

Routine Selection for City of Leeds Synchronised Swimming Club

For selection purposes there will **generally** be up to three solos and up to 5 duets for each age group or squad. Swimmers with skills levels qualifying for duets will be expected to swim in this event. Some duets may be made up of three swimmers where an odd number of swimmers can qualify for the event in that age group.

Priority is being given to the duet event in line with the Rio 2016 development plan for performance clubs, and the transfer of duet skills to team skills. Solos are restricted to 3 based on time constraints and it being omitted from Olympic programme.

All swimmers that qualify to swim a solo can enter this event. Generally only the top 3 soloists based on past results and ability in figures and routines will train this routine in City of Leeds sessions.

Early in the training year following National Age Groups, results and team profiles will be analysed and each age group/ squad will be informed of the pairings for duets and selected soloists for training. Trials may incur at this time where necessary.

All qualified athletes will be expected to train as part of the team. These athletes will be given a list of all the competitions they are required to attend over the course of the year and will be asked to commit to these.

A decision will be made on an annual basis as to whether a 19&U competitive combination will be entered at Scottish Nationals. All eligible swimmers will be subject to a trial for this.

Decisions of duet pairings will be based on: Age, ability of figures and routine (see criteria below) and how well the swimmers match whilst performing.

Decisions of team swimmers will be based on ability of figures and routine (see criteria)

Place selections during trials will be made by a minimum of the team/squad/duet lead coach, and two other level 2 qualified coaches/ judges. If there is no clear result, the decision will be made based on the figures at the competition.

Reserves will be expected to attend and fully commit to training. First reserves will be expected to attend competitions.

Following selection, best efforts* must be made in training sessions. If lack of attendance or effort becomes detrimental to a routine, a change in selection may be required. The Head Coaches decision is final with regard to any selection amendments.

- *best efforts refers to: concentration, positive attitude, work ethic and trying to achieve the best outcomes for each session.*

Trial selection criteria:

Height in figures

Height head first

Manner of presentation

Pattern awareness

Accuracy of movement

Synchronisation

Flexibility

Fitness

Highlights

Extension