

Team Selection Policy

Preamble

The selection with the goal of representing Swiss Artistic Swimming at international championships is an honor that only few swimmers achieve each season. The purpose of this policy is to ensure a transparent selection process by providing specific criteria that will be used by Swiss Artistic Swimming to identify and select swimmers for the national teams.

Artistic Swimming is a team sport and a judged sport. The multi-faceted nature of this sport makes it necessary to consider various selection criteria and not just to measure the individual level of skills. Performance and success with the team requires an evaluation of the athlete considering both objective and subjective factors. The selections will therefore be based on synchro technical ability as well as team cohesion.

Solo and duet selections will be made from swimmers from within the selected teams. Details of solo and duet selections will be published separately at a later stage.

Objectives of the team selection policy

- To form a team that will achieve the best possible results in international competitions, especially in World Championships and in view of future Olympic Games.
- To select swimmers who have the will and the potential to represent Switzerland for several years in international competitions
- To bring consistency in the teams in order to achieve international success in a medium- and long-term view

Swiss Artistic Swimming is committed to providing swimmers who have the will and potential to represent Switzerland in international competitions with the best possible development and support of their sports career.

Commitment

Swimmers are selected in the national team with the goal of representing Switzerland for several years. At least, selected swimmers are expected to remain part of the national team until the end of the season (August).

- Selected swimmers must give the commitment to participate in all training camps and competitions of the season
- Swimmers must be able to undertake and provide evidence of training outside of the national team with their home club, the home club will be required to demonstrate full support and commitment to the national program
- Selected swimmers agree that activities with the national team have always priority to club activities
- Selected swimmers must sign an athlete's agreement for the national team and comply with the code of conduct of Swiss Aquatics as well as with the rules and policies of Swiss Aquatics. These documents will be handed out to the swimmers upon selection
- Selected swimmers must be able to pay a financial contribution per year for their participation in the national team training camps and international competitions. The amount will be communicated by the department of performance sport before the beginning of the season (1st of September). With the final selection, the selected swimmer owes the full amount. The invoice is issued in 3 tranches. No refunds of the financial contribution will be made if an athlete leaves the team during the season.
- Selected swimmers must demonstrate an uncompromised commitment to training preparation for peak performance at the main competition(s) as determined by Swiss Artistic Swimming. If for any reason the swimmers are unable and/or unwilling to fulfil this commitment, they may be withdrawn from the team.
- If, after the final selection, a swimmer decides to retire from the national team prior to the final competition of the season, she must submit the retirement in writing to Swiss Artistic Swimming. For the next two seasons, this swimmer may be withdrawn from selection for any national team and will not receive a Swiss Olympic card (Talent or Elite).
- If a swimmer becomes injured during the year after the selection, the swimmer will need to provide a certificate of a Swiss Olympic approved medical professional. Swiss Artistic Swimming may request that the injured swimmer will be assessed by the medical professional of Swiss Artistic Swimming. Provided that both medical professionals agree, the swimmer can continue in the team based on the medical advice. If the medical advice is disputed or there is disagreement between the medical professionals/athlete/parents the swimmer will be withdrawn from the national team.
- If a swimmer is unable to attend a selection due to illness or injury, a certificate from a Swiss Olympic approved medical professional shall be sent to Swiss Artistic Swimming prior to the selection date. The swimmer can only continue the selection process if she was already member of the national team in the previous season.

ELITE TEAM SELECTION

Eligibility:

- Elite swimmers must have a swiss passport.
- The swimmers must be aged 15 or older at the beginning of the season (example: born in 2004 or before for the selection 2019/2020).

Objective:

- Selection of up to 12 swimmers to represent Switzerland in European Championships / World Championships / Olympic Games
- The definitive number of swimmers to be selected per team will be communicated by the department of performance sport before the beginning of the season (1st September)

Selection procedure:

There will be 3 selection phases for the elite national team. The final selection of the competitive team will be decided in phase 3:

- Phase 1: participation in PISTE (gym part and synchro part) in the previous season
- Phase 2: participation in elite selection camp in September / October
- Phase 3: selection by observation at the end of the selection camp

Phase 1: participation in PISTE (gym part and synchro part) according to PISTE guidelines

Phase 2: participation in elite selection camp

- Number of invited swimmers: ideally 18 swimmers
- Invited swimmers
 - Swimmers of elite team of the previous season (including the Olympic duet)
 - the best 4 swimmers of elite PISTE (only synchro part) not included in the above
 - National coaches may give additional wildcards to further swimmers. All wildcards need to be justified in writing and communicated to the head of performance sport.
 - If the total number of swimmers is not yet reached, the next best swimmers of elite PISTE (only synchro part) can be invited.
- Date: September / October
- Duration: 5-8 days
- Costs: CHF 80.— per day. Swimmers who are selected in a national team do not have to pay the daily costs of the selection camp, as they pay a yearly contribution.

Phase 3: selection of elite team (up to 12 swimmers)

- participants: all participants of the selection camp
- Date: last 1 or 2 days of the selection camp
- Type of selection:
 - observation of training of team tech and team free routine (approximately ½ day each)
 - observation of sport skills as defined below as well as team behaviour during and after training and commitment of swimmers
- Selection «panel»:
 - 3-5 international judges (swiss and/or foreign)
 - Swiss Artistic Swimming national coaches
 - 1-2 members of the Direction Swiss Artistic Swimming

- Head of performance sport
- The department of performance sport may invite further experts for the observation of the swimmers
- After the training, the selection panel discusses the observed criteria and decides on the swimmers to be selected. The Olympic duet is automatically selected. Up to 10 further swimmers will be selected by the selection panel for elite national team.

Observation criteria see annexe

Replacement:

If a selected swimmer leaves or is withdrawn from the national team during the season, the responsible elite national coaches may nominate another swimmer from junior A team to join the elite team. Nomination criteria for the replacing swimmer are her commitment, her potential, her ability to be integrated in the team or special skills needed for the team.

JUNIOR TEAM SELECTION

Eligibility:

- The swimmers of team A must have a swiss passport. Swimmers of team B must not necessarily have a swiss passport, but they must live in Switzerland and agree to start the immigration process right after their selection.
- The swimmers must be aged 15 -17 at the beginning of the season (example: born between 2002 and 2004 for the selection 2019/2020).
- Ideally, swimmers of elite team do not belong to a junior team (solo and duet not included). However, if the international calendar allows that junior swimmers participate in elite and junior peak competition with enough break in between, elite swimmers aged 15-17 may also be selected in junior A team for the peak competition.

Objective :

- Selection of up to 12 swimmers in junior A team to represent Switzerland in the European Junior Championships and / or World Junior Championships
- Selection of up to 12 swimmers in junior B team to represent Switzerland in an international competition
- The definitive number of swimmers to be selected per team will be communicated by the department of performance sport before the beginning of the season (1st September). The department of performance sport may also decide to only build one junior team for the following season.

Selection procedure:

There will be 3 selection phases for the Junior national teams. The final selection of the Junior A and Junior B team will be decided in phase 3.

- Phase 1: participation in PISTE (gym part and synchro part) in the previous season
- Phase 2: participation in junior A selection camp in October / November
- Phase 3: selection of junior A team by observation at the end of the selection camp and selection of junior B team

If it is decided that elite swimmers aged 15-17 also participate in junior team, these swimmers are automatically selected in junior A team. They may be invited to the junior A selection camp but will not be observed for selection.

Phase 1: participation in PISTE (gym part and synchro part) according to PISTE guidelines

Phase 2: Junior A selection camp

- Number of invited swimmers: ideally 18 swimmers
- Invited swimmers:
 - Swimmers of junior A team of the previous season
 - Best 8 swimmers of junior PISTE (only synchro part) not included in the above
 - National coaches may give additional wildcards to further swimmers. All wildcards need to be justified in writing and communicated to the head of youth development.
 - If no or not all wildcards are used, the next best swimmers of junior PISTE (only synchro part) can be invited.
- Date: October / November
- Duration: 4-5 days

- Costs: CHF 80.— per day. Swimmers who are selected in a national team do not have to pay the daily costs of the selection camp, as they pay a yearly contribution.

Phase 3a : Selection of junior A team (up to 12 swimmers)

- participants: all participants of the selection camp
- Date: last 1 or 2 days of the selection camp
- Type of selection: Observation of training of team tech and team free routine (approximately ½ day each); observation of sport skills as defined below as well as team behaviour during and after training and commitment of the swimmers
- Any elite swimmers are preselected
- Selection «panel»: 3-5 international judges (swiss and / or foreign)
Swiss Artistic Swimming national coaches
1-2 members of the sport direction
Head of youth development
The department of performance sport may invite further experts for the observation of the swimmers
- After the training, the selection panel discusses the observed criteria and decides on the swimmers to be selected. Up to 12 swimmers will be selected for junior A national team.

Phase 3b: Selection of junior B team (up to 12 swimmers)

- All swimmers who participated in the junior A training camp but are not selected in junior A team are automatically in junior B team (up to 6 swimmers)
- Junior B team is completed by the best 4 swimmers of junior PISTE not already selected
- The junior national coaches may give wildcards to 2 additional swimmers for the junior B team. All wildcards need to be justified in writing and communicated to the head of youth development.
- If no or not all wildcards are used, the next best swimmers of junior PISTE can be selected.

Observation criteria see annexe

Replacement:

If a selected swimmer leaves or is withdrawn from the **junior A team** during the season, the responsible national coach may nominate any swimmer from junior B team to join the junior A team. The replacing swimmer must have a swiss passport.

If a selected swimmer leaves or is withdrawn from the **junior B team** during the season, the junior national coaches may nominate a swimmer who participated in junior PISTE but was not selected in a junior team.

Nomination criteria for the replacing swimmers are their commitment, potential, ability to be integrated in the team or special skills needed for the team.

YOUTH TEAM SELECTION

Eligibility:

- The swimmers of team A must have a swiss passport. The swimmers of team B do not necessarily need a swiss passport, but they must live in Switzerland and agree to start the immigration process right after their selection.
- The swimmers must be aged 14 and younger at the beginning of the season (born in 2005 or later for the selection 2019/2020).

Objective:

- Selection of up to 12 swimmers to represent Switzerland in the Mediterranean Cup / World Youth Championship
- Selection of up to 12 swimmers to represent Switzerland in an international competition
- The definitive number of swimmers to be selected per team will be communicated by the department of performance sport before the beginning of the season (1st September)

Selection procedure:

There will be 5 selection phases for the youth national teams. The final selection of the youth A and B team will be decided in phase 5.

- Phase 1: participation in PISTE (gym part and synchro part) in the previous season
- Phase 2: 2 pre-selection camps with 24 swimmers
- Phase 3: participation in figure competition at Swiss Youth Championships in January
- Phase 4: youth A selection camp with up to 18 swimmers
- Phase 5: selection of youth A team in the training camp; selection of youth B team

Phase 1: participation in PISTE (gym part and synchro part) according to PISTE guidelines

Phase 2: pre-selection camps

- Number of swimmers: ideally 24 swimmers
- Invited swimmers:
 - swimmers of youth A team of the previous season
 - The best 12 swimmers of youth PISTE (only synchro part) not included in the above
 - National coaches may give additional wildcards for further athletes. All wildcards need to be justified in writing and communicated to the head of youth development.
 - If no or not all wildcards are used, the next best swimmers of youth PISTE (only synchro part) can be invited.
- Dates: September (3T Tenero) and December
- Costs: CHF 80.— per day. Swimmers who are selected in a national team do not have to pay the daily costs of the selection camp, as they pay a yearly contribution.

Phase 3: participation in figure competition at Swiss Youth Championships (January)

Phase 4: Youth A selection camp

- Number of swimmers: ideally 18 swimmers
- Invited swimmers:
 - Swimmers of youth A team of the previous season
 - Out of the participants of the pre-selection camp: the best swimmers of the figure competition up to the total of 18 swimmers

- Date: February
- Duration: 4 days

Phase 5a: selection of youth A team (up to 12 swimmers)

- participants: all participants of youth A selection camp
- Date: last day of the selection camp
- Type of selection: Observation of training of team routine; observation of team behaviour during and after training and commitment of the swimmers
- Selection «panel»:
 - 3-5 international judges (swiss and / or foreign)
 - Swiss Artistic Swimming national coaches
 - 1-2 members of the sport direction
 - Head of youth development
 - The department of performance sport may invite further experts for the observation of the swimmers
- After the training, the selection panel discusses the observed criteria and decides on the swimmers to be selected. Up to 12 swimmers will be selected for youth A national team

Phase 5b: selection of youth B team (up to 12 swimmers)

- All swimmers who participated in the youth A training camp but are not selected in youth A team are automatically in youth B team (ideally 6 swimmers)
- Youth B team is completed by the 6 swimmers who participated in the pre-selection camps but not in the youth A selection camp

Observation criteria see annexe

Replacement:

If a selected swimmer leaves or is withdrawn from the **youth A team** during the season, the responsible national coach may nominate any swimmer from youth B team to join the youth A team. The replacing swimmer must have a swiss passport.

If a selected swimmer leaves or is withdrawn from the **youth B team** during the season, the responsible national coaches may nominate a swimmer who participated in youth PISTE but was not selected in the youth team.

Nomination criteria for the replacing swimmers are their commitment, potential, ability to be integrated in the team or special skills needed for the team.

Annexe: Observation criteria

The selection committee will draw from information on **In-Pattern Work, Accuracy, Consistency, Improvement**. The following factors (described below) will be considered:

1. Selection Areas Physiological Requirements:

- General Physical Fitness
- Artistic Swimming general and routine specific fitness
- Flexibility knee/foot/ankle extension, splits, back arch/shoulders etc.
- Lean and well defined athletic appearance

2. Technical ability:

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

3. Specific Technical markers that the coaches will be looking for:

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

4. Compatibility with other athletes:

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

5. 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

6. The Human Factor:

- Work ethic based on intensity of training
- Receiving, acting on and maintaining corrections.
- Athletes must demonstrate an uncompromised commitment to training preparation for peak performance at the main competition of the season.

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