



England Talent Development Synchro Squad

Vision

- Ensure athletes are ready for national junior GB squad.

Objectives

- To introduce athletes to International Competition and increase the competitive experiences
- Ensure monitoring occurs with Development athletes at their clubs to uphold a high standard of performance
- To increase the development of the Talent Coaches

Proposed Plans*

- **International Competition**
 - 1 x International Competition – August 2010
- **Training Days/Camp**
 - Selection Camp February half term
 - Approx. 35 training days
 - Training 2 x camps (Easter and prior to comp)
 - Weekend training Feb-July
- **Monitoring Program**
 - Programme from phase one- phase two selection – focus on Fitness and Flexibility
 - Programme from phase two-Competition – focus on Synchro specifics
 - Development work from September-December via email, tests, video etc

Selection

- Selection phase one will take place at the 2009 National Age Groups December
- Selection phase two will take place at a Selection Camp: February (tbc)

Phase One (Athletes eligible for selection must be born 1995 – 97)

- Athletes must enter 12 & Under or 13-14 Figure event at the 2009 National Age Groups.
- Athletes will have to hold the relevant skill level to compete.
- The top 13 athletes from the 13/14 Figure event will be invited to phase 2.
- The top 3 athletes that are 12 years old from the 12&Under Figure event will be invited to phase 2.

Phase Two

- 16 athletes will be invited to the selection camp (dates and location tbc)
- 12 athletes will be selected to the England Talent Development Squad
- Selection will be based on fitness, flexibility and routine swimming

Phase Three

- The Head Coach and Assistant Coach(es) will select 10 athletes for the travelling squad
- Athletes 11 and 12 will be reserves to the travelling squad
- Only 10 athletes will be selected to travel to the competition

Staff

- 1 x Head Coach
- 1 x Assistant Coach
- 1 x Team Manager/Assistant Coach
- Approx 25 days – specialists during camps and training days including physiotherapist, S&C, Psychologist, nutritionist – through the England Talent Programme

*Plans may change due to budget constraints.