



SOUTHERN HIGH PERFORMANCE TRAINING CENTRE (SHPTC)

General Information

Athlete selection into the SHPTC 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.

Financial requirements

It is intended that the athlete and the athlete's club of origin should not be financially disadvantaged by an athlete joining the SHPTC. As such, the following requirements must be met:

1. Athletes will remain members of their existing clubs and continue to pay club membership fees to that club. In the advent of a club terminating membership of an athlete, the athlete is not required to continue to pay membership fees to that club.
2. Any athlete requesting a transfer of club membership after joining the SHPTC is subject to current SWA transfer regulations. The club of origin recognises, by signing the transfer request, that they will not be eligible for ongoing membership payments.
3. All athletes will pay their own access fees to the program venues as required, regardless of their club affiliation.
4. WAIS will pay the specific coaching fees (maximum of \$180 per month) to the club of origin for members of clubs other than South Lake Dolphins and Rockingham to ensure no financial loss to those clubs and athletes for a 12 month period from the commencement date (for a 12 month period from the commencement date at which point this will be re-assessed).

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 "Athlete application" and "Athlete registration" forms attached at the bottom of this document

- Sign a Performance Plan, as developed with the Head Coach

Nationality

The priority for the WAIS / Swimming Australia / Swimming WA 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 who can demonstrate an application for citizenship is in place
- Swimmers not meeting the above requirement will be assessed by the SHPTC Selection panel to determine suitability and value to program

SELECTION

Selection Panel

The SHPTC selection panel will consist of the Head Coach, a Swimming WA representative and a WAIS Representative.

Selection Criteria

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

1. Performance

POOL PERFORMANCE CRITERIA

YEARS	ATHLETE MINIMUM AGE		MINIMUM PERFORMANCE LEVEL	
	FEMALE	MALE	AGE	OPEN
2017-18	15*	16*	National age finalist**	National top 12**
2018-19	16*	17*	National age finalist**	National top 12**

OPEN WATER PERFORMANCE CRITERIA

YEARS	ATHLETE MINIMUM AGE		MINIMUM PERFORMANCE LEVEL	
	FEMALE	MALE	AGE	OPEN
2017-18	15*	16*	National medallist	National top 10 10km***
2018-19	16*	17*	National medallist	National top 10 10km***

* One of the key philosophies underpinning the WA High Performance Training Centres and Australia's Winning Edge Strategy is long-term sustainability. As such, centre partners recognise that the SHPTC Head Coach may, from time to time, recognise a talented athlete whom they believe will benefit from earlier exposure to the elite training and development environment provided by the SHPTC.

** A swimming performance at an event recognised by Swimming WA that is equivalent to or better than the minimum performance level.

*** Within 30-seconds of the first placed Australian.

In such instances, given the endorsement of the SHPTC management committee, the Head Coach may approach the athlete & their coach directly to offer a squad invitation.

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 Long Course 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 SHPTC on an invitation or guest swimmer basis should refer to the process for invited and guest swimmers.
- Athlete applications will be accepted and put to the selection committee at any time throughout the year.
- 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

TERMS & CONDITIONS

1. The High Performance Environment of the SHPTC:

- The purpose of the SHPTC 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 the SHPTC will remain swimming for their home clubs (unless released) and there will be on-going collaboration between SHPTC Head Coach and the home coach.
- In the event of a NHPTC swimmer wishing to transfer club membership, the swimmer shall continue to pay coaching fees to the original club for a period of 6 months from transfer approval.

2. Key Performance Indicators of SHPTC swimmers:

- Must complete a performance plan with the Head Coach
- As determined by the Head Coach attendance at training, camps and competitions as identified in the performance plan
- Demonstrate a willingness to be the “best you can be” at all times
- Adherence to all financial requirements as outlined in this document



ATHLETE APPLICATION FORM

SOUTHERN

HIGH PERFORMANCE TRAINING CENTRE

(SHPTC)

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 the SHPTC. 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

ATHLETE INFORMATION	
Name	
Date of Birth	
Club affiliation	
Years coached by current coach	
Proposed start date at SHPTC	

What is your ultimate goal in Swimming?

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



Swimmer's Performance History

Event	Lifetime PB time	Date & Meet lifetime PB performed	Best current year time	Date & Meet best current year time performed

Athlete Signature: _____

Date: _____

Club Coach Signature: _____

Date: _____

SHPTC ATHLETE REGISTRATION FORM

Athlete Information		
Name (First, Middle, Last):		
Date of birth:	Citizenship status:	
Street address:		
Suburb:	State:	Postcode:
Home phone #:	Athlete mobile #:	
Athlete email address:		
Registered club:		
Parent Information		
Mother		
Name (First, Last):		
Address (if different from athlete):		
Home phone # (if different from athlete):	Mobile #:	
Email address:		
Occupation:	Work phone #:	
Father		
Name (First, Last):		
Address (if different from athlete):		
Home phone # (if different from athlete):	Mobile #:	
Email address:		
Occupation:	Work phone #:	
Additional Parent Information (e.g. step parent, guardian) – if applicable		
Name (First, Last):	Relationship to athlete:	
Address (if different from athlete):		
Home phone # (if different from athlete):	Mobile #:	
Email address:		
Occupation:	Work phone #:	

Emergency Contacts – Other than parents	
Emergency Contact 1	
Name (First, Last):	Relationship to athlete:
Address:	
Home phone #:	Mobile #:
Work phone #:	
Emergency Contact 2	
Name (First, Last):	Relationship to athlete:
Address:	
Home phone #:	Mobile #:
Work phone #:	
Additional Contacts	
School	
School name:	
Principal:	School phone #:
Current year level:	Class / form teacher:
School contact email address:	
Family Doctor	
Doctor's name:	
Practice name:	Practice phone #:
Practice email address:	
Medical Information (*Please attach any action plans for pre-existing medical conditions or allergies)	
Medicare #:	Athlete # on card:
Ambulance cover: Y <input type="checkbox"/> N <input type="checkbox"/>	Private health insurance: Y <input type="checkbox"/> N <input type="checkbox"/>
Cover provider:	Membership ID:
Level of cover:	Ancillary benefits:
Pre-existing medical conditions*:	
Allergies*:	
Additional Athlete Information or Contacts	