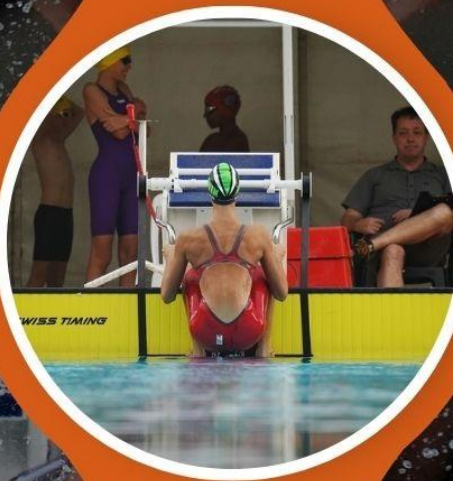


SWIMNT

PERFORMANCE PATHWAYS

*Inspire
Engage
Achieve*



SNT Flippers Program



SNT Youth Performance Program



Emerging Talent Program



Junior Development Program

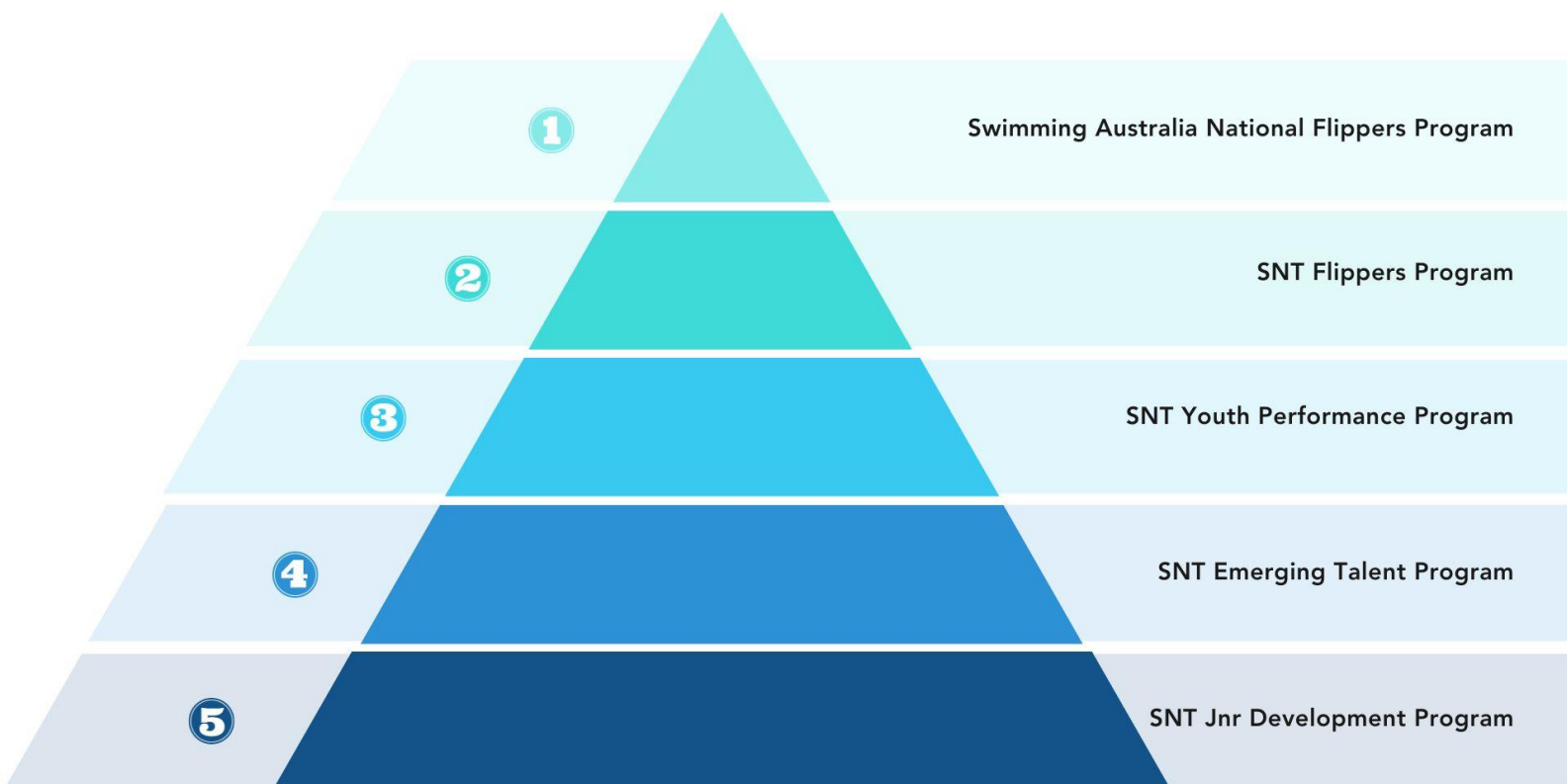


Swimming Northern Territory Performance Pathway Programs

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 Junior Development Program – Freshies Squad

PROGRAM DESCRIPTION AND OBJECTIVES

The Swimming Northern Territory Junior Development Program is the final tier of the pathway program that will provide a pathway for those swimmers looking to advance their capability as a swimmer within the Northern Territory and advance their swimming journey. This program seeks to enhance swimmers' enjoyment of swimming and lay the foundations to enable them to achieve improved results throughout the year with an aim to make SNT Championship finals in the short to medium term, whilst achieving a life-long love of healthy activities and behaviours.

The SNT Junior Development Program is designed to provide those swimmers that are relatively new to swimming and looking to increase their comfort with the sport. The program will include fun clinics and activities with the objective of having enjoyable experiences, solidifying the basics of swimming, learning about individual and team values, gaining life-long friendships, as well as life-saving skills.

The SNT Junior Development Program supports swimmers who are ready to enhance their skills and potentially qualify for SNT Championship events. Swimmers are determined to be at the F1 to F2 levels of the [Australian Swimming Framework](#) (ASF).

SELECTION AND ELIGIBILITY CRITERIA

To be eligible for the SNT Junior Development Program, an athlete must:

- Meet the requirements outlined in the eligibility and general selection criteria.
- Be aged between 10yrs and 13yrs prior to selection into the program.
- Achieved the JDP qualifying times in a minimum of 1 event.
- Selected based on times swum at any SNT LC or SC Qualifying meet, including SNT Championship, or other Member Organisation state championship events as follows:

8th placed time into 2023 World Junior Championships (pool) finals:

- plus 45% for females aged 13 years and 55% for males aged 13 years.
 - plus 50% for females aged 12 year and 60% for males aged 12 years.
 - plus 55% for females aged 11 years and 65% for males aged 11 years.
 - plus 60% for females aged 10 years and 75% for males aged 10 years.
- Short course times will be converted by adding 2% to be eligible for use.
 - Times will be taken from 1st May – 30th April the year preceding the program.
 - Have attended at least one of the following SNT hosted events:
 - 🏊 NT Swimming Championships.
 - 🏊 SNT SC Championships.
 - 🏊 Country Swimming Championships.



PROGRAM ACTIVITIES

Selection into the SNT Junior Development Program enables swimmers to be considered for specific Swimming Northern Territory activities with the aim of generating a love for swimming, an enjoyment of being in the water and the potential to make life-long friends from the sport.

These may include:

- Monthly training clinics (Virtual or Live).
- Invitation to SNT Emerging Talent Activities.
- Access to JX Clinic Programs for swimmers meeting age criteria for JX.
- Access to generic swimming educational resources.

Monthly Training Clinics

In conjunction with the swim coaches from around the Northern Territory and the SNT Coaching mentor, SNT will be conducting joint training sessions on a monthly basis, run and developed by those SNT coaches. For those in the Darwin / Palmerston area, this means a monthly joint training session on a Saturday morning at Parap Pool, while those in remote areas will have access to the exact same program, that will be run by our local coach to enhance swimmer and coach benefits.

Hopefully, this clinic will enable swimmers to test their limits and train the same sets as all other swimmers within the SNT Junior Development Program. Sets will include test sets to gauge swimmer levels and improvements throughout the season.

Potential Invitation to Emerging Talent Activities

Those swimmers who excel within the SNT Junior Development Program may be invited to attend specific SNT Emerging Talent Program activities, throughout the season that will provide specific developmental learnings through exposure to training, clinics, educational opportunities and/or competition that will assist to help fast track each swimmers' development.

The design of these activities and swimmer selection will be led by the SNT Performance Pathway Manager or equivalent. The activities may include training camps, competition experience, educational exposure, or a combination of all.

These opportunities will be provided to those swimmers that excel in all areas of the Junior Development Program and enhance their swimming ability and general health knowledge throughout the development season.

JX Clinic Programs

Members of the Emerging Talent Program are eligible to be a part of the Swimming Australia / Phoenix Foundation Junior Excellence (JX) Programs. This includes receiving notifications from Swimming Australia regarding progression through the different standards, as well as receipt of the supplied JX merchandise at the end of the season.

Swimming Northern Territory will also be conducting two JX clinics throughout the year, the first in April 2024, with the second during the 2024 Country Swimming Championships in September 2024. All Junior Development Program Members will receive access to one JX clinic free of charge.



Educational Opportunities

Members of the SNT Junior Development Squad will be provided with access to educational materials provided by our program partners that are of a generic nature. However, agreements with our suppliers will allow discounted access to any specific engagements or opportunities throughout the year with these partners. These generic materials and opportunities will be through SNT partnership agreements with Subject Matter Expert's in the areas of exercise physiology, sports psychology, sporting integrity, values and behaviours, strength and conditioning, and much more. SNT will promote these opportunities as they become available.

SNT Junior Development Program Qualifying Times will appear in Appendix 1.

SNT Junior Development Program Selected Swimmers will appear in Appendix 2.

