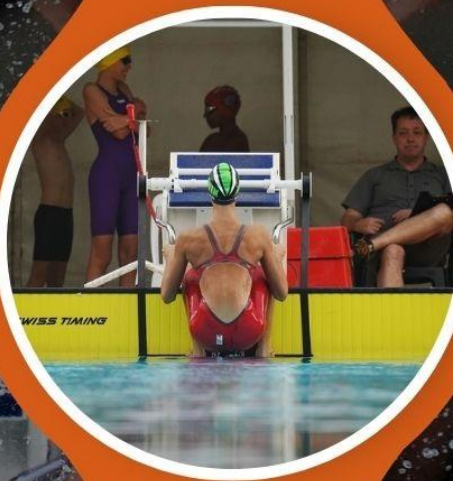


# SWIMNT

## PERFORMANCE PATHWAYS

*Inspire  
Engage  
Achieve*



SNT Flippers Program



SNT Youth Performance Program



Emerging Talent Program



Junior Development Program

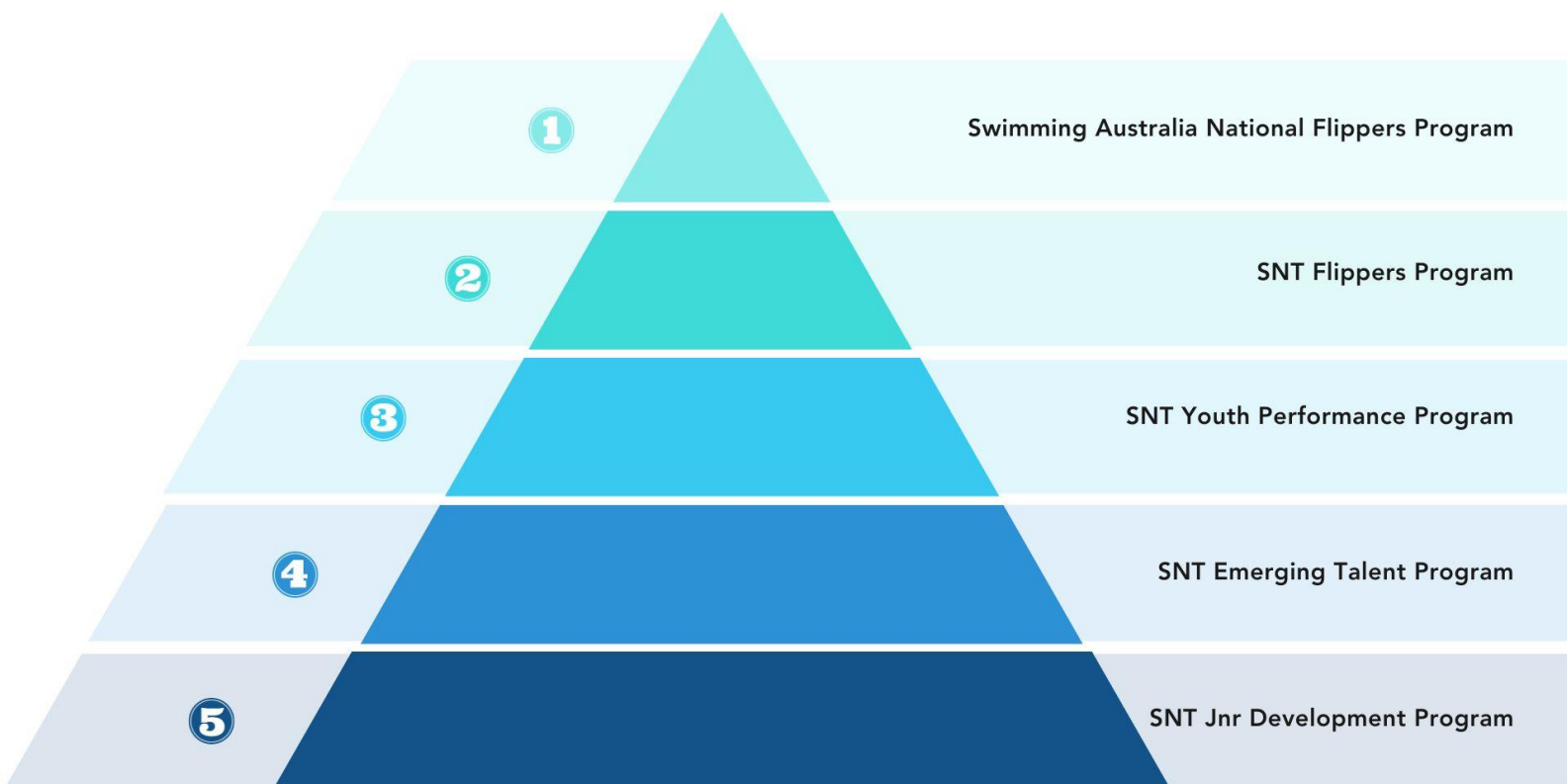


## Swimming Northern Territory Performance Pathway Programs

Swimming Northern Territory has developed the SNT Performance Pathway Programs to identify and develop SNT swimmers and coaches with the determination of providing the tools and knowledge to achieve their goals and fulfil their potential, both in and out of the pool. The purpose of this performance pathway program is to ultimately prepare swimmers to be future Australian Dolphins through the provision of a variety of activities that add value to their daily training environment.

Working within Swimming Australia's '[Australian Swimmer Framework](#)', developed in conjunction with the Australian Institute of Sport, the goal of the SNT Performance Pathway Programs is to provide swimmers and coaches with a clearly structured pathway of progression towards fulfilling their ultimate potential through the creation, management and provision of innovative and exciting educational and enhancement opportunities in swimming and life. Through the establishment of talent identification and baseline testing activities, seminar and workshop activities from our Premium Partners, exceptional coach mentoring and development and superior skills clinics for both para and able-bodied swimmers, these programs are designed to ensure every opportunity available is provided to empower the experiences of each participant on the journey towards Brisbane 2032.

### Swimming Northern Territory Performance Pathway



## PERFORMANCE PATHWAYS PROGRAM ELIGIBILITY AND GENERAL SELECTION CRITERIA

To be eligible for the SNT Performance Pathway Programs, a swimmer must:

- Be a current financial member of SNT and have a primary membership with a SNT Full member affiliate club and remain so throughout the duration of involvement in the program.
- Be a permanent resident of the Northern Territory at the date of selection and remain so throughout the duration of involvement in the program.
- Upon selection, agree and adhere to the relevant terms and conditions outlined in the Athlete Agreement and Team Code of Conduct documents.
- Contribute financially to the activities outlined in the program that they are a member of (details outlined in the Athlete Agreement).
- Individual eligibility criteria for each program will be outlined in the program descriptions below.

To be eligible for the SNT Performance Pathway Programs, a coach must:

- Be a current financial member of SNT and have a primary membership with a SNT Full member affiliate club and remain so throughout the duration of involvement in the program.
- Be a permanent resident of the Northern Territory at the date of selection and remain so throughout the duration of involvement in the program.
- Upon selection, agree and adhere to the relevant terms and conditions outlined in the Athlete Agreement and Team Code of Conduct documents.
- Be committed to help NT swimmers reach their fullest potential, irrespective of current club membership.

Other constraints pertaining to the SNT Performance Pathway Programs that will determine selection and eligibility include:

- The number of swimmers in each program will be at the absolute discretion of Swimming Northern Territory and be subject to applicable budget and availability of resources.
- Swimming Australia categorised athletes C1-C4 are ineligible for selection into a state-based program but may be invited to attend by SNT.
- SNT, at its absolute discretion, may consider the addition of athletes under special circumstances.

These criteria are correct at the time of publishing, but may be refined by SNT, at its absolute discretion, on a needs basis at any time.

## SNT Flippers Program – Flippers Squad

### PROGRAM DESCRIPTION AND OBJECTIVES

The SNT Flippers Program is new to Swimming Northern Territory and gives athletes a target to aim for on their progression along the pathway to achieving their individual goals. Moving forward, the SNT Flippers Program will be the pinnacle component of the SNT Performance Pathway Programs, prior to achieving National Flipper selection and beyond.

The SNT Flippers Program is designed to prepare swimmers and coaches to achieve high performance success in and out of the pool. Partnering with new local specialist partners that will be available throughout the programs and individually outside the program will enable swimmers and coaches with the tools necessary to achieve everything they desire out of this great sport.

The SNT Flippers Program will include camps, activities and tours with the objective of improving athletic performance, learning about individual and team values, behaviours and actions, while providing education around a range of specialist areas, such as performance mindset, nutrition, strength and conditioning and much more. It also includes practical and educational opportunities for coaches and support staff. The program has activities for athletes, coaches and support staff in Olympic pool and open water events and Paralympic events.

The athletes selected in the squad are deemed to be at the top tier of swimming in the Northern Territory and SNT believe that they are within reach of becoming members of either, or both Australian Junior and Senior Teams into the future.

The SNT Flippers Squad supports swimmers who are ready for advancement to Australian Age / Open final appearances, with a Senior Podium performance within reach. Swimmers are determined to be at the T1 to T2 levels of the [Australian Swimming Framework](#) (ASF).

### SELECTION AND ELIGIBILITY CRITERIA

To be eligible for the SNT Flipper's Squad, an athlete must:

- Meet the requirements outlined in the eligibility and general selection criteria.
- Be aged 14yrs or above prior to selection.
- Selected based on times swum in the finals at the Australian Age, Open & Trials Championship events, SNT or other Member Organisation state championship events or the Country Swimming Championships as follows:
  - 8<sup>th</sup> placed time into 2023 World Championships (pool) finals:
    - plus 8% for females 20yrs & over and males 21yrs & over.
    - plus 12% for females aged 18-19 years and males aged 19-20 years.
    - plus 17% for females aged 17year & under and males aged 18 years & under.
- Short course times will be converted by adding 2% to be eligible for use.
- Times will be taken from 1<sup>st</sup> May – 30<sup>th</sup> April the year proceeding the program.
- Have attended at least two of the following SNT hosted events:
  - 🏊 NT Swimming Championships.
  - 🏊 SNT SC Championships.
  - 🏊 Country Swimming Championships.
- Agree to the SNT Athlete Development Agreement

Swimmers may be recommended for inclusion into the SNT Flippers Program through discretionary qualification. At the discretion of Swimming Northern Territory these swimmers may be included into the program based on, but not limited to, the following factors:

- Proximity to automatic qualification standards.
- Date of Birth.
- Positioning within Australian Rankings
- Feedback from the program visits of the Performance Pathways Lead Coach and Technical Leads.
- Any additional selections will be agreed by the Performance Pathway Technical Lead or SNT management, if it is in their opinion the recognised swimmers' performance indicates accelerated progress and an improved trainability benchmarks and profile.

## **PROGRAM ACTIVITIES**

Selection into the SNT Flippers Squad enables swimmers to be considered for specific Swimming Northern Territory activities with the aim of preparing identified athletes to successfully compete on the national and international stage.

These may include:

- Talent Development Training (TDT) including stroke and/or event specific camps/clinics.
- Invitation to National Flippers Camps / Activities – Pool and OWS.
- Joint Flipper Program Activities with other State Flipper Programs.
- Program Visits by SA Technical Leads.
- Involvement in educational opportunities.
- Involvement in Intranational and International event experiences.

### **Talent Development Training**

The objective of the program is to identify and assist talented swimmers who are preparing for success on a national level, with the ultimate aim of international representation for Australia, on the journey to Brisbane 2032.

Activities will be provided to identify, test and develop NT swimmers with the aim of evolving their skills and arming them with a set of tools that will develop their mind, their strength, their ability to recover and their knowledge to enhance their overall swimming ability and performance. Each swimmer has different goals for themselves; this development training will provide exposure to education and experiences that will serve to accelerate their development, advancing their capability to perform when it matters and achieving their individual goals.

### **National Flippers Camp / Activities**

National Flipper activities will be held around the country providing many athletes with the opportunity to develop specific learnings through exposure to training and/or competition felt necessary to help fast track their development.

The design of these activities and swimmer selection will be led by the Swimming Australia Technical Lead in partnership with the SNT's Performance Pathway Manager or equivalent. The activities may include a training camp, competition experience or a combination of both. Swimming Australia together with SNT may choose to work together for an activity or do it as a standalone. This opportunity may be available to those swimmers that excel in the SNT Flipper Program environment and excel at National level competitions.

## **Coordinated activities with other State Flippers Programs.**

Now SNT has the resources available to develop and manage the SNT Flippers Program, the opportunity exists to have joint camps with similar State-Based Flippers Programs from around the country, either in the NT, or interstate. These experiences will lead to beneficial interaction with high-level coaching and swimmers from across Australia, enhancing the enrichment that the swimmers will get from the sport.

These collaboration events may include various activities, such as a training camp, competition experience or a combination of both. The potential is there to run these remotely, however, with a cooperative use of resources.

## **Program visits by SA Technical Leads**

Swimming Australia has several Technical Leads working across the country. These experienced coaches will visit to lead two (2) SNT Flipper Program activities throughout the year and attend key competitions around the country. The Technical Leads will primarily work with the coach and athlete together on their visits. This presents a great opportunity to work with these technical leads and your coach throughout the year.

## **Educational Opportunities**

Members of the SNT Flippers Squad will be exposed to a number of education opportunities throughout the year as part of their development towards their future in swimming and life. Topics will include sports integrity, psychology, values and behaviours, technique and skills, and much more.

## **Interstate and International event experiences**

As part of the SNT Flippers Program, SNT will endeavour to coordinate team tours to relevant state, national or international competitions designed to provide valuable experience to program participants including, but not limited to:

- ✚ Valued high-level competition designed to improve swimmer capabilities.
- ✚ Enhanced team-building and bonding experiences that enable swimmers to travel along this journey with supportive team-mates.
- ✚ Compete against and build potentially life-long friends with like-minded people from around Australia and potentially throughout the world.
- ✚ Provide unique experiences, to enable sufficient exposure to team situations that will empower increased adaptation at higher levels of Australian Junior and Senior Teams.
- ✚ Building life-long skills such as independence, resilience, self-belief and self-confidence, teamwork, dedication, commitment, etc.

Swimmers will need to meet the event selection criteria in order to be considered for each touring team.

**SNT Flippers Program Qualifying Times will appear in Appendix 1.**

**SNT Flippers Program Selected Swimmers will appear in Appendix 2.**