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# 2022-2023 High Performance Program Information Book



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## Why a High Performance Program?

The High Performance Program is a Saskatchewan (Sask) Artistic Swimming initiative. Sask Artistic Swimming funded by Sask Sport (lottery dollars), spends a portion of its annual funding from Sask Sport on a program that develops elite, high performance athletes. Sask Sport encourages provincial sport governing bodies to develop a four-year elite athlete development plan that culminates in sending the best athletes in the province to the Canada Summer Games in year four. The High Performance Program is currently in the fourth year of the 2019 to 2025 six-year plan.

For years, the High Performance Committee has worked extremely hard to develop a program with the vision to create, implement, and maintain a high performance training program for Saskatchewan's elite artistic swimmers and coaches. This program is athlete and coach centered and fosters talent identification, recruitment and development of strong National Stream Athletes and coaches. The goal is to provide a strong unified identity for all national stream and high level provincial stream athletes/coaches in the province.

*The High-Performance Program is well  
Received by Sask Sport*

Sask Sport is very impressed with Sask Artistic Swimming High Performance Program. They have used our planning submissions as a model for other sports. This is wonderful for our sport as it ensures future funding for our High Performance Program.

Sask Sport has once again granted our organization the High Performance Coach Capacity Grant for the first three years of this six-year plan. This grant funds us to hire our HP Consultant team, Elise Marcotte's Synchro Academy.

## High Performance Program Overview

- Is fair and equitable for all Excellence and Development athletes of all age levels. Provides the opportunity for all Excellence and Development athletes to pursue their performance goals as individuals within a team format.
- Offers consistency. All Excellence and Development athletes are striving for common age/skill related National/Long Term Athlete Development standards.
- Promotes a strong unified identity for all Excellence and Development athletes in the province.
- Improves athletes' ability to train at an increased level of excellence while also teaching athletes the integral skill of "How to compete".
- Provides a smooth transition into "Canada Games Year" ensuring that the Trials and Selection needs and processes for Canada Games Teams are considered.
- Provides mentorship and professional development for coaches who are involved in the High Performance Program.

- Offers professional development funding for coaches who are Competition Development trained and beyond.

## High Performance Program Benefits

To provide consistency for the athletes, coach development is an integral component of the HP Program. In conjunction with the High Performance events, learning opportunities are provided for coaches. All coaches in the province are encouraged to use consistent focus and objectives when teaching skills, as strong technical club coaching benefits the athlete.

Camps provide a forum for communication among coaches of Excellence and Development athletes. Coaches can improve their level of expertise in their technical, practical, and theoretical skills by working with and learning from each other and guest clinicians.

Competition opportunities are integrated into HP Training Camps to provide competition experience for athletes and training/development for judges/coaches. Evaluation of the athlete's skill in comparison to athletes of the same age provides valuable information to coaches and athletes when determining goals, training focus, etc.

The HP Program is an equitable, professional program that brings athletes and coaches from all provincial clubs together. Athlete/coach retention and club growth is a result of shared success, achievement of goals, and consistent support.

Team Saskatchewan consists of our athletes, coaches, staff, judges, parents, and volunteers. The HP Program has a positive and empowering impact on these individuals.

## 2022/2023 Program Objectives

Sask Artistic Swimming continues to update its High Performance Planning Initiative endorsed by Sask Sport to enhance the level of High Performance planning and HP outcomes for Saskatchewan Sport.

The process of examining our strengths/weaknesses, benchmarks, and completing a gap analysis helped our organization develop a more effective High Performance plan and produce the following High Performance Goals and Programs.

The overarching goal of the program is to create a structure to qualify athletes for the Junior and Senior National Team programs.

The following short-term and long-term goals were developed:

### **Short Term Goals**

1. Place four routines (provincial or club) in top ten at 2023 Canadian Championships.
2. Have a minimum of one designated High-Performance Coach participate in the National Team Training Program as a coach, apprentice, or observer (annually).
3. Early Identification and training support of talented athletes and their coaches.
4. Increase numbers in our competitive stream programs (10 and under, 12 and under).

### **Long Term Goals**

1. Place a minimum of one athlete on a National Team in the 2019-2023.
2. Medal in one event and top four placing in two events at Canada Summer Games in 2025.
3. Increase numbers in our national stream programs (Full team of eight NS swimmers in each NS club).

### **Summary of Programs to achieve these goals**

1. Athlete/Coach Talent ID: Selection to HP Development/Excellence Programs
2. High Performance Training Camp Program: Athlete/Coach Development
3. Athlete Assistance Program
4. HP Club Grant
5. Provincial Team Program
6. Coach Capacity Grant Program
7. HP Coach Staff Professional Development Program
8. Sport Science and Medicine Program

### **Summary of Changes:**

- Excellence Routine Set (Pg. 6):
  - o Lap 3 - Front Crawl No Breath – 0.5 penalty for each breath taken.
  - o Lap 5 - Eggbeater with arm on the surface to one arm up in 90 degree side flutter 1 x 8 side eggbeater with arm on the surface; 1 x 8 side flutter arm at 90; arms vertical and elbow extended. The athlete repeats this sequence until the end of the lap.
- The Land Testing Marking Scale (Pg. 9):
  - o The Core Strength and Flexibility Land Tests (Land Test Evaluator) will receive a maximum of 8.5 points and minimum of 0 marks.
- Quotas (Pg. 12):
  - o If there are more than 35 athletes in Development Program Selection a quota for the HP Development Program may be implemented. The lowest ranking athletes in the 13-15 age category will be cut.
- SAS Development Team (Pg. 21) – NAME CHANGE (formerly Provincial Performance Team)
- Provincial Team (Pg. 23 – 26)
  - o We will be taking two National Stream Teams to SYNC
  - o National Stream Athletes will need to participate in HP Trials for the following seasons camps however, they will automatically be going to SYNC if they are on either of the two National Stream teams already selected. Only non-National Stream Athletes will go through the selection process below.

## Program #1: Athlete/Coach Talent ID

*Qualification Criteria for the High-Performance Excellence and Development Programs*

### HP Excellence Program Selection May 28, 2023 in Saskatoon

#### **Age Eligibility for Excellence Program**

12 years old and up (Born in 2012 or earlier). Age as of Dec 31<sup>st</sup>, 2024. Must have competed for one year.

#### **Program Selection**

To qualify for the HP Excellence trials event, **an athlete must have achieved a competition result of 62 or higher** at the following competitions: Sandra Roberts Provincials, National Qualifier, Canadian Championship, or CPC.

To qualify for the High Performance “Excellence Program” Athletes must achieve an average mark of “7” on Basic Body Positions, Routine Skills Testing, Water Fitness Testing and Core Strength and Flexibility Land Tests. Coaches and athletes should refer to 2017-2021 FINA Artistic Swimming Manual Expanded Marking Scale for Figures and Guided Scale for Height Quality of Performance Terminology to help them determine what constitutes a “7” standard.

The Testing will include the following:

- Thirteen Artistic Swimming Specific Skill Tests (12 skills in routine set and Split Position Skill) and 5 Basic Body Positions/transitions – weighted 90%
- Two Water Fitness Test (200-meter IM time trial and 400-meter free time trial) – Weighted 5%
- Twelve core Strength and Flexibility Land Tests – Weighted 5%

**Swimmers who try out and do not achieve Excellence status are automatically given a spot in the HP Development Program.**

*Current or potential HP Excellence Athletes who cannot participate in May HP Program Trials due to injury or illness will be allowed to participate in the 2023/2024 Excellence Program if they achieved a 70 or higher in routine or figures the 2022/2023 competitive season OR if they participated in the excellence program in the previous competitive season. A doctor's note is required.*

**Athletes not meeting this standard can appeal to the HP Committee to receive consideration for placement into the Excellence Program.**

### **Basic Body Positions/Transitions**

*All Basic Body Positions and Physical Water Testing will be evaluated as per FINA standards. Swimmers will be evaluated in a black suit and white cap.*

Athletes will perform the following three Basic Body Positions and hold positions for 6 counts at a metronome marking of 40 (approximately 9 seconds).

- Knight – FINA Basic Position 17
- Side Fishtail Position – FINA Basic Position 19
- Bent Knee Surface Arch position – FINA Basic Position 14d

Athletes perform the following two basic body transitions at a metronome marking of 40. Counts listed are minimum timing standard.

- Bent Knee Vertical Join & Descent – FINA Basic Position 14c & Basic Movement 10
  - Hold bent knee vertical for 2 counts
  - Join to vertical for 3 counts
  - Hold vertical for 2 counts
  - Vertical Decent for 5 counts – 1 to kneecap, 1 to below knee, 1 to mid-shin, 1 to ankle, 1 under
- Ballet Leg Single – FINA Figure 101
  - Hold layout for 3 counts
  - Layout to sailboat for 4 counts
  - Hold sailboat for 1 count
  - Sailboat to ballet leg for 4 counts
  - Hold ballet leg for 2 counts
  - Ballet leg to sailboat for 4 counts
  - Hold sailboat for 1 count
  - Sailboat to layout for 4 counts
  - Hold layout for 3 counts

### **The following will be evaluated:**

Height  
Extension  
Accuracy and Stability

### **Routine Skill Testing**

Athletes will perform the following Routine Skills Tests in the Water

- Stage 4 – Phase 2: Train to Train: Lap 1 to 6 Routine Set that contains 12 skills. All skills are assessed by judges except for skills # 9 and 12 where mark is assessed by time.



Stage 4 – phase 2: Train to Train: LAP 1 – 6 (13-15 yrs. of age (f) & 14-16 yrs of age (m))

**Metronome Marking of 135**

LAP 1:	<b>SKILL 1:</b>	Right travel <b>Eggbeater Kick</b> : athletes perform right travel eggbeater to 12.5m. Left arm at 45° from surface.
	<b>SKILL 2:</b>	At 12.5m marker, athlete submerges to vertical position under the surface; hold 4 count; rise in 4 counts; assume a <b>Vertical Position</b> ; holds for 16 counts; 4 count sink, <i>back tuck somersault</i> up to surface in 4 counts. Athlete must stay in line with the marker at 12.5m.
	<b>SKILL 3:</b>	<b>Kick-CRAWL (over - pass by vertical)-Kick</b> from 12.5m marker to 25m wall/ bulkhead.
LAP 2:	<b>SKILL 4:</b>	Athlete takes a <b>back-layout position</b> , toes touching the wall, raises right leg to <b>Ballet Leg position</b> (through sailboat) without travelling and then travel 12.5m while maintaining right <b>Ballet Leg position</b> .
	<b>SKILL 5,6,7:</b>	At 12.5m mark, athlete goes from right ballet leg position to <b>inverted tuck position</b> , hold 4 counts, assumes a <b>Fishtail position (either leg)</b> , holds for 16 counts, completes a back-tuck somersault into three <b>Boosts</b> – all three boosts: both arms vertical beside ears; directly into a submerged back pike position and completes a <b>Barracuda Thrust</b> . Athlete completes a back-tuck somersault, turns ¼ turn underwater and surfaces going immediately into left travelling <b>Eggbeater</b> .
	<b>SKILL 8:</b>	Left travel <b>Eggbeater Kick</b> to the wall; right arm at 45° from surface.
LAP 3:	<b>SKILL 9: 20 seconds</b>	<b>Front crawl no breathing</b> 25m. One hand touch at wall to complete this skill. <b>0.5 mark taken off for each breath.</b>
LAP 4:	<b>SKILL 10:</b>	<b>Propeller</b> 25m. With both hands touching the wall use propeller scull as fast as possible until the toes touch the wall. See chart below.
LAP 5:	<b>Skill 11:</b>	<b>Eggbeater with arm on the surface to one arm up in 90 degree side flutter</b> 1 x 8 side eggbeater with arm on the surface; 1 x 8 side flutter arm at 90; arms vertical and elbow extended. The athlete repeats this sequence until the end of the lap.
LAP 6:	<b>Skill 12: 20 seconds</b>	<b>Back Crawl 25m. Maximum speed and propulsion.</b> Timer starts when the hand leaves one wall, and ends when you touch the opposite wall.
<b>VIDEO:</b> <a href="https://youtu.be/bsH5-dY09kU">https://youtu.be/bsH5-dY09kU</a>		

Front Crawl no Breathing: Skill 9		Propeller 25m: Skill 10		Back Crawl: Skill 12	
Time	Mark	Time	Mark	Time	Mark
Under 20.0	8.00	Under 35.0	8.00	Under 20.0	8.00
20.1 to 20.5	7.75	35.1 to 36	7.75	20.1 to 20.5	7.75
20.6 to 21.0	7.50	36.1 to 37	7.50	20.6 to 21.0	7.50
21.1 to 21.5	7.25	37.1 to 38	7.25	21.1 to 21.5	7.25
21.6 to 22.0	7.00	38.1 to 39	7.00	21.6 to 22.0	7.00
22.1 to 22.5	6.75	39.1 to 40	6.75	22.1 to 22.5	6.75
22.6 to 23.0	6.50	40.1 to 41	6.50	22.6 to 23.0	6.50
23.1 to 23.5	6.25	41.1 to 42	6.25	23.1 to 23.5	6.25
23.6 to 24.0	6.00	42.1 to 43	6.00	23.6 to 24.0	6.00
24.1 to 24.5	5.75	43.1 to 44	5.75	24.1 to 24.5	5.75
Over 24.5	5.50	Over 44.1	5.50	Over 24.5	5.50

**Swimmers are permitted to wear goggles for the routine set testing!**

*A 0.5 penalty will be assessed with no opportunity to re-swim for a wrong leg in Skill 4. It will be deducted from the overall Synchro Specific Test Score.*

*A 0.5 penalty will be assessed for each breath taken in Lap 3, Skill 9 front crawl no breathing, up to a maximum of 2.0 points. It will be deducted from the overall Synchro Specific Test Score.*

#### **Split Position Element – Metronome marking of 144**

Start two meters from the middle marker facing the judging panel.

Hold count 5,6,7,8

Ct 1 kick and lean onto right side with left arm fully extended out palm down

Ct 2 hold

Ct 3 airplane with left arm completing movement to fully extended surface layout with cap dry. Both arms are extended over head

Ct 4 hold

Ct 5 pike to a full 90-degree **pike position**

Ct 6, 7, 8 hold **pike position** with heel bones dry and half leg dry. Body is accurate and on the vertical line

Ct 1 **Lift left leg** 45 degrees with right leg staying dry on the surface

Ct 2 **lift left leg** to **fishtail position** with right leg staying ½ dry and on the surface

Ct 3 **lift left leg** to 135 degrees with right leg dry and stable

Ct 4 finish lift to full **split position** with a 180-degree flat split position

Ct 5,6,7,8,1,2,3,4,5,6,7,8 Hold **split position** with flat split full extension and body on vertical line

Ct 1 lift right leg to a 45-degree position and begin the walkout with leg dry and extended and body on the vertical line

Ct 2 lift right leg to the vertical to a full **knight position**

Ct 3 lift right leg to a 135-degree position with maximum height and full leg extension

Ct 4 lift right leg to complete the walkout to a clearly defined stationary **surface arch position**

Ct 5,6,7,8 hold the **surface arch** stationary and define clearly a fully dry leg with body on the vertical line. Hips should not move on hold  
 Ct 1 initiate the roll up with the release of the hips. Ribs should be where hips were  
 Ct 2 continue roll up with chest at point where hips were  
 Ct 3 face breaks the surface of the water sharply with feet and legs dry on the surface to show a clear **back layout position**  
 Ct 4 hold the **back-layout position**  
 Ct 5 flick the right leg up to the vertical line to recover  
 Ct 6 leg lowers to 45 degrees  
 Ct 7 right leg fully disappears under the water as the body sits up in eggbeater  
 Ct 8 hold  
 Ct 1 turn to face judging panel  
 Ct 2-8 hold eggbeater facing judges to complete this element

**The following will be Evaluated:**

Height  
 Extension  
 Accuracy and Solidity

*A 0.5 penalty will be assessed with no opportunity to re-swim for each wrong leg. It will be deducted from the overall Synchro Specific Test Score.*

**Water Fitness Testing: 400m Free and 200 IM timed swim**

Time Trial (Aerobic Fitness): **Two-time trials must be completed in club with results sent to HP Director by May 1<sup>st</sup> 2023.** Please record time trial results in minutes and seconds. **Must be performed in a 25-meter pool.**

***Must have a dive start. Must perform flip turns at the end of each 25 meters.***

The physical water tests, 400 free time trial (non-judged item) and 200 IM time trial will receive a maximum of 8.0 points and minimum of 4.0 marks as defined in the following chart:

<b>400 Free Time Trial</b>	<b>Mark</b>	<b>200 IM Time Trial</b>	<b>Mark</b>
<b>5:01 to 5:30</b>	<b>8.00</b>	<b>2:45 to 3:04</b>	<b>8.00</b>
<b>5:31 to 5:45</b>	<b>7.75</b>	<b>3:05 to 3:12</b>	<b>7.75</b>
<b>5:46 to 6:00</b>	<b>7.50</b>	<b>3:13 to 3:21</b>	<b>7.50</b>
<b>6:01 to 6:15</b>	<b>7.25</b>	<b>3:22 to 3:27</b>	<b>7.25</b>
<b>6:16 to 6:30</b>	<b>7.00</b>	<b>3:28 to 3:33</b>	<b>7.00</b>
<b>6:31 to 6:45</b>	<b>6.50</b>	<b>3:34 to 3:39</b>	<b>6.50</b>
<b>6:46 to 7:00</b>	<b>6.00</b>	<b>3:40 to 3:45</b>	<b>6.00</b>
<b>7:01 to 7:15</b>	<b>5.50</b>	<b>3:46 to 3:51</b>	<b>5.50</b>
<b>7:16 to 7:30</b>	<b>5.00</b>	<b>3:57 to 4:03</b>	<b>5.00</b>
<b>7:31 to 7:45</b>	<b>4.50</b>	<b>4:04 to 4:10</b>	<b>4.50</b>
<b>Over 7:46</b>	<b>4.00</b>	<b>4:11 over</b>	<b>4.00</b>

### **Core Strength and Flexibility Testing: Land-Metronome Marking of 135**

The Core Strength and Flexibility Land Tests (Land Test Evaluator) will receive a maximum of 8.5 points and minimum of 0 marks as defined in the following chart:

<b>Test Passed</b>	<b>Mark</b>
<b>11-12 Land Tests Passed</b>	<b>8.5 points</b>
<b>10 Land Tests Passed</b>	<b>7.5 points</b>
<b>9 Land Tests Passed</b>	<b>7.0 points</b>
<b>8 Land Tests Passed</b>	<b>6.5 points</b>
<b>7 Land Tests Passed</b>	<b>6.0 points</b>
<b>6 Land Tests Passed</b>	<b>5.5 points</b>
<b>5 Land Tests Passed</b>	<b>5.0 points</b>
<b>4 Land Tests Passed</b>	<b>4.5 points</b>
<b>1-3 Land Tests Passed</b>	<b>4.0 points</b>
<b>0 Land Tests Passed</b>	<b>0 points</b>

<b>Test</b>	<b>Requirements</b>
<b>1) Tripod head stand with lateral right split in Figure Trainer</b>	<b>1 sets of 8 counts</b>
<b>2) Tripod headstand with lateral left split in figure trainer.</b>	<b>1 set of 8 counts</b>
<b>3) Standing back pike (barracuda set-up) with thrust finish</b>	<b>2 sets of 8 counts for the back pike; thrust must be fast</b>
<b>4) Bridge</b>	<b>2 sets of 8 counts</b>
<b>5) Standing Ballet Leg</b>	<b>2 sets of 8 counts</b>
<b>6) V-ups: 10 repetitions</b>	<b>10 repetitions</b>
<b>7) Prone shoulder extension with stick</b>	<b>Measure height between land and bar in hands</b>
<b>8) Plank Hold</b>	<b>30 seconds</b>
<b>9) Push-ups: 10 repetitions</b>	<b>10 repetitions</b>
<b>10) Needle Right</b>	<b>2 sets of 8 counts</b>
<b>11) Needle Left</b>	<b>2 sets of 8 counts</b>
<b>12) Ariana rotation</b>	<b>3 sets of 8 counts</b>

**See Test Pass/Fail Standards Chart produced by Craven Sports Science – updated version will be released in the Spring.**

Test #1 and 2: Tripod headstand in figure trainer with lateral split R and L (*BAL*) – *Each one scored separately*

Test #3: Standing back pike (Barracuda set-up) (*FLEX*)

Test #4: Bridge (*FLEX*)

Test #5: Standing Ballet Leg Skill (*STRG/FLEX*)

Test #6: V-ups: 10 repetitions (*STRG*)

Test #7: Prone shoulder extension with stick (*STRG/FLEX*)

Test #8: Plank: hold (*CORE*)

Test #9: Push-up: 10 repetitions (*STRG*)

Test #10 and 11: Needle R and L (*FLEX*) – Each one scored separately

Test #12: Ariana rotation (*FLEX*) – Pass if you have 2 flats splits

***Results will be sent out within two weeks after the HP Trials Event to allow for review by a second source. Coaches will receive a summary table highlighting each athlete's skill average mark and HP Program Core Strength and Flex Land Testing/Physical Water Testing pass or fail results.***

## HP Development Program Selection May 28, 2023 in Saskatoon

### Age eligibility for Development Program

11 years old and up (Born in 2013 or earlier): Age as of Dec 31<sup>st</sup>, 2024. Must have competed for one year.

***If an athlete born in 2014 qualifies for the program, they must have a doctor's note stating they are physically and mentally able to participate in a two-day intensive training camp. The doctor's note must be presented before or on the first day of the First Training Camp to HP Director.***

*Current or potential HP Development Athletes who cannot participate in May HP Program Trials due to injury or illness will be allowed to participate in the 2023/2024 Development Program if they achieve the minimum average mark for their age as outlined in HP Development chart on page 12 at any figure competition in the 2022/2023 competitive season OR if they participated in the development program in the 2022/2023 competitive season. A doctor's note is required.*

### Program Selection

To qualify for HP Development trials event, an athlete must have achieved a competition result with a four-point variance from the standard mark for their age that is required to be selected to HP Development Program at the following competitions: DLI, SR, SCK, or CPC. Example: if they need a 5.5 to get into HP Development Program, they must have scored 51 or higher in figures at one of the above-mentioned competitions.

To qualify for the High-Performance Development Program, athletes must achieve a minimum average mark (see below) on Basic Body Position, Routine Skills Testing, Water Fitness Testing and Core Strength and Flexibility Land Tests. Coaches and athletes should refer to FINA Artistic Swimming Manual Expanded Marking Scale for Figures and Guided Scale for Height Quality of Performance Terminology to help them determine what constitutes the expected mark standard.

The Testing will include the following:

- Eight Artistic Swimming Specific Skill Tests (8 skills in the Routine Set) and 3 Basic Body Positions/transitions – Weighted 90%
- Four Water Fitness Test (100-meter IM time trial, 300-meter free time trial, 25-meter front flutter, 25-meter propeller) – weighted 5%
- Twelve core Strength and Flexibility Land Tests – weighted 5%

As of Dec 31<sup>st</sup>, 2024.

Age	Born In	Mark Standard
Eleven	2013	5.0
Twelve	2012	5.5
Thirteen	2011	5.5
Fourteen	2010	5.8
Fifteen	2009	5.8
Sixteen	2008	5.8
Seventeen	2007	5.8
Eighteen and Up	2006 or earlier	5.8

### **Quotas**

If there are more than 35 athletes in Development Program Selection a quota for the HP Development Program may be implemented. The lowest ranking athletes in the 13-15 age category will be cut.

***If a club participates in the HP Development Trials Event and has no athletes qualify for the program, their top two athletes from trials will be invited to attend the fall 2023 HP Development Camp. If a club has one athlete qualify for HP Development Program, their next best placing athlete from HP Trials will be invited to attend the fall 2023 HP Development Camp. The athlete's synchro specific test mark takes precedence when calculating top two placers.***

### **Basic Body Positions /Transitions**

All Basic Body Positions and Physical Water Testing will be evaluated as per FINA standards. Swimmers will be evaluated in a black suit and white cap.

### **Athletes will perform the following Three Basic Body Positions, Transitions, or figures**

1. Walkover Front – FINA Figure 360
2. Bent Knee Vertical, Join to Vertical Position, Vertical Descent - Star 7
3. Ballet Leg Single – FINA Figure 101

Note: It will be optional how the swimmer enters figure #2

### **Routine Skills Testing**

Stage 4 – Phase 1: Train to Train: Lap 1-2 routine set - All skills are assessed by judges

**Stage 4 – phase 1: Train to Train: Lap 1 – 2 11-12 yrs. of age (f) & 12-13 yrs age (m)**

**Metronome Marking of 135**

LAP 1:	<b>SKILL 1:</b>	Right travel <b>Eggbeater Kick</b> : athletes perform right travel eggbeater to 12.5m. Left arm horizontal on surface.
	<b>SKILL 2:</b>	At 12.5m marker, athlete submerges to vertical position under the surface; hold 4 count; rise in 4 counts; assume a <b>Vertical Position</b> ; holds for 16 counts; 4 count sink, <i>back tuck somersault</i> up to surface in 4 counts. Athlete must stay in line with the marker at 12.5m.
	<b>SKILL 3:</b>	<b>Kick-Pull-Kick</b> from 12.5m marker to 25m wall/ bulkhead.
LAP 2:	<b>SKILL 4:</b>	Athlete takes a <b>back-layout position</b> , toes touching the wall, raises <b>right leg</b> to <b>Ballet Leg position</b> (through sailboat) without travelling and then travel 12.5m while maintaining right <b>Ballet Leg position</b> .
	<b>SKILL 5,6, and 7:</b>	At 12.5m mark, athlete goes from right ballet leg position to <b>inverted tuck position</b> , hold 4 counts, assumes a <b>Fishtail position (either leg)</b> , holds for 16 counts, completes a back tuck somersault into three <b>Boosts</b> – 1 <sup>st</sup> boost: no arms, 2 <sup>nd</sup> boost: right arm, 3 <sup>rd</sup> boost: left arm directly into a submerged back pike position and completes a <b>Rocket</b> . Athlete completes a back-tuck somersault, turns ¼ turn underwater and surfaces going immediately into left travelling <b>Eggbeater</b> .
	<b>SKILL 8:</b>	Left travelling <b>Eggbeater Kick</b> to the wall. Right arm horizontal on surface. Time stops when athlete touches the wall with the left hand.
		<b>Video :</b> <a href="https://youtu.be/oG5hjlcfKJo">https://youtu.be/oG5hjlcfKJo</a>

**Swimmers are not permitted to wear goggles for the routine set testing.**

**A 0.5 penalty will be assessed with no opportunity to re-swim for a wrong leg in Skill 4. It will be deducted from the overall Artistic Swimming Specific Test Score.**

**Creative Training Suggestions for Skill 2 for those with a shallow pool:**

- **Practice doing a full lap of eggbeater with the vertical at the end of the lap (just remind swimmers it will be in the middle at testing).**
- **Do a different entry during the routine set – practice the rise up in the deep end separately**

**Water Fitness Testing**

Time Trials (Aerobic and Anaerobic Fitness): **All four-time trials must be completed in club with results sent to HP Director by May 1, 2023.** Please record time trial results in minutes and seconds. **Must be performed in a 25-meter pool.**

1. 25 Meter Propeller
2. 25 Meter Flutter Kick Time Trial – No flutter board. Hands joined and extended in front. Head must be up.
3. 300 Meter Free Time Trial – must be performed in 25-meter pool, must have a dive start, and must perform flip turns at the end of each 25 meters
4. 100 Meter IM Time Trial



300m Free Time Trial		25m Propeller		25m Flutter Kick	
Time	Mark	Time	Mark	Time	Mark
3:31-3:40	8.00	Under 40 secs	8.00	24 sec or faster	8.00
3:41-3:50	7.75	40-41	7.50	25 sec	7.50
3:51-4:00	7.50	41.1-42	7.25	26 sec	7.25
4:01-4:10	7.25	42.1-43	7.00	27 sec	7.00
4:11-4:20	7.00	43.1-44	6.75	28 sec	6.75
4:21-4:30	6.75	44.1-45	6.50	29 sec	6.50
4:31-4:40	6.50	45.1-46	6.25	30 sec	6.25
4:41-4:50	6.25	46.1-47	6.00	31 sec	6.00
4:51-5:00	6.00	47.1 to 48	5.75	32 sec	5.75
5:01-5:10	5.75	48.1 to 49	5.50	33 sec	5.50
5:11-5:20	5.50	49.1-50	5.25	34 sec	5.25
5:21-5:30	5.25	50.1 or slower	5.00	35 sec or slower	5.00
5:31-5:40	5.00				
5:41-5:50	4.75				
5:51-6:00	4.50				
6:01-6:10	4.25				
Over 6:11	4.00				

100 IM Time Trial	Mark
Under 1:25	8.00
1:26 to 1:30	7.50
1:31 to 1:35	7.00
1:36 to 1:40	6.50
1:41 to 1:45	6.00
1:46 to 1:50	5.50
1:51 to 1:55	5.00
1:56 to 2:00	4.50
Over 2 mins	4.00

### **Core Strength and Flexibility Testing: Land – Metronome Marking of 135**

See pages 9-10 of this document for full explanation of land testing

***Results will be sent out within two weeks after the HP Trials Event to allow for review by a second source. Coaches will receive a summary table highlighting each athlete's skill average mark and HP Program Core Strength and Flex Land Testing/Physical Water Testing pass or fail results.***

## Athlete/Coach 10U Talent ID Program

Top eight 10 and under athletes from Provincial Championships will be invited to attend a half day (minicamp) in conjunction with North and South HP Camps. This camp will be run by Sask Artistic Swimming Technical Director or consultant.

Rationale: Early ID and establishment of correct skill development to avoid remedial work with athletes when they reach National Stream Level.

Athletes attending camps must have a club coach accompany them to camp or they will not be able to participate.

**Talent ID Camp for 2022 will be held in Saskatoon on January 14<sup>th</sup>, 2023. Moving forward athletes will attend either the North or South Camp depending on pool space.**



## Program #2: 2022/2023 HP Athlete/Coach Training Camp Program

All Excellence and Development Athletes and their coaches in the province train together at centralized training camps under the leadership of the High-Performance Director, Shaelynn Thiessen, and HP Consultant. Centralized weekend training camps provide Excellence and Development athletes and coaches the opportunity to share in a common vision. Shared goals help athletes and their coaches from clubs across the province achieve standards that are in line with those developed by Canada Artistic Swimming for Excellence and Development level athletes. All camp content will reflect by Canada Artistic Swimming's Canadian Sport for Life Model.

Camps alternate\* between the major centers of Regina and Saskatoon and take place over a weekend. The High-Performance Director/HP Consultant plans all camps, using Canada Artistic Swimming's Canadian Sport for Life Model to develop a Yearly Training Program. The camps consist of training in the following areas: technical skills (figures and routines), creative development, flexibility, fitness conditioning, strength training, mental training/self-esteem development, and nutrition. Sports Science and Medicine Consultants and Provincial Judges are guest clinicians at HP Weekend Training Camps.

There are two scheduled training camps for HP Development and Excellence Athletes and their Club Coaches: October 2022 (Regina) and January 2023 (Saskatoon). Camps will be two days in length, starting on Saturday and ending on Sunday. **Athletes attending camps must have a club coach accompany them to camp or they will not be able to participate.**

Elite level clinicians are utilized at camps. *The HP Program is excited to have HP Consultant TBD in attendance at the October HP Camp & TBD in attendance at the January HP Camp.*

Schedule for the 2021/2022 is as follows:

Oct 29/30 2022 in Regina: Jojo Carrier

Sat: 8am – 4pm \*Detailed schedule to come – with an evening Social to follow

Sun: 8am – 3pm \*Detailed schedule to come (end time subject to change)

January 14/15 2023 in Saskatoon: HP Consultant, TBD

Sat: 8am to 4pm \*subject to change

Sun: 8am to 3pm (pool 12-2) \*subject to change

## Program #3: Athlete Assistance Program

### Rationale

Athlete Assistance is provided by Artistic Swimming Saskatchewan as a designated portion of the Annual Sask Sport Grant.

**Funds and training support are to be directed to athletes involved in an elite training program and are intended to support those athletes seeking continued and enhanced training opportunities and results. There are two types of Athlete Assistance: Monetary Funding and Training Support.**

### **Athlete Assistance Monetary Funding**

The HP Committee develops an annual Athlete Assistance Process to determine those athletes who will receive financial support based upon the following principles:

- 1) Athlete Assistance recognizes the all-around athlete (as well as her/his potential) and is intended to provide continued and enhanced training opportunities in the attempt to achieve improved results at National Competitions.
- 2) The overall amount per athlete will be determined on an annual basis. Monetary assistance will be provided to the successful athletes at the end of the competitive season.

### Process

1. The selection process will be based upon HP Excellence Trials Results. Athletes who achieve the “7” mark standard that qualifies them for the HP Excellence Program will receive \$500 Athlete Assistance Funding. Remaining funds may be targeted for athletes qualifying for National Team Talent ID camps/programs. If no athletes qualify remaining funds will be divided amongst Provincial Team Members. This will be standard every season unless Sask Artistic Swimming funding changes drastically.
  - a. **Note:** In Games Year Athlete Assistance funding is divided equally by 10 Canada Summer Games Members Only
  - b. An “Excellence Athlete” who is not able to participate in a HP camp due to injury or illness is still eligible for Athlete Assistance if they participate in 2022 Qualifiers or Nationals. A doctor’s note is required.
2. Additional Funding may be available to any athlete who qualifies for a National Team or National Team Selection Camps. Funding may also be available to an athlete or coach who is invited to participate in Center of Excellence Trials to qualify for National A Team. For 2022/2023 the following will apply: Part A: 10% of the cost for each individual athlete for all stages of team selection up to a maximum of \$500. Part B: 20% of the cost for each individual athlete for team participation up to a maximum of \$2,000.

3. The selection process will utilize Canada Artistic Swimming National Standards and Processes as a point of comparison to move Saskatchewan athletes' closer to the National Standard.
4. The process will be based on an objective evaluation of the athlete's performance in four main areas: Figure Skills, Routine Skills, Fitness, and Flexibility

## **Athlete Assistance Training Support**

Current National Team Members and Potential National Team Athletes will receive additional High-Performance Training Support. Results from 2021 Nationals and 2022 Qualifiers will determine who is eligible for this additional training.

### **2022 Canadian Championships Eligibility**

- All athletes who place top 25 in 15 & Under figures, top six in 13-15 extra Routine, top six in Junior Routine and top 3 in Senior receive minimum 7 hours and maximum 10 hours of coaching time *prior to Qualifiers 2022 by Program HP Director/HP Coach or HP Consultant (at HP Camps)*. Pool costs for one lane rental are covered by Sask Artistic Swimming. In addition, a portion of these of these hours will be included by the HP Director/HP Consultant at HP Camps.

### **2022 Canadian Championships – if one or no athletes qualify for NTT Eligibility**

- If only one athlete qualified as outlined above, the next highest placing athlete in each National Pathway Age Group receives minimum of three hours and maximum of five hours of coaching time from one of the HP coaches (HP Director, HP Coach or HP Consultant (at HP Camps)). Lane rental or public swim fee is the responsibility of the athlete.
- If no athletes qualify, an additional athlete in each National Pathway Age Group (based on Nationals results) receives minimum three hours and maximum five hours of coaching time from one of the HP coaches. Lane rental or public swim fee is the responsibility of the athlete.
- The top placing 13-15 figure athlete that is still 13-15 the following season will also receive 3 hours.

### **2023 National Qualifier Eligibility**

- 15 & Under National Stream Athletes whose figure marks place them in the top 30 receive minimum of 3 hours and maximum of 5 hours coaching time prior to Nationals 2022 by HP Director or HP Coach. Pool costs for one lane rental are covered by Sask Artistic Swimming.
- Junior Solo and Duet Routines that place in top ten at National Qualifier receive minimum of 3 hours and maximum of 5 hours of coaching from HP Director or HP Coach. Pool costs for one lane rental are covered by Sask Artistic Swimming.
- Senior Solo and Duet Routines that place in top three at National Qualifier receive minimum of 3 hours and maximum of 5 hours of coaching from HP



Director or HP Coach. Pool costs for one lane rental are covered by Sask Artistic Swimming.

**2023 National Qualifier - if one or no athletes qualify in the top 30 in 15 & Under figure results, Junior Top 10 or Senior Top 3**

**Eligibility**

- If only one athlete qualified in the top 30, the next highest placing athlete in 15 & Under National Stream Age Group receives minimum of 1.5 hours and maximum 2.5 hours of coaching time from the HP Director or HP Coach. Lane rental or public swim fee is the responsibility of the athlete.
- If no athletes qualify, an additional athlete in 15 & Under National Stream Age Group at National Qualifier receives minimum of 1.5 hours and maximum of 2.5 hours of coaching time from one of the HP Director or HP Coach. Lane rental or public swim fee is the responsibility of the athlete.
- If no Junior Solo and Duet place in the top 10 at National Qualifier the top placing Junior Solo and Duet each receive minimum of 1.5 hours and maximum of 2.5 hours of coaching from the HP Director or HP Coach. Lane rental or public swim fee is the responsibility of the athlete.
- If no Senior Solo and Duet place in the top three at National Qualifier any routine with a top six placing at National Qualifier will receive minimum of 1.5 hours and maximum of 2.5 hours of coaching from the HP Director or HP Coach. Lane rental or public swim fee is the responsibility of the athlete. Lane rental or public swim fee is the responsibility of the athlete.

**New High Performance Coach – Coach Capacity Initiative:** Athletes who achieve HP Excellence Status and participate in the HP Program will receive a maximum of 4 hours of private training by Laurie Wachs SAS HP Coach. These hours can be used between Sept and August of each competitive season. Lane rental or public swim fee is the responsibility of the athlete.

## **Program #4: HP Club Grant**

The HP Club Grant provides funding to clubs with National Stream programming. It is part of the High-Performance Program Initiative (HPPI). The grant is awarded to each qualifying club in October based upon National Stream numbers. In return, the club is expected to utilize the funding to address the following HPPI short term goals throughout the season. By June 30, each club receiving a grant must submit a report outlining their programs and services in support of the initiatives.

Goal #4: Increase numbers in competitive stream program

Goal #5: Increase numbers in National Stream programming

Goal #6: Increase training volume (pool and land) of National Stream Athletes in the competitive season.

*If HP Committee does not receive this report, funding must be returned to Sask Artistic Swimming. Please see Sask Artistic Swimming Grant Document for details.*

## **Program #5: SAS Development Team**

### **Vision**

To have an attainable and purposeful advanced training platform for “talent identified” Grassroots athletes. To deliver this advanced training program within the umbrella of both the High Performance program and the Grassroots program, allowing these athletes and coaches to be exposed to advanced clinicians and high performance expectations, while increasing the exposure of artistic swimming within our province.

### **Provincial Performance Team Program**

The Provincial Performance Team program identifies and develops Provincial pathway 15 & Under and Junior athletes who may not qualify for the HP Excellence Program or HP Provincial Teams but have the desire to advance their skills in artistic swimming. It provides additional training hours and skill development for the top 10 Provincial Pathway 15 & Under and Junior athletes in the province. The Provincial Performance Team Selection Process is based on the established High Performance Program Selection Process. As such, the athletes qualify for the provincial team via a trials process that reflects the overall ability of the athlete’s figure and routine skills and fitness.

The Summer Training camp is a joint HP/Grassroots program and will fall under the TD position. The summer training camp will be held a designated community that can provide billeting for the athletes and coaches. Either the HP Director, HP Coach or HP Consult would also attend a portion of the camp, so athletes receive exposure from SAS HP staff.

Camp focus is development of age appropriate technical skills and drills. A one lap team routine would be developed over the five days. This routine, along with other selected routines, will be performed in the Gala Water Show held in a designated outreach community. The format of the outreach day would be the water show followed by a “Try Artistic Swimming” program. The Provincial Team athletes would act as facilitators and “ambassadors” to the participants in the community trying artistic swimming for the first time.

## HP Selection Process for 2023 **SAS Development Team**

### **Athlete Eligibility**

Must be Born in 2010 or earlier. Athlete must have competed for one season and only Provincial Pathway Athletes are eligible.

### **Classification**

Each of the athletes eligible for selection to the 2023 Provincial Performance Team must be a member in good standing with Saskatchewan Artistic Swimming.

Only athletes with the intent of participating in summer camp and Gala Water show should participate in 2023 Provincial Performance Team Selection Process. Athletes must also commit to a 4-day summer centralized training camp that will take place in July 2023 followed by the one-day outreach; gala water show/try artistic swimming event. Tentative dates are the first two weeks in July. Suggestion would be to have 3 days training in designated location, one-day training in an outreach community, with Gala Show on the fifth day. In June, a copy of the team routine with written descriptions, patterns, and music will be sent to the athletes. They will be expected to learn the routine prior to their arrival at the summer training camp. June fitness training expectations will also be included.

To be eligible for the Provincial Performance Team, athletes **must compete in the 15 & Under figures event at the 2023 Sadie Caulder Knight Provincials and must compete in the 2023 May HP Trials.**

### **Team Size**

The Provincial Team size will be ten athletes in total.

### **SAS Development Team Selection Process**

The 2023 Provincial Performance Team Selection is based on the established HP Program Selection Process. As such, the athletes qualify for the team through two events in the 2022 Competitive Season to reflect the overall ability of the athlete. This process utilizes Canada Artistic Swimming Standards. If one of the selection events are missed to injury or illness the athletes overall score will be adjusted accordingly. A medial note is required.

The individual athlete's performance will be evaluated in four main areas: Figure Skills, Routine Skills, Fitness, and Flexibility.



**Event #1: Sadie Caulder Knight – 25% Weighting**

Sadie Caulder Knight Provincials 15 & Under figure event results will be used for “Provincial Performance Team Selection Process”. Junior athletes will register as exhibition athletes in this event in order to qualify for the Provincial Performance Team.

**Event #2: 2023 HP Program Trials – 75% Weighting**

HP Excellence or Development Program Selection (May 2023)

**Results**

Provincial Performance Team will be named (listed in alphabetical order) by mid-June 2023.

Ten athletes from Provincial Performance Team Selection Process will be invited to attend the Provincial Performance Team Summer Camp in July 2023. Should a swimmer decline their invitation the next in line will be offered their spot of the team.

**Funding**

SAS Grassroots Committee will cover funding for pool costs. Staff costs are covered by SAS. Athletes may be responsible for a camp fee, if necessary, to help with pool costs or uniform costs. This team will receive Team Sask caps, suits, and t-shirt. Families are responsible for travel, food, and accommodation costs plus costs of social activities included into camp. Billeting is encouraged.

## Program #6: Provincial Team Program Selection/Talent ID

The provincial team program identifies and develops National Pathway 18 and under, 15 and under, 12 and under athletes and ultimately athletes with the intent of participating in the Canada Summer Games and is eligible for the 2025 Canada Summer Games based on current age eligibility rules. It provides additional training hours and skill development for the top sixteen athletes in the province. The Provincial Team Selection Process is based on the established High-Performance Program Selection Process. As such, the athletes qualify for the provincial team via a series of tests throughout the competitive season (January to June) to reflect the overall ability of the athlete's figure and routine skills and fitness. This selection process utilizes Canada Artistic Swimming National Standards and processes as a point of comparison to meet National Standards and increase our athlete's performance at the 2025 Canada Summer Games.

### **Year One/ Two of Quad: Summer 2019/2020 and 2020/2021**

Have two Provincial Teams – One Junior level and one 13-15 Level. Eight on each team with goal of attending SYNC. If we do not have eight Juniors:

Junior Team will be compromised of Juniors and top 13-15 athletes. If that leaves not enough swimmers for 13-15 team, we will fill spots with top 12 and under age athletes

14 days in or out of province training camp in July where the ***provincial team prepares and competes a Selected Routine.***

\*13-15 camp will be in July and Junior camp will be in August for 2021

### **Year Three/Four of Quad: Summer 2021/2022 and 2022/2023**

Goals: Major Talent ID push in all clubs with a focus on recruitment and higher numbers in Canada Summer Games Talent ID athlete pool. Have two Provincial Teams – One Junior level and one 13-15 Level. Eight on each team with goal of attending SYNC. Junior Team will be compromised of Juniors and top 15 and under athletes. If that leaves not enough swimmers for 13-15 team, we will fill spots with top 12 and under age athletes.

### **Year Five and Six: Summer 2023/2024 and 2024/2025**

In preparation for the 2025 Canada Summer Games, the provincial team will train 14 plus days in the summer of 2024, preferably at the competition venue, and have additional weekend training from September 2024 to July 2025.

The provincial team will attend a selected (meaningful) competition in the summer/fall 2024 or Jan/Feb 2025 in preparation for Canada Summer Games in Summer 2025.

The Games are in the summer of 2025 so whether Saskatchewan has a provincial team or club teams in 2024/2025 competitive season will be decided by Sept of 2024

Currently we strongly recommend rural athletes move in year five of the quad, and it is mandatory to move in year six of the quad.

## **HP Selection Process for 2022/2023 Provincial Team**

### **Athlete Eligibility**

Must be born in 2007 to 2012. Athlete must have competed for one year. Athlete must be a current Canada Games Age Eligible Athlete.

### **Classification**

Each of the athletes eligible for selection to the 2023 Provincial Teams must be a member in good standing with Artistic Swimming Saskatchewan

Only athletes that are age eligible for Canada Games or are Junior aged and can commit to a fourteen-day summer centralized training camp and interested in going to SYNC July 2023 should attend. Tentative camp dates are listed below.

Due to time constraints before SYNC and encouraging a full team to swim, the 2023 Provincial Teams will be comprised of National Stream Club Teams. Teams will have time to work on their routines at the October and January Camps. These two teams will be sent to SYNC under the Team Sask umbrella.

National Stream Athletes will need to participate in HP Trials for the following seasons HP Program however, they will automatically be going to SYNC if they are on either of the two National Stream teams already selected. Only non-National Stream Athletes will go through the selection process below.

There will be a two-week centralized training camp (half in Saskatoon, half in Regina) from July 3<sup>rd</sup> – July 14<sup>th</sup> before departing to Ontario for SYNC the following week.

The rationale for this is we want our athletes to develop team skills, by having the opportunity to swim on a team and take it confidently to competition. By having two full teams we can expand our athlete scope. \*If there are athletes that are not registered in National Stream that are interested in attending – there will be alternate spots available.

Camp: July 3<sup>rd</sup> – 7<sup>th</sup> (Regina) & 10<sup>th</sup> – 15<sup>th</sup> (Saskatoon) + 2 days in Ontario before SYNC begins

SYNC: July 19<sup>th</sup> – 22<sup>nd</sup> in Ontario

***The camp coaching costs are covered by SAS, however food, activities, pool costs, and accommodations are covered by families.***

***Athlete's cancelling less than one (1) week prior to the start of the SAS summer camp or failing to attend the summer camp will receive no refund. Extenuating circumstances may be considered. Any medical reasons will require a doctor's note as soon as possible from the date of injury.***

To be eligible for the "summer provincial team", athletes **must attend 2023 Nationals or CPC (or equivalent competition) and must compete in the 2023 May HP Trials**. If one of the two other selection events are missed to injury or illness the athletes overall score will be adjusted accordingly. A doctor's note is required.

## **Team Size**

The Provincial Team size will be sixteen athletes in total. Eight Junior Team Members and Eight 13-15 Team Members.

## **Provincial Team Selection Process**

The 2023 Provincial Team Selection Process will be based on the established HP Program Selection Process. As such, the athletes will qualify for the team via a series of tests held throughout the 2022/2023 Competitive Season in order to reflect the overall ability of the athlete. This process will utilize Canada Artistic Swimming National Standards and Processes as a point of comparison to meet National Standards and increase Saskatchewan athletes' performance at the 2025 Canada Summer Games.

The individual athlete's performance will be evaluated in four main areas: Figure Skills, Routine Skills, Fitness, and Flexibility.

### **18 and under Team**

#### **Event #1: Junior Tech Elements – 50% Weighting**

Result from Marnie Meet will be used for provincial team selection process.

#### **Event #2: 2023 HP Program Trials – 50% Weighting**

HP Excellence Program Selection (May 2022): The HP Trials mark already includes the relative weightings. See HP Excellence Program on pages 4-10.

~~*Will be comprised of top eight 18 and under athletes. If those spots are not filled, we will select from 15 & Unders who are in their final year in that age category, who competed in Junior Tech Elements event at Marnie Meet.*~~

## **15 and under Team**

### **Event #1: National Qualifier, Sadie Caulder Provincials, or equivalent competition – 25% Weighting**

Figure Event: National Qualifiers, Sadie Caulder Provincials or equivalent competition figure event results will be used for “Provincial Team Selection Process”.

### **Event #2: Canadian Championship, CPC, or equivalent competition – 25% Weighting**

Figure Event: Canadian Championships and CPC or equivalent competition figure event results will be used for “Provincial Team Selection Process”.

### **Event #3: 2023 HP Program Trials – 50% Weighting**

HP Excellence Program Selection (May 2023): The HP Trials mark already includes the relative weightings. See HP Excellence Program on pages 4-10.

~~15 & Under Team will be compromised of top eight 15 & Under athletes. If those spots are not filled, we will fill spots with top 12 and under age athletes who are in their final year.~~

## **Results**

~~Results will be sent out after each Provincial Team Selection Event.~~

Provincial teams will be named (listed in alphabetical order) by mid-June 2023.

~~The sixteen athletes from Provincial Team Selection Process will be invited to attend the Provincial Team Summer Camp and SYNC competition in July 2023. Should a swimmer decline their invitation the next in line will be offered their spot on the team. Travel, accommodation, meals, and camp fee are covered by families of swimmers.~~

## Program #7: Coach Capacity Grant

Sask Artistic Swimming recognizes the need for coaching professionals to oversee the daily training of our province's National Level High Performance Athletes. In response to this need, SAS is forming a partnership with the two National Stream Clubs, the Saskatoon Aquatics (SAQ) and Regina Synchro (RS). The goal of the partnership is to provide NS Clubs RS and SAQ a monthly technical visit from designated HP Consultant.

### **Outline for Coach Capacity Grant 2021-2024 (Funding based on three-year cycle)**

The HP Consultant is a part of a team and is expected to work cooperatively and collaboratively with the High-Performance Director, HP Committee, and club coaches.

They will have two important mandates:

- To assist and/or mentor (as necessary) club coaches of HP National Stream Athletes.
- To support and develop club HP National Stream athletes

The organization will hire HP Consultants from the "Synchro Academy". The Synchro Academy's team consists of Olympians, National Team Athletes or Former National Team Coaches. An appointed team member from Synchro Academy will come into each HP Club (Regina & Saskatoon). There are 4 club visits in total during the regular season (between September and May). As well as **2 HP Camps, one in October and one in January, which feature either Elise Marcotte or one of her team members as the keynote clinician.** Each club visit consists of max 10 hours of coaching time over one weekend.

***In year six of the Quad (Games Year) the club visits turn into 1-2 times per month Canada Games Training Camps that alternate between Regina and Saskatoon or in the center that has available pool time.***

The HP Consultant is to encourage the pursuit of excellence by providing a positive environment when working with HP Program NS club coaches and athletes. The goal is to help our NS club athletes and coaches achieve increased performance/placing results at major competitions.

This plan ensures the North and South HP Clubs receive equal coach/athlete exposure to a High-Performance Consultant with International level experience and knowledge.

***Rural coaches have an open-door policy to come and observe anytime. All HP Program Athletes will attend two HP Camps (Oct and Jan) where HP Consultant/HP Director will be keynote clinicians.***

This approach ensures continued professional development and consultation with a consultant who will provide a new fresh perspective. A consultant can teach techniques

they learned at the Canada Artistic Swimming Center of Excellence and get in the water and demonstrate techniques if required. A consultant of this caliber can also share their total Olympic experience with athletes including mental state, daily motivation, and what it takes to be the best!

This approach supports Goal #3 of early identification and support of potential Canada Games Athletes by:

- Allowing the clubs National Stream coaches and/or head coach to work with their talent identified PS level coaches/swimmers when the HP consultant is visiting their club. Currently, both clubs have two to three National Stream coaches who could rotate working with HP consultant and mentoring PS level talented athletes and their coaches.
- Offer new and innovative choreography.
- Would provide professional development and a new fresh perspective for our coaches/clubs

## **Program #8: HP Coach Staff Professional Development Program**

Professional Development is an important part of Saskatchewan's Artistic Swimming vision of podium success in the future. Based on our vision, Sask Artistic Swimming will select a minimum of one HP Coach from their staff or pool of club National Stream Coaches to participate in the National Team Training Program as an apprentice, coach, or observer each year.

## Program #9: Enhanced Sports Science and Medicine Program

### INTRODUCTION

Saskatchewan's Sport Development Strategy identified that important needs for achieving Excellence were access to affordable facilities, high performance coaching and officiating, high performance competition, financial support programs, and other performance support services for athletes and coaches.

### GOAL STATEMENT

Create an increased pool of Saskatchewan athletes, coaches, officials and teams who are systematically achieving success at regional, national and international levels through fair and ethical means following Canadian Sport for Life principles.

### ELIGIBLE SERVICE AREAS

The main purpose of the Enhanced Science and Medicine Program is to increase the Strength and Conditioning activity of the sports targeted by the program. This will include development, implementation, monitoring and supervision of a comprehensive strength and conditioning program (core strength, weight training, stretching, etc.). Physiological Field and/or Lab Testing should also be a component.

This program will be led by the network of Strength and Conditioning experts currently available to our sports through the Sport Medicine and Science Council of Saskatchewan. We will increase the amount of access available to this network of service providers for selected sports. This increase access will come with increased accountability for these sports through the requirement of clearly outlined plans that include important components including monitoring and key expected outcomes (testing outcomes, etc).

***Note: It is recommended that a “physical evaluation process” be incorporated into the development and ongoing maintenance of any prescribed strength and conditioning program.***

As mentioned, Strength and Conditioning will be the primary focus for this new investment, however, other service areas may also be eligible, including:

- Nutrition
- Mental Training
- Sport Medicine (e.g., pre-activity physical assessment that may include concussion education and prevention (baseline testing), injury care and prevention education

**Sept 2022 to August 2023 Service Plan**

**Total Grant: \$12,450**

**October High Performance Camp (Regina) – Oct 29-30, 2022**



Targeted Group:

HP Excellence Program Athletes/Provincial Team (Ages 13-19) and their coaches – Regina/Saskatoon/Border City/North Battleford/Weyburn

HP Development Program Athletes and their coaches – Regina/Saskatoon/North Battleford/Border City/Weyburn/Yorkton/Estevan

2 hour – Land Training/Biomechanics with Shaun Custer; training shoulders.

1 hour – Yoga; calm & focusing on slowing down our breathing. Sitting with our thoughts.

1 hour – Coaches Mental Training Session – managing athlete competition anxiety

2 – hour – Sleep and Performance management around exams/homework; importance of sleep, recovery.

Monitoring: Coach check-ups on action plan developed by athletes and mark improvement at competitions

***Total: \$690.00***

**Whole Athlete Development Camp (Yorkton) – Nov. 26-27, 2022**

Targeted Group:

Recreational and Competitive coaches and athletes and their parents from every club in the province. Saskatoon, North Battleford, Weyburn, Estevan, Regina, Yorkton, Border City, Wynyard, Moose Jaw, P.A, and Flin Flon

Age Groups of athletes: 8 and under, 10 and under, 12 and under, 13-15, 16-18, Senior  
4 hrs – Sports Science Sessions for Athletes – Concussion Workshop, Nutrition, Mental Training, Land Training

Monitoring: Coaches – TBA

***Total: \$460.00***

**January High Performance Camp (Saskatoon) – Jan 14-15, 2023**

Targeted Group:

HP Excellence Program Athletes/Provincial Team (Ages 13-19) and their coaches –

Regina/Saskatoon/Border City/North Battleford /Weyburn

HP Development Program Athletes and their coaches – Regina/Saskatoon/North

Battleford/Border City/Weyburn/Yorkton

2 hour – Mental Consultant – Topic? Lisa Hoffart – 1hr session with each age group – Excellence/13-15 - navigating your social media account; 12U – visualization, competition nerves.

2 hour – Cooking Class – Heather Hynes

3 hour – Land Training with a focus on exercises to incorporate into your land training that will aid in improvement of June Land Testing skills – Bruce – 1 hr session with each age group at HP Camp.

Monitoring: Coach check ups on Game Plan developed by athletes;

Monitoring: Coaches – Snack/meal checks at daily practice and competitions

Monitoring: Coach check ups on action plan developed by athletes and mark improvement at competitions

**Total: \$805.00**

### **High Performance Trials Event (Regina) – May 28, 2023**

Targeted Group:

Competitive coaches and athletes from clubs in the province whose athletes qualify to attend the 2022 HP Trials Event. (Based on mark standard). Possible club: Saskatoon, North Battleford, Weyburn, Estevan, Regina, Yorkton, Border City, Moose Jaw, and PA.

Age Groups of athletes: 10 and under, 12 and under, 13-15, 16-18, Senior

7.5 hours – Land Testing Event – Strength and Conditioning Consultant to evaluate Canada Artistic Swimming's LTAD Land Routine. Counts towards Provincial Team Results and HP Program Entrance

KPI/monitoring: Improvement in results from 2022 testing event

**Total: \$862.50**

### **National Stream Club Land and Conditioning Program in 2022/2023**

Targeted Group:

\$8,740 to two clubs with National Stream Programming for weekly supervised strength/conditioning/injury prevention programs (Includes Canada Winter Games Team)

\$4,370 Regina Club National Stream Athletes: 38 One-hour sessions (\$115/hr) with

Level 10 or Sean Kuster. These hours could include trainers helping at pool side with biomechanics in the water or utilizing a mental consultant.

\$4,370 Saskatoon Club National Stream Athletes: 38 One-hour Sessions (\$115/hr) with Ignite Athletic Services. These hours could include trainers helping at pool side with biomechanics in the water or utilizing a mental consultant.

Monitoring:

HP Selection land/conditioning testing as outlined in HP Program Working Booklet completed on each athlete once twice per year by the strength trainer:

#1 – End of Nov

#2 – End of Feb

#5 – June HP Trials Event

KPI – Improvement throughout the season on the above battery of tests

**Total: \$8,740.00**

**Athlete Assistance Training Hours:**

Current High Performance Excellence Athletes will receive additional High Performance Training Support. Results from the 2022 HP Trials will determine who has been named to Excellence. Nationals will determine who is eligible for individual sports science training hours. Athletes will reach out to the HP Director if they wish to use these services. It will be first come, first serve.

Targeted Group:

All excellence status athletes will have the opportunity to claim hours (mental training, strength and conditioning, or a nutrition session).

Targeted Athletes: Bronte Cawkwell, Joley Friesen, Natalia Hadland, Emerson Hunchak, Sienna Kuchuran, Kaibre Lumbard, Fabiola Salazar, Morgan Vaughan, Claire Walsh

KPI 's - Outlined in Sask Artistic Swimming HPPI Plan – Placing Athletes on the National Team

**Total: \$920.00**

**Total Cost of submitted Sports Science Plan: 12,477.50** (Sask Artistic Swimming will cover the \$17.50 left over.)



### **The High-Performance Management Committee**

High Performance Chair – Kassidy Yockey

High Performance Director – Shaelynn Thiessen – 306-241-2958–

[hpd@saskartisticswimming.ca](mailto:hpd@saskartisticswimming.ca)

High Performance Coach – Laurie Wachs – 306–281–5071-

[hpc@saskartisticswimming.ca](mailto:hpc@saskartisticswimming.ca)

HP Consultant – Elise Marcotte, Founder of Synchro Academy –

[marcotte.elise@gmail.com](mailto:marcotte.elise@gmail.com)

High Performance Club Representatives – Daby Asham-Friesen (SAQ) and Jason Cawkwell (RS)

Athletes Representative – Lindsay Ritter

Member at Large- Erinn Bartsch (Level 4 Judge)

President, Artistic Swimming Saskatchewan – Bob Dembrowski

VP Sport Development, Artistic Swimming Saskatchewan – Carol Chernishenko

Club representation on the committee is crucial as they are your link to the High-Performance program. Any questions or concerns about the program should be forwarded to your club representative or the HP Chair who is responsible to speak to these issues at committee meetings. Club reps are responsible for education of club boards and the membership regarding the High-Performance program. It is the responsibility of the club rep to relay committee decisions and rationale behind these decisions to club board of Directors.