



NATIONAL AGE GROUP PROGRAMME (START) – 2004/2005 TALENT IDENTIFICATION AND SELECTION POLICY

1 SELECTION PROCESS

The 2004-05 National Age Group Programme (formerly World Class Start Programme) will be implemented in the following stages:

- 1.1 Phase One: Initial Detection
2004 National Age Group Championships: 29 July – 1 August, Sheffield (see 5 below)
- 1.2 Phase Two: Talent Identification
30 & 31 October 2004 - Loughborough – Swimmers will attend only one (allocated) day (see 6 below)
- 1.3 Phase Three: Confirm Selections
November 2004

2 PROGRAMME ITINERARY (Following Confirmation of Selection)

Programme activities will take place between January – September 2005 as follows:

- 2.1 **Compulsory** attendance at:
Orientation Day: 27 November, 2004, Loughborough
- 2.2 **Compulsory** attendance at:
Camp 1 – Squad 1 & 2 – 13-18 Feb 2005:
Camp 2 – Squad 1 & 2 – 13-15 May 2005
- 2.3 **Possible** invitation to specialist one day stroke clinics
Clinic 1 – 16 January 2005 – 3 x Clinics: 1 x North, 1 x Midlands, 1 x South
Clinic 2 – 3 April 2005 - 3 x Clinics: 1 x North, 1 x Midlands, 1 x South
Clinic 3 – 10 July 2005 - 3 x Clinics: 1 x North, 1 x Midlands, 1 x South

3 AGES

- 3.1 Female: 11 yrs, 12 yrs, 13 yrs
- 3.2 Male: 11 yrs, 12 yrs, 13 yrs, 14 yrs
- 3.3 All selections will be based on swimmer's age on the last day of the 2004 National Age Group Championships

4 ELIGIBILITY

- 4.1 Only those swimmers eligible to represent England, or any other home nation participating in the National Age Group Programme, can be selected onto the programme.
- 4.2 Identified Non English Nationals resident in Great Britain, whose home nation does not participate in the National Age Group Programme, **may** be invited onto the programme on a self-funding basis. This is subject to the maximum number of squad places allocated not being exceeded.

5 INITIAL DETECTION (PHASE ONE)

The National Age Group Programme is broadening its recruitment system, with recorded times being only one element under consideration. From 2004, multiple event finalists, along with exceptionally talented individual stroke specialists will be identified as outlined in 5.1, 5.2 and 5.3 below.

- 5.1 Swimmers who compete in three or more event finals at the National Age Group Championships will be invited to attend an Assessment Day, where they will undergo a battery of tests, the results of which will determine whether they are selected onto the 2004/5 National Age Group Programme.
- 5.2 Other swimmers, irrespective of their placing or time at the National Age Group Championships, will be invited to attend an Assessment Day by the National Talent Identification Unit.
- 5.3 Additional swimmers will be invited to attend an Assessment Day at the discretion of the National Talent Identification Unit and National Age Group Programme Manager.

6 TALENT IDENTIFICATION (PHASE TWO)

- 6.1 All identified swimmers must attend the nominated Assessment Day if they are to be considered for Selection onto the National Age Group Programme.
- 6.2 Testing undertaken during the Assessment Day will include:
 - Pool – assessing efficiency and stroke mechanics
 - On Land - physical, physiological and muscular-skeletal assessment

7 SELECTION

- 7.1 Swimmers will be selected based on the results of the Talent Identification testing, completed in Phase Two by the National Talent Identification Unit. No swimmer will be selected onto the National Age Group Programme who has not completed these Phase Two assessments.
- 7.2 The National Age Group Programme will be subject to a maximum of 90 athletes, allocated to two squads.
- 7.3 As part of the 'SMART-TRACK' programme (*British Swimming's Talent Identification Programme as reported in June edition of 'SWIMMING'*) accelerated training opportunities will be made available to select swimmers who display outstanding long term potential.

8 CONDITIONS OF SELECTION

In accepting selection onto the National Age Group Programme, swimmers are agreeing to abide by the following conditions.

- 8.1 Attend all National Age Group Programme and SMART-TRACK published activities where invited.
- 8.2 Be available for selection onto British Swimming tours/events where selected
- 8.3 Maintain a training log book that must be taken to all camps
- 8.4 Undertake to achieve training volumes as outlined below for 45-48 weeks of training per year:
 - Minimum 2000-2500 Km per year (i.e. minimum of 41,500 mts/week) dependant upon event
- 8.5 Inform GB National Age Group Coach of any situation that affects ability to achieve agreed training and performance goals.
- 8.6 Agree to sign and abide by the ASFGB Code of Conduct
- 8.7 Complete and return signed Agreement accepting the need to participate in Sports Science Servicing as part of involvement in programme.
- 8.8 Complete and return a Statement of Fitness and Health prior to attendance at camps or competitions
- 8.9 Maintain evaluation statistics, i.e. 3%, 2%, 1% performances in Heats, Semi-Finals, Finals as outlined in ASFGB policy, making information available for assessment as required
- 8.10 Ensure continued training over Christmas and New Year holiday period
- 8.11 Complete weekly training log sheet – faxed or emailed to Coaching Co-ordinator on a weekly basis
- 8.12 Comply with all testing requirements

