

2022 NATIONAL ARTISTIC SWIMMING TRIAL (FOR JUNIOR AND SENIOR TRAINING SQUAD)

The 2022 National Artistic Swimming Trial will be governed by the rules in the (1) FINA Handbook 2017-2021 as well as those of (2) Singapore Swimming Association (SSA).

Swimmers who are interested to participate in the 2022 National Trial are invited to train under the National Team Head Coach prior to the National Trial. Open Pool training sessions will be held at Toa Payoh Swimming Complex, from 15 November 2021 to 13 January 2022.

Link for registering open pool session:

(Mondays & Saturdays - 15, 20, 22, 27, 29 Nov)

November link- tinyurl.com/ASOPENPOOL-NOV21

(Tuesdays & Thursdays- 02, 07, 09, 14, 16, 21, 23 Dec)

December link- tinyurl.com/ASOPENPOOL-DEC21

(Tuesdays & Thursdays- 04, 06, 11, 13 Jan)

January link- tinyurl.com/ASOPENPOOL-JAN22

The current 2021 National Team swimmers will continue to train daily (Monday to Saturday) at Toa Payoh leading up to the National Trial.

Kindly note that any swimmer wishing to represent Singapore in any Artistic Swimming Competition (Virtual or Physical) must participate in these trials.

1. NATIONAL TRAINING SQUAD/ NATIONAL TEAM TRAINING HOURS

SSA requires swimmers selected to the National Training Squad/National Team to attend all training sessions (100% attendance). National Team training hours are as follows:

Monday to Friday – 5pm to 9.30pm

Saturday – 7am – 1pm

Sunday – Off day

- a. Permission **must** be obtained from the National Head Coach should the swimmer wish to be excused from any training.
- b. Additional training hours may be added prior to competition.
- c. SSA may arrange supplementary training sessions for swimmers to enhance their skills and performance, e.g., dance, acrobatics, gym training, strength, and conditioning, etc.

2. COMPETITIONS

The list of overseas competition that SSA may consider participation in, based on the current FINA (Federation Internationale De Natation), AASF (Asia Swimming Federation) and LEN (Ligue Européenne de Natation) calendars and any others that may be introduced at a later time, includes:

- FINA Artistic Swimming World Series 2022, February - July 2022
- 19th FINA World Championships 2022, 13-29 May 2022, Fukuoka, Japan

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- FINA Artistic Swimming Super Finals 2022, TBC
- 19th Asian Games 2022, 22-25 September 2022, Hangzhou, China
- FINA World Junior Artistic Swimming Championships 2022, TBC, Quebec
- 11th Asian Age Group Championships, TBC
- All other potential listed international competitions from the FINA, AASF and LEN calendars for various age groups categories.

GENERAL RULES

3. ELIGIBILITY TO PARTICIPATE IN THE NATIONAL TRIAL

- a. Only Singapore Citizens will be permitted to participate in the 2022 National Artistic Swimming Trial (National Trial).
- b. Any swimmer who wishes to be a part of the 2022 National Training Squad/ National Team must participate in the National Trial, unless an exception is granted by SSA, permitting the swimmer to not participate in the National Trial due to extenuating circumstances.
- c. All swimmers participating in the National Trial must be a registered member of a swim club affiliated to SSA. The swimmers will not be allowed to change their club affiliation during the period when they are a member of the National Training Squad/National Team. The swimmer must maintain their membership status with the swim club and continue to pay their respective club's membership fees.
- d. All swimmers must be **at least 15 years old by 31 December 2022.**

4. SELECTION FOR THE NATIONAL TRAINING SQUAD

- a. The final number of team members to be selected into the National Training Squad will be determined by the National Head Coach and the High- Performance Team (HPT) based on the National Trial results.
- b. Upon selection into the National Training Squad, all swimmers will be required to sign the Athlete Agreement with SSA before the swimmer commences training. All swimmers comes under the management of SSA and shall abide by its Rules and Regulations which includes all the terms and conditions in this document.
- c. Any participating swimmer who has in the past 2 years, from 1 January 2019 to 31 December 2021, (1) sustained any physical injuries and unable to train for a period or repeatedly missed training due to such injuries, or (2) has been recommended to refrain from training/excused from training due to any physical/ medical illness, must declare such injuries or condition to SSA. **The swimmer would be required to submit a certificate of fitness by the relevant doctor, before they are offered an athlete's agreement, if they are selected to be in the National Training Squad.**
- d. Once selected into the National Training Squad or National Team, swimmers will be required to train under the National Head Coach and will not be permitted to train under their club or school coaches (exception granted during preparation for SSA National School Artistic Swimming Championships (NSASC)).

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- e. All decisions made by SSA in the selection of the swimmers for the National Training Squad is final.

5. SELECTION FOR THE NATIONAL TEAM

- a. After **5 months of training (June 2022)** in the National Training Squad, the National Head Coach, together with the HPT, will determine the final 12 swimmers who will form the National Team till 30 November 2022. The remaining swimmers not selected will return to the respective clubs.
- b. During the mentioned **5 months**, swimmers will also be assessed on the following qualities and attributes:
- i. Technical ability or potential (Dynamic and sustained height in upper body and lower body movement, rapid and precise arm movement, rapid and precise leg movement, accuracy and clarity of the movements, lightness and alignment, solidity, full body extension and extension of the legs, flexibility inside and outside of the water)
 - ii. Training endurance (endurance in complete routine, including propulsion, dynamic kicks and strokes, dynamic and sustained height in the upper and lower body movements during routines, precision in the figures and elements in the routine, precision in the upper body movements through the routine, consistency of the performance)
 - iii. Choreography (routine) skill. Manner of presentation of the routine (full body and facial expression, energy in upper and lower body movements, effortless, consistency of performance. Music interpretation (character, mood, feeling of the music). Synchronization with the music and with another swimmers.
 - iv. Behaviour and attitude (consistency in training, giving best effort at all times, maintaining high intensity during routines and swim skills, punctuality, commitment/dedication, leadership, good work ethic, concentration/focus, openness to comments, ability to self-evaluate, ability to make quick corrections, display a positive attitude, show respect towards coaches and other swimmers.
 - v. Team chemistry – interaction/relationship with teammates, coaches and other relevant personnel is essential.
 - vi. Potential duet ability for short term and long term
 - vii. Abilities in lifts (as a flyer, as a middle, having explosive strength to maintain a lift)
 - viii. Psychological and physical readiness to handle the competition
- c. The swimmer, who in the opinion and assessment by the National Coach, is lacking in any of the above qualities, may not be selected for the National Team, despite ranking better (from the National Trial results) than another swimmer. It may also result in the selection of one swimmer over another if the difference between the two swimmers is relatively close in ranking at the National Trial. Please note that once swimmers are in the National Training Squad, rankings from the National Trial are used only as a guide.

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- d. The swimmers representing Singapore for any competition will be selected **only** from the National Team. The National Head Coach, in consultation with HPT, will determine the swimmers for (1) Solo, (2) Duet, (3) Flyers for the National Team and the Junior / Age Group teams.
- e. Depending on the rules and regulation of the host country/ overseas organising committee, the number of National Swimmers permitted to participate at any competition may be limited. As SSA is expected to abide by these rules, there is a possibility that some swimmers may not be permitted to travel for the competition with the team. All decisions made by SSA in the selection of swimmers from the National Team are final.
- f. In the event there are insufficient National Team Artistic Swimmers for any of the Open category/ FINA World Junior Championships/ Competitions, SSA reserves the right to hold ad-hoc selection trials, which SSA is entitled to, but not obligated to hold, and select additional swimmers to form a team for these competitions. Such additional swimmers selected at these ad-hoc trials for the competition shall then represent Singapore upon signing the athlete agreement for the training and competition for a determined period. In such instances, the swimmers who are already in the National Team need not trial again.
- g. **HOWEVER** , for the age group competitions of FINA World Youth Championships, Asian Age Group and any other competitions that involve swimmers below 15 years , ALL eligible swimmers including those in the National Training Squad/National Team are required to participate in a separate trial which will be held closer to the competition date, should they wish to represent Singapore in these specific competitions.
- h. Kindly note that participation in any of the competition is dependent on the competition readiness of each duet and/or team swimmer and will be determined by the National Team Coaches & High-Performance Team (HPT). SSA reserves the right to replace, change, reduce or add any swimmers for the above competitions based on needs and budget availability. Swimmers may be required to self-fund for some of the listed overseas competitions/training camp.
- i. **The Athlete Agreement will cover the period 17 January 2022 and ends on 30 November 2022.** HOWEVER, as indicated in the document, SSA will release swimmers back to the club when the size of the National Training Squad is cut to 12 members to form the National Team.
 - i. Any swimmer who is absent without official leave (AWOL) from any training sessions, without first obtaining official approval from SSA after signing the Athlete agreement, regardless of any reason including, but not limited to, any form of physical or medical illnesses, will be subjected to disciplinary action.
 - ii. Any swimmer who is unable to attend trainings, training camps or local & overseas competitions not due to an injury or illness shall formally write to SSA to seek official approval of non-attendance. SSA reserves the right to deny or approve any such request. Official approval must be sought before she can excuse herself from the stipulated training, training camps, local and overseas competitions as stated in the document.
 - iii. Any absence from National Training, training camps or local and overseas competitions due to injury or illness must be accompanied by a Medical Certificate. If the injury is persistent, the swimmer may need to consult with an SSI doctor, and if the injury renders the swimmer to be absent for a prolonged period, SSA reserves the right to release the swimmer from the National Team.

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- iv. In the event a swimmer, after signing the Agreement, wishes to take a Leave of Absence (LOA) from the National Team or the National Training Squad to prepare for school examinations, the swimmer must formally inform **SSA in writing at least 30 days before the proposed leave period**. The LOA request will be reviewed by the SSA Vice-President (Artistic Swimming), SSA Sport Director and the National Head Coach. SSA Vice-President may at his discretion, include any other individual to review the LOA. SSA reserves the right to deny or approve any LOA request. **A minimum attendance– 3x a week, each session of 2 hours is required during the approved LOA period**. All other requests will be subject to review from the management.
- v. Any swimmer who leaves the National Training Squad or National Team between **17 January 2022** and **30 November 2022**, without written approval from SSA will not be permitted to participate in the following year's National Trial.
- vi. The National Head Coach, in consultation with the HPT, reserves the right to release / discharge any swimmer from the National Team should the National Head Coach deem the swimmer unable to meet the set criteria with regards to the qualities and attributes required or if the swimmer fails to strictly adhere to the (1) rules and regulations, (2) code of conduct and all other terms and conditions stipulated in the athlete's agreement.
- vii. Swimmers who are participating in the SSA National School Artistic Swimming Championships (NSASC) in 2022 will be allowed to return to their respective Club or School for trainings 2 times in a week. This will take effect **one month from the scheduled competition date till the commencement of NSASC**. Swimmers who are not participating in the NSASC will be required to train as per the fulltime training schedule for the National Training Squad. Swimmers who are participating in the NSASC will be required to resume fulltime training with the National Squad immediately after the conclusion of NSASC.
- j. The General Rules shall form part of the Athlete Agreement.