

# WAIS Diving Program Selection Guidelines, Criteria and Process

**Approved by:** Performance Team Director - Pathways

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## 1. Background

The WAIS Diving Program works in partnership with Diving Australia and Diving WA. The program provides a pathway for athletes to progress to the National High Performance Training Centres (Pillar programs located in Brisbane, Sydney, Melbourne and Adelaide).

Athletes will either be;

1. New scholarship athletes
  - a. National Elite Pathway Program (NEPP) or State Team Program (STP) divers
  - b. talent transfer athletes
  - c. Existing age or interstate divers or
2. Existing scholarship athletes (renewal)

There are two types of support programs available to these identified WA Divers

1. WAIS Diving Program scholarships for athletes who spend the majority of the year in the WAIS Daily Training Environment (DTE).
2. WA Connect Grants (WACG) for nationally categorised divers who spend the majority of the year outside the WAIS DTE (inside the DA Pillar programs).

## 2. Program objectives – KPI's

1. Prepare athletes to transition to the National High Performance Training Centres.
2. Maximise the WA contribution to Australian podium performances.
3. Maximise WA representation on National Junior and Senior teams.

## 3. Scholarship term and review

The term of the scholarship and WACGs will be from **1 February – 31 January each year**. Scholarships will be reviewed at agreed intervals against selection criteria and program objectives.

## 4. Selection Criteria

### **New scholarship athletes**

There are 3 pathways for selection:

#### **A. NEPP/STP**

Athletes may be invited to a trial on a WAIS Training Agreement for 8-12 weeks (dependent on agreement between WAIS and athlete) based upon the following;

- Current list of acquired skills – appendix 1
- Relevant competition results – appendix 2
- Potential to progress – appendix 3A
- Current competitive lists/dives
- Acrobatic abilities

Following the trial athletes may be offered a scholarship based upon the following;

- Commitment to and throughout the trial
- Ability to make requested corrections
- Improved dive ability and increased difficulty of dives
- Following the model of the WAIS values
- Potential to progress – appendix 3A

#### *B. Talent transfer*

Athletes may be invited to a trial for 8-12 weeks on a WAIS Training Agreement (dependent on agreement between WAIS and athlete) based upon the following;

- See attached criteria from Diving Australia – athletes with no diving experience

#### *C. Existing age or interstate divers*

Athletes may be invited to a trial period (time frame dependent on agreement between WAIS and athlete). Following the trial athletes may be offered a scholarship based upon the following criteria, as according to Diving Australia's high performance program standards (DA HPP);

- If Group C or below must be training and competing on both Platform and Springboard.
- Must have the ability to develop a list of dives from all 6 groups as assessed by the DA General Manager, Performance and Pathways.
- Must have a list of optional dives that is internationally competitive and meets the DA HPP DD standards outlined below and
- Must have achieved at least one score from the list below at a State or National level event.

#### **Existing athletes – renewal**

Selection is based on the following;

- Results from the most recent Junior Elite Nationals and/or Open Nationals prior to the year of scholarship renewal
- Be in accordance to the criteria set forward by Diving Australia (see attached)
- Current competitive dive lists (comparative to domestic and/or international competitors)
- Potential to progress – appendix 3B

#### **6. Selection Process**

A Selection Panel consisting of the WAIS Performance Team Director – Pathways (acting as Chairman), the WAIS Head Diving Coach, the DA General Manager, Performance and Pathways and the DWA CEO (or representative) will be formed.

The panel will evaluate and rate current and proposed divers against the selection criteria listed above based on feedback from the panel members and additional data from WAIS service providers where appropriate.

Divers who will spend a significant time outside the WAIS Daily Training Environment will be considered for a WACG.

Once selected, these names will be sent to the WAIS CEO for approval.

WAIS Diving scholarships and WACGs are not confirmed until the athlete has completed all WAIS administrative requirements.

## **7. Queries on Selection**

All questions concerning any aspect of selection must be in writing and addressed to the WAIS Performance Team Director – Pathways within 14 days following notification.

## **8. Appeal Process**

If an athlete wishes to lodge an appeal about the selection outcome, this appeal is to be submitted in writing to the WAIS Performance Team Director - Pathways.

Appeals will be reviewed thoroughly by the Selection Panel. The athlete will be advised of the outcome of the appeal in writing by the WAIS Performance Team Director - Pathways.

In the event that the athlete is unsatisfied with the outcome of an appeal, the appeal can be escalated by the athlete to the WAIS CEO, in writing. In this instance, the Performance Team Director - Pathways will review the process followed by the selection panel and provide a further recommendation to the WAIS CEO. The WAIS CEO will then review the process followed by the selection panel and the Performance Team Director and notify the athlete of the outcome of the appeal in writing.

## **9. De-selection Process**

*Athlete initiated* - An athlete wishing to withdraw from the Program may do so at any time by informing their WAIS Performance Team Director and/or Coach in writing.

*Coaches initiated* - The WAIS Coach may recommend to the Selection Panel the withdrawal of an athlete's scholarship after a formal review or at any other time deemed necessary, based on the athlete's current and future performance, commitment and potential to achieve the program's objectives.

*WAIS initiated* - An athlete's program scholarship may be suspended or terminated where he or she breaches the WAIS Athlete Agreement and/or the DA member protection policy.

Athletes who are deselected will be assisted in accordance with the WAIS Athlete Transition Policy.

## 10. Scholarship Classifications

The athletes are classified into Podium Pathway categories, these categories are defined as follows:

Podium Pathway category	Description	Other category	Description
<b>Podium</b>	Athlete who had a medal performance at a world championship (or equivalent) event in the previous 24 months and is considered capable of a medal at the next world championship (or equivalent) event.		
<b>Podium Ready*</b>	Athlete who placed fourth to eighth at the most recent world championship (or equivalent) event and is considered capable of progressing to Podium in the next two years		
<b>Commonwealth Gold **</b>	Athlete who does not fit into the categories above but is considered capable of a gold medal at the 2018 Commonwealth Games.	<b>International</b>	Athlete who does not satisfy any of the <b>Podium Pathway</b> category criteria but has earned selection for the national senior team or squad preparing for the NSOs benchmark event.
<b>Podium Potential***</b>	Athlete who is considered capable of progressing to at least Podium Ready in the next two years.		
<b>Developing</b>	Athlete who is considered capable of progressing to at least Podium Potential in the next two years.		
<b>Emerging</b>	Athlete who is considered capable of progressing to at least Developing in the next two years.		

A schedule of benefits will be defined and offered as per their scholarship categorisation and the WAIS Athlete Benefits Policy.

## Appendix 1 - Required skills

### Water Skills

1m	3m	5m	7.5m	10m
<ul style="list-style-type: none"> <li>○ 101B,C</li> <li>○ 201B,C</li> <li>○ 301B,C</li> <li>○ 401B,C</li> <li>○ 5122D, 5221D</li> <li>○ 3 bounce</li> <li>○ 103C,B</li> <li>○ 203C</li> <li>○ 303C</li> <li>○ 403c</li> <li>○ Competent hurdle</li> </ul>	<ul style="list-style-type: none"> <li>○ 101B,C</li> <li>○ 201B,C</li> <li>○ 301B,C</li> <li>○ 401B,C</li> <li>○ 5132D, 5231D</li> <li>○ 3 bounce</li> <li>○ 103C,B</li> <li>○ 3 bounce</li> <li>○ 105B,C</li> <li>○ 203C,B</li> <li>○ 303C,B</li> <li>○ 403C,B</li> <li>○ Competent hurdle</li> </ul>	<ul style="list-style-type: none"> <li>○ 100A,B,C</li> <li>○ 200A,B,C</li> <li>○ 001A,B,C</li> <li>○ 002A,B,C</li> <li>○ 101B</li> <li>○ 201C</li> <li>○ 301B,C</li> <li>○ 401B</li> <li>○ 612B</li> <li>○ 5231D</li> <li>○ 103B,C</li> <li>○ 403C</li> <li>○ 203B</li> <li>○ 303C</li> <li>○ Competent platform approach</li> </ul>	<ul style="list-style-type: none"> <li>○ 100A,B,C</li> <li>○ 200A,B,C</li> <li>○ 001B</li> <li>○ 101B</li> <li>○ 103B</li> <li>○ 301B</li> <li>○ 401B</li> <li>○ 612B</li> </ul>	<ul style="list-style-type: none"> <li>○ 100A,B,C</li> <li>○ 200A,B,C</li> <li>○ 001B</li> </ul>

### Dryland Skills

Ground	Trampoline	Dryboard	Land Somersaults	Strength
<ul style="list-style-type: none"> <li>• Hurdle model in correct sequence</li> <li>• Back press model in correct sequence</li> <li>• Balanced handstand – min hold 10 secs</li> <li>• Platform approach</li> <li>• Backward tuck and pike come out sequences on the ground</li> </ul>	<ul style="list-style-type: none"> <li>• 1 step hurdle pike jump</li> <li>• 201B,C to back</li> <li>• 102C&amp;B, 202C&amp;B</li> <li>• 104B,C to seat</li> <li>• 203C&amp;B to back</li> <li>• 5221D to seat</li> <li>• 5122D to seat</li> </ul>	<ul style="list-style-type: none"> <li>• 3 bounce fwd jump</li> <li>• 10 bounces continuously in time</li> <li>• Acceptable and competent approach and hurdle</li> <li>• 201B,C to back</li> <li>• Standing, hurdle or bouncing</li> <li>• 301B,C to back</li> <li>• 102C&amp;B, 202C&amp;B, 302C&amp;B, 402C&amp;B</li> <li>• 203C&amp;B, 303C&amp;B to back</li> <li>• 104B,C to seat</li> <li>• 5221D to seat,</li> <li>• 5122D to seat</li> </ul>	<ul style="list-style-type: none"> <li>• 102C&amp;B to seat</li> <li>• 102C to feet</li> <li>• 202C</li> <li>• 302C</li> <li>• 402B to back</li> <li>• 402C to feet</li> </ul>	<ul style="list-style-type: none"> <li>• 20 pike ups without stopping – perfect form</li> <li>• 20 push ups without stopping – perfect technique</li> <li>• 10 hanging pike ups without stopping – perfect form</li> </ul>

## **Appendix 2 – relevant competition results**

- Complete NEPP level 2 at Australian Elite Junior National Championships
  - And place top 3
- OR
- Compete minimum Junior C at the Australian Elite Junior National Championships
  - And place top 6 in Springboards and/or platform in respective age group
- Compete at Open Australian Championships in Spring board and/or Platform
  - And place top 8

## **Appendix 3A – potential to progress**

- Coachability
  - Compliant of WAIS values
  - Compliant of coach's rules, expectations, and instructions
- Ability to commit to program demands
  - Training times
  - Training hours
  - Training volume
  - Physical demands
  - Expected competitions
- Physical attributes
  - Vertical jump
  - Flexibility
  - Speed
  - Form – body lines, posture, leg extension, toe point
  - Overall body awareness and coordination
- Projected potential skill ability

## **Appendix 3B – potential to progress**

- Coachability
  - Compliant of WAIS values
  - Respect and commitment to coach and program
- Commitment to program demands
  - Training Times
  - Training hours
  - Training volume
  - Physical demands
  - Expected competitions
- Physical attributes
  - Vertical jump
  - Flexibility
  - Speed
  - Form – body lines, posture, leg extension, toe point
  - Overall body awareness and coordination
- Projected advancement in dives and competitive lists relevant to age group
- Projected advancement to international competitive status