



### **Selection Criteria for the High Performance training Centre** **Synchronised Swimming**

The National Performance Director, The Head Coach with the Assistant Coach formulates the selection committee. Input may be gathered from all staff working with the athletes and any other person the NPD considered necessary to assist in the final decision.

**Accuracy, Improvement and Consistency** of the following factors will be considered.

#### **Physiological Requirements:**

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

#### **Technical ability:**

- Synchronization
- Execution
- Pattern accuracy
- Height
- Extension
- 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
- Accuracy and on the spot spin
- Synchronization
- 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 corrections
- No curve balls prior to or during the competitive performance