

# SWIMNT

## PERFORMANCE PATHWAYS

*Inspire  
Engage  
Achieve*



SNT Flippers Program



SNT Youth Performance Program



Emerging Talent Program



Junior Development Program

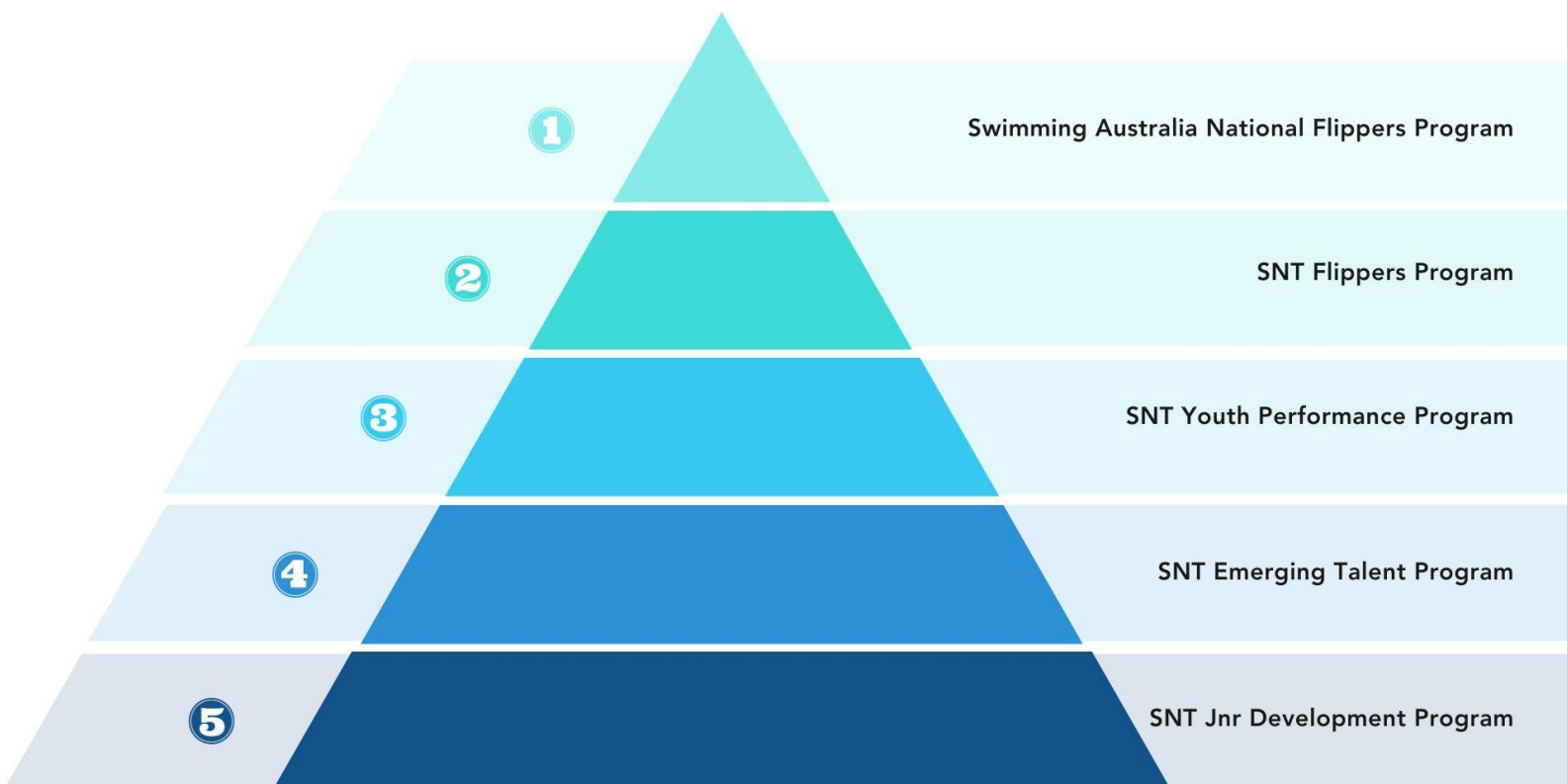


## Swimming Northern Territory Performance Pathway Programs

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 Youth Performance Program – Bull Shark Squad

### PROGRAM DESCRIPTION AND OBJECTIVES

The Swimming Northern Territory Youth Performance Program is the third tier of the pathway program that will assist those swimmers looking to advance to the top layer of the sport within the NT. This program seeks to develop swimmers to achieve Australian Age qualification over the short/medium term, before moving into the SNT Flippers Program and achieving higher levels within swimming.

The SNT Youth Performance Program is designed to propel swimmers and coaches to achieve a higher level of capacity in and out of the pool, extending their talents and abilities to the next level of achievement – from State/Territory accomplishment to Australian Age qualification. SNT have partnered with local subject matter experts (SME) that will be available throughout the program and individually outside the program to provide swimmers and coaches with the tools necessary to achieve everything they desire out of this great sport.

The SNT Youth Performance Program will include clinics, activities and tours with the objective of improving athletic performance, learning about individual and team values, behaviours and actions, while providing education in 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 catering for all forms of competitive swimming disciplines.

The SNT Youth Performance Program supports swimmers who are ready for advancement to Australian Age appearances, with a podium performance within reach. Swimmers are determined to be at the F3 to T1 levels of the [Australian Swimming Framework](#) (ASF).

### SELECTION AND ELIGIBILITY CRITERIA

To be eligible for the SNT Youth Performance Program, an athlete must:

- Meet the requirements outlined in the eligibility and general selection criteria.
- Be aged between 13yrs and 20yrs prior to selection into the program.
- Achieved the YPS qualifying times in a minimum of 2 events (excluding the combination of the 50m and 100m freestyle).
- Selected based on times swum 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 Junior Championships (pool) finals:

- plus 20% for females and males aged 18-20 years.
- plus 22.5% for females and males aged 16-17 years.
- plus 25% for females and males aged 15 years.
- plus 27.5% for females and males aged 13-14 years.
- 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 preceding 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, by coaches only, for inclusion into the SNT Youth Performance 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 Swimming Northern Territory Rankings
- Feedback from the program visits of the Performance Pathways Lead Coach and Technical Leads.
- Any additional selections will be agreed by SNT management if 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 skill specific clinics.
- Invitation to SNT Flippers Camps / Activities – Pool and OWS.
- Involvement in educational opportunities.
- Involvement in Interstate event experiences.

### **Talent Development Training**

The objective of the program is to identify and assist talented swimmers who are preparing for success on a Territory level, with the aim to improving to the National level. These swimmers are developing with a long-term aim of representation for Australia, towards Brisbane 2032.

Clinic-based 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. This development training will provide exposure to education and clinics that will serve to accelerate their development, advancing their capability to perform when it matters and achieving their individual goals, while taking full advantage of all the journey along the pathway has to offer.

### **Possible Invitation to SNT Flippers Camp / Activities**

Those swimmers which excel within the SNT Youth Performance Program may be invited to attend specific SNT Flipper activities that will provide specific developmental 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 SNT Performance Pathway Manager or equivalent. The activities may include a training camp, competition experience or a combination of both. Swimming Australia together with the State 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.

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





## Educational Opportunities

Members of the SNT Youth Performance Squad will be provided with access to a number of education opportunities throughout the year as part of their development towards their future in swimming and life. These opportunities will be provided 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.

## Interstate event experiences

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

- ✚ Valued higher-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.
- ✚ Provide unique experiences, to enable sufficient exposure to team situations that will empower increased adaptation at higher levels of swimming.
- ✚ 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 Youth Performance Program Qualifying Times will appear in Appendix 1.**

**SNT Youth Performance Program Selected Swimmers will appear in Appendix 2.**

