



WAIS/SWA NORTHERN HIGH PERFORMANCE TRAINING CENTRE (HPTC) PROGRAM

Athlete selection into the HPTC program is based on the best interest of the athlete in terms of the most appropriate training environment.

Applications will be accepted and processed in accordance with published procedures.

Athletes can apply from any club program and applications are treated on merit. Selection will be based on the criteria outlined below.

Prioritisation may occur due to the size of the squad and the number of applications.

Athletes will remain members of their existing clubs and will continue to pay coaching fees to that coach (with the exception of WAIS scholarship athletes), facility or club, unless released by their home club.

ELIGIBILITY CRITERIA

To be eligible for selection, athletes must:

- Reside in Western Australia,
- Be a current registered member of a Swimming WA affiliated swimming club,
- Meet the selection criteria (see below),
- Complete the "application for selection to Northern HPTC" form attached at the bottom of this document,
- Sign a Performance Plan, as developed with the Head Coach.

Nationality

The priority for the WAIS/ SwimmingWA HPTC model is to drive improved podium level results for Western Australian swimmers at international benchmark events. As such:

- Selection priority will be allocated Australian citizens or athletes that demonstrate an application for citizenship is in place.
- Swimmers not meeting the above requirement will be assessed by the Northern Suburbs HPTC Selection panel to determine suitability and value to program.

Selection Panel



The Northern Suburbs Selection Panel will consist of the Head Coach, a Swimming WA representative (TBD) and the WAIS Performance Team Director.

Selection Criteria

The following factors will be considered as part of the selection process:

1. Performance

AGE and PERFORMANCE CRITERIA

YEARS	ATHLETE MINIMUM AGE	
	FEMALE	MALE
2014-15	15	16
2015+	16	17

Applications will be prioritised according to the below order of performance:

1. WAIS scholarship holder
2. National Open Medallist
3. National Open Finalist
4. National Age Medallist
5. National Open Semi Finalist
6. National Age Finalist

OPEN WATER

YEARS	ATHLETE MINIMUM AGE		PERFORMANCE CRITERIA	
	FEMALE	MALE	AGE	OPEN
2014-15	15	16	MEDALLIST 10KM	TOP 5 10KM
2015+	16	17	MEDALLIST 10KM	TOP 5 10KM

2. Potential to Progress

- a) Physical

- Maintains consistent body composition measures as identified in the annual plan
- Remains healthy so training is not compromised

b) Technical

- Readily accepts advice on areas requiring improvement
- Works diligently on self improvement at all times in training without supervision

c) Psychological

- Works with the coach to address areas identified in the athlete self reporting tools

d) External

- Manages University, school or work without compromising training and/or performance
- Is proactive in providing timely communicating training, camp and competition plans to the educational institution and/or work place to ensure neither external or training commitments are compromised

3. Personal Excellence

Athletes will be required to demonstrate a high level of commitment to training and competition programs.

In addition, athlete behaviour is expected to reflect the requirements of a high performance program. This includes exemplary discipline, a positive approach towards improvement and respect for coaches, athletes and the program in general.

Evidence from previous training environments may be gained to determine suitability of the athlete application.

Notes:

- Performance criteria are based on results from the relevant Age or Open LC or Open Water National Championships in Olympic events only.
- Age group swimmers who achieve an official time equal to or faster than the above performance criteria fastest time in their respective age groups at a SWA or SAL event, at any time during the year, may put forward an application.
- The Selection panel may add athletes outside these criteria where special circumstances apply. Consideration of “Potential to Progress” and “Personal Excellence” factors detailed



above will be taken into account. The coach or athlete will be required to present evidence to the panel to justify selection.

- Athletes or coaches interested in training with the HPTC on an adhoc basis can discuss this option with the HPTC Coach
- Athlete applications will be accepted and put to the selection committee at any time throughout the year.

**ATHLETE APPLICATION FORM
FOR THE
WAIS NORTHERN SUBURBS HIGH PERFORMANCE TRAINING CENTRE (HPTC)**

To be considered for selection into a WAIS HPTC this application form must be completed by the athlete applying and signed by the athlete's current coach.

When the coach signs this form it does mean he/she is endorsing the athlete moving to a HPTC. It means the coach is willing to engage with WAIS in a dialogue between WAIS, the athlete and the coach to assess what training environment is in the best interests of the athlete.

Application Details

Name	
Birth Date	
Postal Address	
Email	
Phone Mobile	
Phone Home	
Education status	
Club affiliation	
Coach	
Coach contact phone	
Coach email	
Years coached by current coach	
Proposed start date at HPTC	

Swimmer's Performance History

Year	Event	FINA POINTS	Time	%FROM 2013 WORLD TOP 8	National Ranking	Swim sessions per week	Kms swum weekly	Dryland weekly (hours)
2014	1)							
	2)							
2013	1)							
	2)							
2012	1)							



2)								
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Why do you want to leave your current program?

What is your ultimate goal in Swimming?

How do you believe the HPDC can help you achieve your goal?

Athlete sign: _____ **date:** _____

Coach sign: _____ **date:** _____



WAIS HPTC ATHLETE TERMS & CONDITIONS

1. The High Performance Environment of the HPTC:

- The purpose is to create an environment that enables identified swimmers to maximise their performance potential
- The environment is built on a foundation of trust and mutual respect - all swimmers, all coaches, all management, all support staff and administration
- WAIS will provide individual standards annually so that staff/swimmers know and understand all expectations required of them in their commitment to this environment
- Each swimmer must be accountable for achieving own goals-monthly evaluation meetings will be held with the coach
- All swimmers in a HPTC will remain swimming for their home clubs (unless released) and there will be on-going collaboration with the home coach.

2. Key Performance Indicators of HPTC swimmers:

- Must attend monthly meetings with coach outside of regular training hours
- Must complete a Performance Enhancement Plan with the coach
- Improvement in skills, training and performance
- Full attendance at training, camps and competitions identified in the Performance Plan
- Demonstrate a willingness to be the "best you can be" at all times