

**Junior National Team Trials for the 2011 LEN**  
**Junior Europeans Championship**  
**Belgrade (SRB) July**

**Phase 1 Trial Date:** 4<sup>th</sup> December 2010 (The figures event will provisionally take place on the morning of the 4<sup>th</sup> December 2010 – TBC)

**Number of athletes selected:** 16

**Phase 2 Trial Camp Date:** TBC

**Number of athletes selected:** 10

**Eligible athletes:** Open to all junior age synchro athletes with UK Passport, who will be between 15 –18years old at the time of the competition as per the LEN handbook (European Junior Championships – J-SY 2.1)

**Selection Committee:** The National Performance Director and Junior National Team Coaches formulate 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.

**Phase 1**

**Trial Location:** British Gas ASA National Age Group Synchronised Swimming Championships 2010

**Figure Competition:** Junior FINA figures selected for British Gas ASA National Age Group Synchronised Swimming Championship NAG 15-17/Open Junior Trials Figure event will be used (Provisionally the morning of the 4<sup>th</sup> December 2010). The first 16 ranked athletes will be selected for Phase 2

**Phase 2**

**Date:** TBC

**Trial Camp Location:** TBC (3 – 5 days)

**Selection Trial:** The 2009 GB World team and combo routine taught at the 2010 Junior Camps will be the routines evaluated by the Selection Committee. All 2011 age eligible Junior Athletes were encouraged to attend the camps in 2010 where these routines were taught and trained.

These routines will not be taught at the camp. It is expected that the athletes attending will have an excellent understanding and be fit (general synchro fitness and the team routines specific fitness) of the required routines.

**Important information:**

- Athletes are responsible for their accommodation and transportation while attending the phase 1 and 2 of the trials.
- Athletes must communicate their attendance for the Figure Trial by September 27th 2010 to Amy Moss at British Swimming (Pavilion 3, Sportpark, 3 Outwood Road, Loughborough, Leicestershire, LE11 3QF or [Amy.moss@swimming.org](mailto:Amy.moss@swimming.org))
- Athletes with a 400 freestyle time of 5:45 or slower are not encouraged to attend the trials, as this is a key indicator of fitness. Athletes currently unable to meet this standard have time between June 15th and December 1st 2010 to meet and exceed this standard.
- Athletes ranked 11 and 12 after Phase 2 of the selection will invited to attend the camp at their own expense for the experience.
- Athletes selected to the team may be charged a fee to assist with covering the cost of the camp and competition.

### **Selection Criteria for the Junior Synchronised Swimming Team**

The National Performance Director and the Junior National Coaches 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
- Pattern accuracy
- Height
- Extension
- Execution
- 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

**Athletes selected to the British Junior Team will be required to:**

- Demonstrate improvement in areas identified by the NPD/Junior Coaching Staff. Feedback will be gathered from all staff working with the athlete. Athletes will be continually monitored and feedback will be given to each athlete.
- Attend training sessions. All athletes are expected to attend all training sessions. Medical assessment and injury rehabilitation is part of the training program. Should the injury management and recovery plan not allow the athlete to compete at the Junior European Champs in July 2011, the athlete may be removed and the next ranked athlete will be invited to attend.
- Adhere and manage the training load.
- Athletes who are unable to cope with the training programme will be asked to leave. Recommendation will be given to the athlete on areas to improve for the future.