

WAIS NORTHERN HIGH PERFORMANCE TRAINING CENTRE (NHPTC) PROGRAM

'INVITED' and 'GUEST' swimmers

'INVITED' SWIMMERS

General Information

At any time, an eligible swimmer may request with their current home coach to swim with the NHPTC squad for some of the training sessions. The current home coach will follow the "Process for Consideration" as outlined at the end of this document before the athlete is officially invited to train. The duration of the invitation period shall be a minimum of two (2) months with the number of weekly training sessions to be determined on an individual basis by the NHPTC Head Coach. At the end of the two month period, the Head Coach will conduct an individual athlete review and, in conjunction with the swimmer's current home coach, recommend the best training environment moving forward.

If an invited swimmer is failing to meet the required standards of the NHPTC squad at any time, the Head Coach will discuss this with the swimmer and their current home coach. This may result in immediate removal from the NHPTC squad.

To be eligible for invitation, swimmers must:

- Reside in Western Australia
- Be an Australian citizen
- Be a current registered member of a Swimming WA affiliated swimming club
- Meet the "Factors Assessed By Coaches" (see below)
- Meet the age criteria outlined in the NHPTC selection criteria document or have a birthday during the invitation period that meets the criteria.
- Sign a WAIS 'Training Agreement'

FACTORS ASSESSED BY COACHES

The following factors will be considered as part of the process for selecting swimmers who are invited to swim alongside the NHPTC, under the direction of the NHPTC Head Coach.

1. Potential to Progress



a) Physical

- Health
- Ability to meet training demands
- Current performance level

b) Technical

- Technique (as rated by NHPTC Head Coach)
- Ability to make technical corrections

c) Psychological

- Emotional maturity to train in 'elite' environment
- Motivation to continually improve

d) External

- Attendance record
- Ability to manage external commitments (school, university, work etc.) without compromising training

2. Personal Excellence

- Discipline
- Positive attitude
- Respect to program, team mates and coaches

Notes:

- Evidence from previous training environments will be sourced to determine the suitability of the athlete as an invited swimmer
- Consideration of 'Potential to Progress' and 'Personal Excellence' factors detailed above may be taken into account over and above any performance measures

PROCESS FOR CONSIDERATION AS AN INVITED SWIMMER

The process for consideration as an invited swimmer is as follows:

1. Swimmer discusses with current home coach their desire to be considered as an invited swimmer to the NHPTC squad.
2. Current home coach communicates with the swimmer regarding their suitability as an invited swimmer with the NHPTC squad
3. Current home coach discusses invitation of swimmer with the NHPTC Head Coach
4. NHPTC Head Coach makes decision regarding invitation, completes the 'Invitation Template' and informs the swimmer, club and WAIS of the decision.



INVITATION TEMPLATE

WAIS NORTHERN SUBURBS HIGH PERFORMANCE TRAINING CENTRE (HPTC)

Swimmers Name:

Age:

Current Home Coach:

<i>To be completed by the NHPTC Head Coach.</i>	1	2	3	4	COMMENT
	Well below standard	Below Standard	Acceptable	Above Standard	
POTENTIAL TO PROGRESS					
Physical <ul style="list-style-type: none"> Health Ability to meet training demands 					
Technical <ul style="list-style-type: none"> Technique Ability to make technical corrections 					
Psychological <ul style="list-style-type: none"> Emotional maturity to train in 'elite' environment Motivation to continually improve 					
External <ul style="list-style-type: none"> Attendance record Ability to manage external commitments without compromising training 					
PERSONAL EXCELLENCE					
<ul style="list-style-type: none"> Discipline Positive attitude Respect to program, team mates and coaches 					

NHPTC HEAD COACH

Name:

Signature:

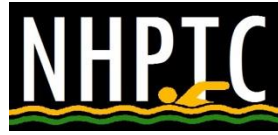
Date:

CURRENT HOME COACH

Name:

Signature

Date:



'GUEST' SWIMMERS

General Information

On occasions, swimmers from overseas or interstate may request to train in the Northern High Performance Training Centre. All requests will be considered individually, on a case by case basis.

The WAIS Technical Performance Team Director in consultation with SAL and SWA will be responsible for the approval of guest swimmer applications. The primary factor in approval of guest swimmer status will be the benefit the swimmer can bring to the NHPTC environment.

All guest swimmers will be required to sign a 'WAIS Training Agreement'.