ Shows an emerging awareness and skills in personal resilience and growth mindset.
- ✓ Shows an emerging awareness and skills in performance readiness through goal setting, focusing and imagery.

Technical Preparation

- ✓ Demonstrates the key technique points for each stroke, including distance per stroke, stroke count, stroke rate and racing skills in a variety of training and competition environments.

Tactical Preparation

- ✓ Can pace races with an understanding of negative splitting.
- ✓ Understands the relationship between distance per stroke, stroke count, stroke rate as well as knowledge of individual event-specific splits.

Planning and Communication

- ✓ Through the introduction of the AMS and the Individual Athlete Performance Plan (IAPP), athlete should be organised and develop a professional approach to setting smart goals, with clear planning and regular review.

Personal Development

- ✓ Demonstrates emerging awareness of time management skills including the importance of life balance for wellbeing and performance.

Progressing to the Next Program

You should typically expect to be a part of the State Flippers Program stage for one to three years, depending on your development. The National Flippers Program is delivered by SA. Swimming Australia Pathway staff and the State Technical Directors Leadership Team will work with each swimmer's home coach on further support to aid progression. Selection for the SA National Flippers can be found here – [SA High Performance Pathways](#)

KEY FLIPPERS PROGRAM DATES 2021/2022

Date	Activity	Squads
26 June 2021	Swimming Australia Talent ID Testing	Gold and Silver
12-17 July 2021	Training Camp (Live in camp Coaches and Athlete)	Gold and Silver
16-17 July 2021	Clinics/Training	Bronze and Junior
21-23 January 2022	Clinics/Training	Bronze and Junior
21-23 January 2022	Clinics/Training and Swimming Australia Talent ID Testing	Gold and Silver

- Note that additional training activities will be added into the program once confirmed
- Performance Pathway coaches will be following up with home coaches in the 2 weeks post Swimming Australia Talent ID Testing to review their athlete's testing results

TEAM BEHIND THE TEAM

Our Flippers program staff are here to support you, we are:

Role	Name	Contact Details
State Technical Director	Glenn Beringen	Glenn.Beringen@swimming.org.au
Performance and Competition Manager	Ben Harvey	Ben.harvey@wa.swimming.org.au
Athlete and Coach Development Manager	Luke Gavin	Luke.gavin@wa.swimming.org.au
Projects and Events Officer	Will Rollo	projects@wa.swimming.org.au

Team Roles Defined

State

The State Technical Director is responsible for:

Technical Director

- Developing and overseeing Flippers Pathways Program activities for athletes and coaches in each State.
- Providing coach development and mentoring within the Flippers program
- Competition Technical Support at State Teams, State Championships and National Age/Open Championships.
- Providing guidance to coaches and athletes about the use and importance of AMS (Athlete Management System).

Performance and Competition Manager

The Performance and Competition Manager is responsible for:

- Overall management of the Performance & Competition Team.
- Leading the delivery of, and development of State's Strategic and Operational Plan.
- Overall budget monitoring & management.
- Relationship management with key partners and services providers.

Athlete and Coach Development Manager

The Athlete and Coach Development Manager is responsible for:

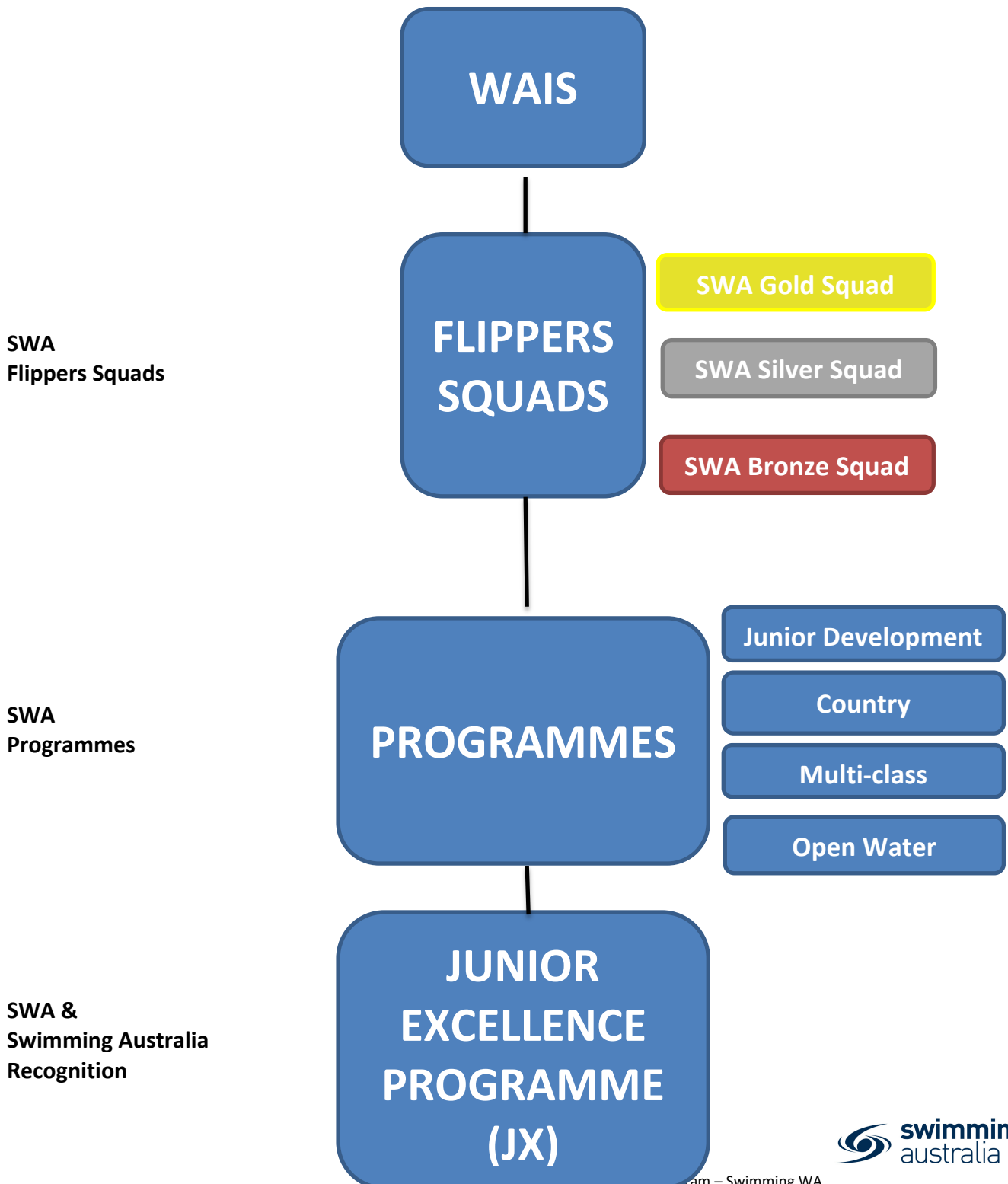
- Overall management of State Flippers, TID, Performance & Development Programs
- Supporting the State Technical Director in developing and overseeing specific elements of the Flippers Pathways Program activities for athletes and coaches.
- Assisting the State Technical Director in providing coach development and mentoring
- Selection of various squads, such as Flippers, Talent ID, Performance, Multi-Class, Country, Distance and Junior Talent.
- Providing analysis of squads regarding numbers, ages, clubs, locations, and strokes.
- Competition Support at State Teams, State Championships and National Age/Open Championships

Projects and Events Officer

The Project and Events Officer is responsible for:

- Communicating to squad members, coaches and clubs regarding selection details and all activities.
- Coordinating bookings for facilities including lane space and room requirements.
- Circulating information to coaches regarding opportunities for personal development.
- Coordination of uniform ordering and distribution.

SWA PERFORMANCE PATHWAY PROGRAMME



ATHLETE SELECTION CRITERIA

- Qualifying times for the 2020/21 Programmes, National Flippers, Gold Flippers and Silver Flippers can be achieved 2019 State Age Long Course Championships and 2020 State Open Long Course Championships.
- Due to the cancellation of the 2020 Australian Age and Open Championships, athletes who were selected in the 2019/20 PPP will remain selected in the same squad for 2020/21
- Athletes must be a registered member of a SWA affiliated club and reside in WA at the time of acceptance in the squad, and for the duration of their involvement in the squad
- Athletes must be an Australian Citizen at the date of selection
- Athletes, who are residents in Australia at the time of selection and are in the process of becoming an Australian Citizen may be considered for selection (document evidence required) at SWA's absolute discretion
- All athletes in the squad are required to sign a SWA Athlete Agreement
- Athletes relocating to WA may be considered for admission to a squad or program where they satisfy the performance criteria. Athletes may be considered once registered with a SWA affiliated club and reside in WA for a minimum of 60 days
- SWA reserves the right to alter the criteria and to consider the addition of athletes under special circumstances

Qualifying Times – WA Flippers Gold Squad

MALE

	14	15	16	17/18	19/20
50m Freestyle	00:23.73	00:23.62	00:23.51	00:23.29	00:23.08
100m Freestyle	00:52.66	00:52.42	00:52.17	00:51.69	00:51.21
200m Freestyle	01:55.85	01:55.31	01:54.78	01:53.72	01:52.66
400m Freestyle	04:06.49	04:05.36	04:04.23	04:01.97	03:59.71
800m Freestyle	08:33.36	08:31.00	08:28.65	08:23.94	08:19.23
1500m Freestyle	16:20.26	16:15.76	16:11.27	16:02.27	15:53.28
100m Backstroke	00:58.60	00:58.33	00:58.06	00:57.52	00:56.99
200m Backstroke	02:06.56	02:05.98	02:05.40	02:04.24	02:03.08
100m Breaststroke	01:04.57	01:04.28	01:03.98	01:03.39	01:02.79
200m Breaststroke	02:20.39	02:19.75	02:19.10	02:17.82	02:16.53
100m Butterfly	00:55.93	00:55.67	00:55.41	00:54.90	00:54.39
200m Butterfly	02:05.98	02:05.40	02:04.83	02:03.67	02:02.51
200 IM	02:08.41	02:07.82	02:07.23	02:06.06	02:04.88
400 IM	04:38.70	04:37.42	04:36.15	04:33.59	04:31.03

FEMALE

	13	14	15	16/17	18/19
50m Freestyle	00:26.80	00:26.68	00:26.56	00:26.31	00:26.07
100m Freestyle	00:57.99	00:57.72	00:57.46	00:56.92	00:56.39
200m Freestyle	02:06.81	02:06.23	02:05.65	02:04.48	02:03.32
400m Freestyle	04:28.66	04:27.43	04:26.20	04:23.73	04:21.27
800m Freestyle	09:16.62	09:14.07	09:11.51	09:06.41	09:01.30
1500m Freestyle	17:49.27	17:44.36	17:39.46	17:29.65	17:19.84
100m Backstroke	01:05.20	01:04.90	01:04.61	01:04.01	01:03.41
200m Backstroke	02:19.13	02:18.49	02:17.85	02:16.57	02:15.30
100m Breaststroke	01:12.82	01:12.49	01:12.15	01:11.49	01:10.82
200m Breaststroke	02:36.75	02:36.03	02:35.31	02:33.88	02:32.44
100m Butterfly	01:02.83	01:02.54	01:02.25	01:01.67	01:01.10
200m Butterfly	02:19.32	02:18.68	02:18.05	02:16.77	02:15.49
200 IM	02:22.19	02:21.54	02:20.89	02:19.58	02:18.28
400 IM	05:02.08	05:00.70	04:59.31	04:56.54	04:53.77

Qualifying Times – WA Flippers Silver Squad

MALE

	14	15	16	17/18
50m Freestyle	00:24.16	00:24.06	00:23.95	00:23.73
100m Freestyle	00:53.62	00:53.38	00:53.14	00:52.66
200m Freestyle	01:57.97	01:57.44	01:56.91	01:55.85
400m Freestyle	04:11.02	04:09.88	04:08.75	04:06.49
800m Freestyle	08:42.78	08:40.42	08:38.07	08:33.36
1500m Freestyle	16:38.25	16:33.75	16:29.25	16:20.26
100m Backstroke	00:59.67	00:59.40	00:59.14	00:58.60
200m Backstroke	02:08.88	02:08.30	02:07.72	02:06.56
100m Breaststroke	01:05.76	01:05.46	01:05.16	01:04.57
200m Breaststroke	02:22.97	02:22.32	02:21.68	02:20.39
100m Butterfly	00:56.95	00:56.70	00:56.44	00:55.93
200m Butterfly	02:08.29	02:07.72	02:07.14	02:05.98
200 IM	02:10.77	02:10.18	02:09.59	02:08.41
400 IM	04:43.82	04:42.54	04:41.26	04:38.70

FEMALE

	13	14	15	16/17
50m Freestyle	00:27.29	00:27.17	00:27.05	00:26.80
100m Freestyle	00:59.05	00:58.79	00:58.52	00:57.99
200m Freestyle	02:09.14	02:08.56	02:07.97	02:06.81
400m Freestyle	04:33.59	04:32.36	04:31.13	04:28.66
800m Freestyle	09:26.83	09:24.28	09:21.73	09:16.62
1500m Freestyle	18:08.89	18:03.98	17:59.08	17:49.27
100m Backstroke	01:06.40	01:06.10	01:05.80	01:05.20
200m Backstroke	02:21.68	02:21.04	02:20.40	02:19.13
100m Breaststroke	01:14.16	01:13.83	01:13.49	01:12.82
200m Breaststroke	02:39.63	02:38.91	02:38.19	02:36.75
100m Butterfly	01:03.98	01:03.69	01:03.40	01:02.83
200m Butterfly	02:21.88	02:21.24	02:20.60	02:19.32
200 IM	02:24.80	02:24.15	02:23.49	02:22.19
400 IM	05:07.63	05:06.24	05:04.85	05:02.08

Qualifying Times WA Flippers Bronze Squad

- Only Boys aged 14-16 and Girls aged 13-15 as of 17 December 2021 are eligible for the WA Flippers Bronze Squad
- Boys aged 14-16 and Girls aged 13-15 who achieve a gold medal in an individual event at the SWA Age Championships will be selected into the WA Flippers Bronze Squad the following year
- Age Gold medalists who achieve a WA Flippers Silver or Gold Squad Qualifying Time will automatically be placed into the higher-level squad.

WA Open Water Squad

Gold

- A swimmer who places 1st Australian in the Open 10km event or Open 5km event.
- A swimmer who finishes within 120 seconds of the first placed Australian time in the Open 10km event.
- A swimmer who finishes within 60 seconds of the first placed Australian time in the Open 5km event.
- A swimmer aged 14-19 who places 1-3 Australian in their respective age group Championship event.

Silver

- A swimmer who finishes within 120 seconds of the third placed Australian time in the Open 10km event.
- A swimmer who finishes within 60 seconds of the third placed Australian time in the Open 5km event.
- A swimmer aged 14-19 who finishes within the following time bracket in their respective age group Championship event:
 - 5km: within 60 seconds of the 3rd place Australian
 - 7.5km: within 90 seconds of the 3rd placed Australian
 - 10km: within 120 seconds of the 3rd placed Australian

Bronze

- A swimmer who finishes within 240 seconds of the third placed Australian time in the Open 10km event.
- A swimmer who finishes within 120 seconds of the third placed Australian time in the Open 5km event.
- A swimmer aged 14-19 who finishes within the following time bracket in their respective age group Championship event:
 - 5km: within 120 seconds of the 3rd place Australian

- 7.5km: within 180 seconds of the 3rd placed Australian
 - 10km: within 240 seconds of the 3rd placed Australian
- * THE OPEN 5KM TIME TRIAL IS NOT A SELECTION EVENT

Multi-Class Squad – Pool

- 25 Years & Under at 21 April 2020
- Multi-class athletes must achieve the following multi-class point scores at the 2019 SunSmart State Age Championships, 2020 Hancock Prospecting WA Swimming Championships, 2020 National Age Swimming Championships or the 2020 National Swimming Championships to be eligible

Squad	Elite Transition	Gold	Silver	Bronze
MCPS	800	700	610	440

Country Squad Criteria

- 13 – 15 Years of age as at 3 January 2020
- Swimmers must achieve a first placing in any 100m or 200m individual event at the 2020 SunSmart Country Championships and achieve a State Championship Qualifying Times in that event.

Junior Development Squad

- Boys 13 Years of age, and Girls 12 Years of age as at 26 March 2021
- Top 2 placing in an individual event at the 2021 SunSmart WA Junior LC Championships