

Funding

TOWARD EXCELLENCE PROGRAM

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ATHLETE ASSISTANCE PROGRAM (AAP)

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HIGH PERFORMANCE & STRIVE PROGRAMS

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*PLEASE NOTE:

- All of the Program Information, including the Toward Excellence Application forms can be found on the Synchro BC website.

2009-2010 Toward Excellence Program

Synchro BC is committed to supporting the growth and success of our High Performance athletes and coaches. The Towards Excellence Program provides the following opportunities:

- Access to **sports science** resources such as sports psychology, nutrition and sport physiology
- Coach and athlete consultations with **experts** in Synchronized Swimming
- **National Team Trials** support in the areas of:
 - a. Simulated National Team trials events
 - b. Financial assistance for travel to National Team Trials
- **Professional development** for NCCP level 3 & 4 coaches who are looking to supplement their education beyond the NCCP.
- **Unique events** that require National level athletes to travel to compete (i.e. international competitions and their selection events and open competitions that are not attended by the National team)

Eligibility:

To be eligible for the opportunity to participate in the Towards Excellence program, athletes and coaches must be:

1. A member of a club in BC for the entire 09/10 season (Sept. 1–August 31st).
2. A member in good standing with Synchro BC.
3. Training with a view to attend the 2010 National Championships in the Tier 6-15 & Under, Tier 7-Junior or Tier 7-Senior, categories.

Application Procedure:

There will be two applications for the 2009-2010 Competitive Season. The first application form will be submitted for the first half of the season (Sept. 15, 2009 – Feb. 29, 2010). The second application form will be submitted for the second half of the season (March 1, 2010 – Aug. 1, 2010).

The application form will be posted on the Coaches Section of the Synchro BC Website. Applications must be signed by the Head Coach and Club President and must be received by Synchro BC before the deadline. The applicants will be informed of funding decisions as soon as they are made. If the event is held prior to the funding decision, Synchro BC does not guarantee that the funding will be allotted to the event.

To Collect the Funding:

After funding has been approved, the coach that sent in the application will be responsible for providing the following information:

- 1. Description of the event/activity including the coaches and athletes that were involved.**
- 2. Original invoice from the company/individual that conducted the training.**
- 3. Invoice from the club to Synchro B.C. **Each club must pay the company that did the work, Synchro BC will reimburse the club.***

Please keep note of the funding deadlines. Invoices must be submitted within 4 weeks of the activity. Failure to submit the information above in a timely manner may result in a reduction or loss of funding.

Finally, any changes to the original application MUST be approved by the Technical Director.

2009-2010 ATHLETE ASSISTANCE PROGRAM CRITERIA

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1. INTRODUCTION

The *BC Athlete Assistance Program* (BC APP) is an athlete-centered program of financial assistance funded by the Sport and Recreation Branch of the Ministry of Tourism, Sport and the Arts.

Purpose:

BC AAP seeks to recognize and support B.C.'s high performance athletes who are in a position to compete for Team BC at the Canada Games and are just below those receiving Sport Canada Athlete Assistance Program funding (S1/S2 carding). The objectives of this program are to support athletes in the "training to win" and "training to compete" stages of the Long-Term Athlete Development Program, to contribute to the improved performances of Team BC athletes at the Canada Games, and to increase the number of BC athletes on National Teams.

Synchro BC Funding Levels:

BC AAP funding will be given to the top 12 ranked athletes in the province. Differing levels of excellence achieved, as outlined in the criteria, will result in commensurate levels of financial support. Due to the nature of the funding and its purpose, in the event that there are more than 12 eligible swimmers, Tier 7 athletes will be given priority over Tier 6 athletes.

Selection:

The High Performance Committee and the Technical Director oversee the coordination of the Athlete Assistance Program and the development of selection criteria.

2. ATHLETE ELIGIBILITY

In order to be eligible to receive funding for the 2009-2010 competitive season, athletes must demonstrate the following:

- Have trained and competed in BC in the previous competitive year unless conditions for out of the province training, as stipulated in the government policy and procedure manual, are met;
- Be competing at either a Tier 6 or Tier 7 level in both of the above mentioned seasons;
- Be a registered member, in good standing, with Synchro BC for the 2008-2009 season, and the following 2009-2010 Synchro season (funding will not be issued to retired athletes or athletes who register with another province in the following season);
- Submit the Synchro Swim BC Athlete Assistance Program application form;
Athletes must commit to attend all competitions throughout the 08/09 season.

NOTE: Athletes who receive S1/S2 funding through Sport Canada's Athlete Assistance Program are not eligible to receive BC AAP funding.

3. ADMINISTRATION & TIMELINES

Administration:

Please note:

- Funding given in the current year is based on BC AAP results from the previous season.
- All eligible athletes may enter AAP trials, however funding is awarded based on priority and the swimmer's status in the funding year.
- All information regarding selection and eligibility is subject to change and is determined by most recent guidelines set out in the "BC AAP: Guidelines, Policies and Procedures" manual.

Timeline:

Training Meet #2(Figures), & Regionals (Elements)	Trials: Figure Scores and Elements
Provincials	Trials: Figure Score
Sept., 2009	Funding sent to Synchro BC, review of results from trials
Oct., 2009	Letters sent out to eligible athletes
Nov., 2009	Appeals, Applications into Synchro BC Office
Dec. 2009	List of recipients finalized and published
Feb. 2010	Funding awarded at Tier 6/7 Provincial Banquet

4. THE APPEALS PROCESS

Appeals:

Appeals protocol as laid out in Synchro BC's policy and procedures manual will be used for all BC AAP appeals. Please see the appeals process on the Synchro BC website "www.synchro.bc.ca or contact the office at 604-737-3160.

5. THE SELECTION PROCESS

5.1 - TESTING DATES

5.1.1 Training Meet #2

Tier 6/7 Figures (athletes will compete in their respective figure categories from which their final scores will be calculated)

5.1.2 Tier 6-7 Regional Meet

Elements

5.1.3 Tier 6&7 Provincial Championships

Tier 6/7 Figures (athletes will compete in their respective figure categories from which their final scores will be calculated)

5.2 SCORING CHART

Figures:	
Training Meet #2	30%
Tier 6&7 Provincial Championships	40%
Elements:	30%
Total	100%

5.3 BC AAP LEVELS

LEVEL	TIER 7	TIER 6
5	National B Team, Youth Team or 13-15 Team	National B Team, Youth Team or □13-15 Team
4	Minimum combined score <u>76</u> □	Minimum combined score <u>76</u>
3	Minimum combined score <u>74</u> □	Minimum combined score <u>74</u> □Or Member of CWG Team□
2	Minimum combined score <u>72</u> □	Minimum combined score <u>72</u> □
1	Minimum combined score <u>70</u> □	Minimum combined score <u>70</u>

6. THE CRITERIA – DESCRIPTIONS

6.1 – ELEMENTS

Ariana

Vertical Thrust

Rocket Split Boost

Vertical Twist 180 – Continuous Spin

Each element will be judged by a panel of judges and scored out of 10.
All Elements will be performed at a Metronome speed of **144**
All Elements have a 1.0 DD (Degree of Difficulty)

Element #1 – Ariana

- Ct. 1,2,3,4 prepare facing judging panel leading with right shoulder
- Ct. 5 kick onto right side with left arm fully extended and dry w palm facing down
- Ct. 6 hold
- Ct. 7 backstroke with left arm so that both arms are fully extended overhead. Shoulders should be square and face parallel with sky.
- Ct. 8 hold
- Ct. 1 fee dry and glide forward
- Ct. 2,3,4 hold extended back layout on surface
- Ct. 5 face goes under to being dolphin start of Ariana
- Ct. 6 chest goes under and dolphin start continues
- Ct. 7 ribs submerge and continue dolphin start
- Ct. 8 surface arch position with hips dry and in line with the middle judge
- Ct. 1 lift left leg to 30 degrees off surface with right leg fully extended on surface
- Ct. 2 lift left leg to 60 degrees position
- Ct. 3 lift left leg to knight position
- Ct. 4 lift left leg to 120 degrees
- Ct. 5 lift left leg to 150 degree position
- Ct. 6 lift leg arrives in a fully extended and accurate split pos. with max. height
- Ct. 7,8 hold left leg split position
- Ct. 1 begin to rotate to 30 degrees
- Ct. 2 rotate toward middle splits to 60 degrees
- Ct. 3 arrive in middle split position with hips and shoulders straight down pool
- Ct. 4 continue rotation to 120 degrees

- Ct. 5 continue rotation to 150 degrees
- Ct. 6 complete 180 degrees rotation to a right leg split pos with full extension body vertical.
- Ct. 7,8 hold accurate, maximum height right leg split position
- Ct. 1 lift right leg to 30 degrees off surface
- Ct. 2 lift right leg to 60 degrees off surface
- Ct. 3 arrive in knight position
- Ct. 4 continue walkout to 120 degrees
- Ct. 5 continue walkout to 150 degrees
- Ct. 6 complete walkout to full surface arch position
- Ct. 7,8 hold stationary legs dry surface arch position
- Ct. 1 begin to roll up and release hips to rib height
- Ct. 2 continue rolling up to chest dry
- Ct. 3 face breaks the surface to complete Ariana
- Ct. 4,5,6,7,8 hold extended back layout
- Ct. 1 flick up right leg to vertical line to recover
- Ct. 2 right leg drops to a 45 degree position
- Ct. 3 right leg submerges and body sits up to eggbeater

- Ct. 4 hold eggbeater
- Ct. 5 turn and face the panel of judges with mid chest eggbeater
- Ct. 6,7,8,1,2,3,4,5 hold mid chest eggbeater to complete this element

Element # 2 – Vertical Thrust

- Ct. 1-4 Stationary eggbeater. Left side towards judging panel in line with center marker.
- Ct. 5-6 Surface boost to maximum height. No forward preparation to achieve height.
- Ct. 7-8 Sink. Body remaining vertical until completely submerged.
- Ct. 1-2 Sink body for deep set up.
- Ct. 3-4-5 Pass thru tub position to achieve a tight pike position with legs on the vertical line.
- Ct. 6 Hold submerged pike position
- Ct. 7 Rise submerged pike position towards surface with minimal change of the vertical leg line.
- Ct. 8 Break through the surface at mid shin level, body rolls through to the maximum thrust vertical position
- Ct. 1 Maximum height vertical position achieved.
- Ct. 2 Maintain maximum height “hang”
- Ct. 3 Sink to knee height.
- Ct. 4 Sink to ankle height
- Ct. 5 Under
- Ct. 6 Back tuck somersault
- Surface facing the judges panel in maximum height eggbeater with a “10” level of presentation in both face and body.

Element # 3 – Rocket Split Boost

- Ct. 1-4 Stationary eggbeater. Left side towards judging panel in line with center marker.
- Ct. 5-6 Surface boost to maximum height. No forward preparation to achieve height.
- Ct. 7-8 Sink. Body remaining vertical until completely submerged.
- Ct. 1-2 Sink body for deep set up.
- Ct. 3-4-5 Pass thru tub position to achieve a tight pike position with legs on the vertical line.
- Ct. 6 Hold submerged pike position
- Ct. 7 Rise submerged pike position towards surface with minimal change of the vertical leg line.
- Ct. 8 Break through the surface at mid shin level.
- Ct. 1 Maximum height vertical position achieved.
- Ct. ½ “and” Split Position achieved.
- Ct. 2 Vertical position achieved at suit level.
- Ct. 3 Sink to knee height
- Ct. 4 Sink to ankle height

- Ct. 5 Under
 Ct. 6 Back tuck somersault
 Surface facing the judges panel in maximum height eggbeater with a "10" level of presentation in both face and body.

Element # 4 – Vertical Twist 180 – Continuous Spin

- Ct. 1-4 Stationary eggbeater. Left side towards the judge's panel in line with the center marker. (NTS = Mid Chest)
 Ct. 5-6 Surface boost to maximum height. No forward preparation to achieve height. (NTS = Thighs out)
 Ct. 7-8 Sink. Body remaining vertical until completely submerged.
 Ct. 1-8 Ready into submerged vertical position in line with the center marker.
 Ct. 1 Break toes in rise to maximum height vertical.
 Ct. 2-3-4 Rise to maximum height vertical. (NTS = Mid Thigh)
 Ct. 5-8 Hold
 Ct. 1-4 Left shoulder back. ¼ twist.
 Ct. 5-8 Left shoulder back ¼ twist.
 Ct. 1 Continuous Spin begins. 180-degree spin on each count.
- | | | |
|--------|---------|------------|
| Levels | Ct. 1-2 | Above Knee |
| | Ct. 3-4 | Knee |
| | Ct. 5-6 | Below Knee |
| | Ct. 7-8 | High Shin |
| | Ct. 1-2 | Mid shin |
| | Ct. 3-4 | Low shin |
| | Ct. 5-6 | Ankle |
| | Ct. 7 | Mid foot |
| | Ct. 8 | Under |
- Ct. 1-2 Back tuck somersault
 Surface facing the judges panel in maximum height eggbeater with a "10" level of presentation in both face and body.

6.2 - FIGURES

The figures that will be performed for the selection process will be the Tier 6 and 7 figures drawn at Training Meet #2 and the Tier 6 & 7 Provincial Championships.

**** Please see the website for the upcoming Figures and Routine Elements that will be done this season (for 2011 AAP)**