

Version 2 – September 2018



# 2018-2019 Athlete Assistance Program

The BC Athlete Assistance Program is funded by the British Columbia Provincial Government and administered by viaSport British Columbia in support of BC athlete in reaching their athletic goals.

The British Columbia Amateur Synchronized Swimming Association recognizes, acknowledges and is grateful for the financial and administrative support of the Provincial Government and viaSport.

## **1 PROGRAM INTRODUCTION AND OBJECTIVES**

### **1.1 OBJECTIVES**

The intent of the Synchro BC Athlete Assistance Program (AAP) is to provide support to BC high performance athletes striving to represent the province and Canada in competition. The program seeks to relieve some of the financial pressures associated with training and competing in national and international synchronized swimming events.

To focus support to athletes in the “training to compete” and “training to win” stages of Canadian Sport for Life – Long Term Athlete Development Model.

- To contribute to improved performances of BC athletes at the National Championships, Canada Winter Games and placing athletes onto National Teams.
- To increase the number of BC athletes reaching federal carding status thus expanding BC representation on national teams and reaches their athletic potential.

### **1.2 PROVINCIAL GUIDELINES, POLICIES AND PROCEDURES**

All information regarding selection and eligibility is subject to change and is determined by the most recent guidelines approved by the Synchro BC Board of Directors.

Funding distributed in the current year is based on results from the previous season and dependent on the budget received from the government of BC, which may be subject to change from year to year.

AAP funding will be distributed annually between October and March.

## **2 ATHLETE ASSISTANCE PROGRAM ELIGIBILITY**

### **2.1 ATHLETE ELIGIBILITY**

Athletes that meet the following criteria are eligible to be considered for AAP funding:

- Be a Canadian citizen or be of landed immigrant status, and a resident of British Columbia for at least one year prior to being eligible for AAP trials.
- Athletes must have competed in one of the following levels of competition in the current season:
  - National Stream Age Group 13-15,  
National Stream Junior, or

- National Stream Senior
- Athletes must have competed in one or more of the following National Stream events in the current season:
  - 13-15NS Solo, Duet or Team
  - Solo (Technical or Free)
  - Duet (Technical or Free)
  - Team (Technical or Free)
  - Combination Team or
  - Highlight Team
- Athletes must have competed in the following Synchro BC competitions in the current season:
  - National Stream Training Meet #1
  - National Stream Training Meet #2
  - Provincial Qualifier, and
  - Provincial Championships

*Athletes, who are suspended by the Canadian Centre of Ethics in Sport and/or their respective International Sport Federation for an anti-doping rule violation, will be declared **permanently ineligible** for BC Athlete Assistance Funding.*

## 2.2 INABILITY TO COMPETE IN AAP SELECTION EVENTS

In such cases as an athlete is unable to attend one or more of the selection events identified in this document due to extenuating circumstances such as medical conditions or family emergency, the athlete must advise the High Performance Director, in writing, of their inability to participate prior to the start of the event. A note from the conflicting source (i.e. a medical professional or other related professional) must be given to Synchro BC clearly identifying the rationale for their inability to compete. It will be the discretion of the High Performance Director to allow the athletes to participate in subsequent selection events and/or to consider prior performances or results. All relevant materials will be given to the Selection Committee when funding allocations are being made.

## 3 SELECTION PROCEDURE

### 3.1 SELECTION DATES

**National Stream Training Meet #1 – 20% of total AAP Score**

All athletes (National Stream Age Group 13-15, Junior & Senior) will compete in the Talent Identification Trials, and AAP Trials.

**National Stream Training Meet #2 – 20% of total AAP Score**

All athletes (National Stream Age Group 13-15, Junior & Senior) will compete in the Junior Element Event and AAP Trials.

**National Stream Regional Championships – 25% of total AAP Score**

All Athletes (National Stream Age Group 13-15, Junior & Senior) will compete in the Junior Element Event and AAP Trials.

**National Stream Provincial Championships – 35% of total AAP Score**

All Athletes (National Stream Age Group 13-15, Junior & Senior) will compete in the Junior Element Event and AAP Trials.

### 3.2 SELECTION CRITERIA

#### 3.2.1 SCORING CHART

<b>Total AAP Score:</b>		<b>100%</b>
<b>National Stream Training Meet #1</b>		<b>20%</b>
Basic Skills	70% of Training Meet AAP Score	
Flexibility	30% of Training Meet AAP Score	
<b>National Stream Training Meet #2</b>		<b>20%</b>
Basic Skills	40% of Training Meet AAP Score	
Junior Elements x5	40% of Training Meet AAP Score	
Flexibility	20% of Training Meet AAP Score	
<b>National Stream Provincial Qualifier</b>		<b>25%</b>
Junior Elements (x5)	100% of Qualifier AAP Score	
<b>National Stream Provincial Championships</b>		<b>35%</b>
Junior Elements (x5)	100% of Provincials AAP Score	

## **3.2.2 SCORING CRITERIA**

### **3.2.2.1 BASIC SKILLS**

*This is a judged portion of the selection process and each skill is equally valued.*

#### **Body Boost**

Each athlete will perform:

- 4 consecutive head up body boosts - no arms, followed immediately by 4 consecutive body boosts with double arms above the head.

#### **Barracuda Thrusts**

Each athlete will perform:

- 2 consecutive Barracuda Thrusts (any side towards the judges)

#### **Eggbeater**

Each athlete will perform:

- 0:40 seconds of eggbeater consisting of:
  - 0:10 seconds eggbeater with arms on the surface and
  - 0:10 seconds eggbeater with two arms up.
- The athlete will perform this sequence 2 times: one time facing front, one time facing sideways (right side towards the judges).

#### **High Vertical Double Leg holding position**

Each athlete will perform:

- a high vertical double leg position holding for 0:20 seconds. (The 2013-2017 FINA Synchronized Swimming Manual for Judges, Coaches and Referees will be used as the height standard reference).
- **Once the athlete assumes their vertical position, a timer will start timing. After 20 seconds, the timer will bang for the athlete to end their vertical hold.**

#### **Full Twist and Continuous Spin**

Each athlete will perform

- a Full Twist at a sustained height in a vertical position and then perform a Continuous Spin (as described in the FINA Manual) of a minimum of 2 x 360 rotations which is completed as the ankles reach the surface and continues through submergence.

### **Ariana Rotation**

Each athlete will perform:

- an Ariana Rotation (as described in the FINA Manual). Starting in Split Position and ending in a Split Position of the opposite leg, no additions will be permitted.

### **3.2.2.2 JUNIOR TEAM ELEMENTS**

*All athletes, **regardless of age**, will be required to enter the Junior Elements event (TID Trials Events)*

#### **(5) Junior Team Elements – TID Trials/AAP Event**

All Junior Technical Team Elements will be competed at routine speed; this will be at the personal coach's discretion.

#### **Vertical Thrust to Bent Knee Vertical, Spin 180 (DD2.3)**

- Body Boost “pop-up” to achieve the submerged starting position.
- Starting in a **Submerged Back Pike Position** with the legs perpendicular to the surface. a *Thrust* is executed to a **Vertical Position** and with no loss of height one leg is lowered to a **Bent Knee Vertical Position**. A rapid 180 spin is executed as the bent knee is extended to a **Vertical Position**. All movements are executed rapidly

#### **Vertical Twist Spin (DD1.8)**

- Body Boost “pop-up” to achieve the submerged starting position.
- From a **Vertical Position**, a *Twist Spin* is executed.

#### **Cyclone (DD 2.6)**

- A Cyclone is executed to a **Vertical Position**; the legs are symmetrically lowered to a **Split Position**. A *Walkover Front* is executed.

#### **Manta Ray Hybrid (DD 3.1)**

- From a moving Back Layout Position a **Surface Flamingo Position** is achieved.
- A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves with the knee at the surface to assume a **Fishtail Position**. The horizontal leg is lifted rapidly to a **Vertical Position**, with the horizontal leg leading towards the vertical leg, as the body rotates 180. The legs are lowered rapidly simultaneously to a **Bent Knee Surface Arch Position**. The bent knee is straightened to a **Surface Arch Position** and with continuous motion; an *Arch to Back Layout Finish Action* is executed.

### Barracuda Airborne Split (DD 2.5)

- Body Boost “pop-up” to achieve the submerged starting position.
- From a Submerged Back Pike Position, with the legs perpendicular to the surface, a Barracuda Airborne Split is executed.

#### 3.2.2.4 FLEXIBILITY

##### 1. Right and Left Needle

*The athletes will be videoed during this test to ensure and allow for a more in-depth evaluation.*

<b>Needle – Right (Maintain the position for 2 full counts of 8)</b>	
One of the following may be awarded:	
Left Leg is 176 degrees or more	(4)
Left Leg is 170-175 degrees	(3)
Left Leg is 165-169 degrees	(2)
Left Leg is 164 degrees	(1)
Left Leg is 163 degrees or less	(0)
<i>Degree achieved by athlete</i> _____	
Palms flat on the ground	1
Body alignment is at 5/8 o'clock	1
Vertical alignment of ears, shoulders and torso	1
Turnout of 1 o'clock or less	1
Knees are fully extended	1
Left ankle in full plantar flexion	1
<b>Total out of 10 Points</b>	

<b>Needle – Left (Maintain the position for 2 full counts of 8)</b>	
One of the following may be awarded:	
Right Leg is 176 degrees or more	(4)
Right Leg is 170-175 degrees	(3)
Right Leg is 165-169 degrees	(2)
Right Leg is 164 degrees	(1)
Right Leg is 163 degrees or less	(0)
<i>Degree achieved by athlete</i> _____	
Palms flat on the ground	1
Body alignment is at 5/8 o'clock	1
Vertical alignment of ears, shoulders and torso	1

Turnout of 1 o'clock or less	1
Knees are fully extended with hands	1
Right ankle in full plantar flexion	1
<b>Total out of 10 Points</b>	

### 3.2.3 FINAL SELECTION

Up to twelve (12) BC Athletes regardless of age will be rewarded in accordance with the funding levels as outlined herein. Funding for athletes that qualify for National Team Trials and/or National Teams will be considered using a different scale.

### 3.3 SELECTION COMMITTEE

The High Performance Committee is responsible for the identification, ranking and selection of athletes for funding assistance through Synchro BC's Athlete Assistance Program. Final approval of fund disbursements is at the discretion of the Board of Directors.

The Synchro BC High Performance Director in consultation with the Executive Director and Sport Development Director oversees the coordination of the Athlete Assistance Program. The High Performance Committee oversees the development of the selection criteria, which is approved by the Synchro BC Board of Directors.

## 4 BC FUNDING LEVELS

Up to twelve (12) ranked athletes in BC will be given AAP funding each year. The level of funding is to be commensurate with the level of excellence achieved by an individual athlete, as outlined in these criteria. The total number of athletes funded each year is dependent on the AAP funds allocated in the annual budget and the differing levels of financial support achieved by the athletes.

In such cases as there is a surplus of funds and fewer than twelve (12) athletes identified, it is the discretion of the High Performance Committee to recommend the distribution of the surplus amongst the recipients (based on level achieved).

### 4.1 SYNCHRO BC AAP FUNDING LEVELS

PROGRAM	
<b>1</b>	<b>Synchro Canada National Team Athlete</b> <b>Will be updated using Synchro Canada's National Team Selection Criteria</b>



	<ul style="list-style-type: none"> <li>• Total \$2,000.00             <ul style="list-style-type: none"> <li>○ Senior A Team</li> <li>○ Senior B Team</li> <li>○ Junior National Team</li> <li>○ AG13-15 National Team</li> </ul> </li> </ul>
<b>2</b>	<p><b>Compete in Synchro Canadas National Team Trials Phase #3-4 and/or Federally Carded athletes</b></p> <p><b>Will be updated using Synchro Canada’s National Team Selection Criteria</b></p> <ul style="list-style-type: none"> <li>• Total \$1,000.00             <ul style="list-style-type: none"> <li>○ Federally carded athletes SR1/SR2</li> <li>○ Junior National Team</li> <li>○ AG13-15 National Team</li> </ul> </li> </ul>
<b>3</b>	<p><b>Compete in Synchro Canadas National Team Trials Phase #1-2</b></p> <p><b>Will be updated using Synchro Canada’s National Team Selection Criteria</b></p> <ul style="list-style-type: none"> <li>• Total \$750.00             <ul style="list-style-type: none"> <li>○ Junior National Team</li> <li>○ AG13-15 National Team</li> </ul> </li> </ul>
<b>4</b>	<p><b>Top National Stream Athletes in the province. BC Selection Criteria used to determine these athletes.</b></p> <ul style="list-style-type: none"> <li>• Maximum* \$500.00</li> </ul>

## 5 TIMELINE

The Synchro BC AAP will follow the annual timeline outlined below:

<b>October</b>	<b>Athlete must produce a copy of their Canadian passport or landed immigration status prior to registration in the AAP Trials.</b>
<b>National Stream Training Meet #1</b>	<b>TID Trials Criteria &amp; AAP Trials</b>
<b>National Stream Training Meet #2</b>	<b>Junior Element Competition/AAP Trials</b>
<b>National Stream Provincial Qualifier</b>	<b>Junior Element Competition/AAP Trials</b>
<b>National Stream Provincials</b>	<b>Junior Element Competition/AAP Trials</b>
<b>April</b>	<b>High Performance Committee review of results</b>
<b>May</b>	<b>Eligible athletes’ rankings emailed to their coaches</b>

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<b>May 15</b>	<b>Appeals into Synchro BC Office</b>
<b>July 15</b>	<b>Funding awarded</b>
<b>October</b>	<b>Recipients recognized at the Annual Awards Banquet</b>

## 6 RESULTS

After the final selection list has been approved, Synchro BC will publish a list of the selected BC AAP athletes in the appropriate newsletter and website.

## 7 APPEALS PROCESS

It is understood that athletes have an inherent right to submit an appeal regarding the Athlete Assistance Program if:

- The athlete has not been selected for an award, and they believe that, in accordance with the Synchro BC published criteria for the ranking and selection of athletes, the athlete deserves to be included as a nominated athlete; or
- The award level or amount for which they have been selected does not meet the Synchro BC ranking and selection criteria as published.

Appeals regarding decisions relating to the actual selection or the amounts of the awards must be submitted to the Synchro BC Executive Director in accordance with the [Synchro BC Appeals Policy](#). Appeals, including all of the requirements (forms, fees, etc.) outlined in the Synchro BC Appeals Policy, must be submitted no later than May 15<sup>th</sup> each year. A decision will be made within one month of deadline.

### 7.1 APPEALS COMMITTEE MEMBERS

If the Appeals Advisor is satisfied that there are sufficient grounds for an appeal, Synchro BC will appoint three committee members to consider the appeal. No more than one member of the Committee shall be a member of the Synchro BC Board of Directors.

The Appeals Committee will follow the terms of reference for an Ad Hoc Committee.