

# NATIONAL AGE PROGRAMME 2021 – 2022

## 1. Overview of Calendar activities

	DATE	ACTIVITY	NOTES
	April 2021	NZ Champs - 05-10 (Auckland) NAGS - 19-23 (Wellington) NAP athlete & coach applications close on Friday 07 May Athlete performance reviews	Selections confirmed for World Junior Champs, World University Games, World Junior Open Water & Oceania Champs. Please note that SNZ is not sending teams to these events due to the ongoing impacts of Covid-19. However, our intention is to support the selected athletes using virtual meets / training camps NAP 2020-2021 athletes to submit their log book
Domestic Cycle 1	May <b>2021</b>	NAP applications / Passport reviewed Athletes and coaches selected Programme induction via Zoom	NAP 2021-2022 starts on 24 May Athletes start using their NAP Passport
	June	National Tests (Kiwi Number & Kick) Club visits Distance / OW Camp applications close on 30 June	Test results collated and published to the coaches Club visits to support coaches & athletes
	July	<b>Tri Series Tour - 12-17 (Waikato &amp; BOP)</b> NZ Secondary Schools - 22-25 (Auckland) - optional	
	August	National SC Champs - 17-21 (Auckland)	Athletes submit their updated NAP Passport
Domestic Cycle 2	September	Athlete performance reviews New athlete intake National Tests (Kiwi Number & Kick) <b>ASTC - 29-01 (Canberra)</b>	Reviews based on NAP Passport, progress & coach feedback  Test results collated and published to the coaches
	October	<b>SNZ Distance / OW Camp - 11-16 (venue tbc)</b> <b>SNZ Para swimmer Camp - venue &amp; date tbc</b> Club visits	National Stroke Skills Camps moved to January to become part of the NAP Camp Club visits to support coaches and athletes
	November	Club visits National Tests (Kiwi Number & Kick)	Club visits to support coaches & athletes Test results collated and published to the coaches
	December	Target Meet(s) - Regional LC Champs, Aussie State LC Champs and / or <b>NSW Open Water Champs</b> (tbc)	Athletes submit their updated NAP Passport
Domestic Cycle 3	January <b>2022</b>	NZ Open Water Champs - 15-16 (Taupo) Athlete performance reviews New athlete intake <b>NAP Camp - 23-29 tbc (Auckland)</b>	Reviews based on NAP Passport, progress & coach feedback By application (achieved a GSB time) or by invitation from SNZ NAP Camp main focus is on skill development, testing, education & teamwork
	February	Club visits National Tests (Kiwi Number & Kick)	Club visits to support coaches & athletes Test results collated and published to the coaches
	March	Final preparations for NZ Champs & NAGS	
	April	NZ Champs - 05-09 (Auckland) NAGS - 20-24 (Wellington) NAP athlete & coach applications close on 06 May Athlete performance reviews	Athletes submit their updated NAP Passport Final review based on Passport, progress & coach feedback

## 2. National Age Programme Goals & Rationale

The main Goals of the National Age Programme are:

1. Support coaches by adding value to their home programmes and to offer personal development opportunities
2. Support the athletes to continue to improve and to enjoy their swimming journey
3. Increase the number of athletes graduating to the Senior and Para High Performance Programmes with the appropriate skill set, speed, growth mindset and performance behaviours

Athletes who wish to be considered for the NAP must achieve a Gold, Silver or Bronze time\*, and then submit their application using the new Athlete Passport by Friday 07 May 2021. SNZ is looking for strong applications with an emphasis not only on results achieved at the NZ Championships and NAGS, but also clear evidence of the athlete's goals, strengths and weaknesses, and what processes they need to achieve in order to keep improving at a meaningful rate (as highlighted in the coaches Goldprint document). The home coach will need to endorse the athlete's NAP Passport, and to ensure that they have a workable plan in place to support the athlete's goals and processes.

*\* Athletes must advise SNZ of any extenuating circumstances that may negatively affect their performances and reasons in writing with as much notice as possible before the commencement of the selection meets.*

New athletes may be added to the NAP later in the season (if there are places available) after each 4 month block / domestic cycle from performances achieved as follows:

- **Domestic Cycle 1** (May to August) from performances achieved at National SC Champs:
  - SNZ will liaise with coaches of any athletes who achieve significant performances
  - New intake to start in September (thus on the NAP from September to April)
- **Domestic Cycle 2** (September to December) from performances achieved at the Regional LC Champs or Australian State LC Champs:
  - applications welcome from athletes who have achieved the NAP times
  - SNZ will liaise with coaches of any athletes who achieve significant performances
  - New intake to start in January (thus on the NAP from January to April)

Coaches will also need to apply before Friday 07 May if they wish to be on the National Age Programme to provide coaching and leadership support to the athletes on the Tri Series Tour, ASTC and the January Camp. Their application (available on the SNZ website) should also clearly illustrate their professional development plan (as highlighted in the coaches Goldprint document), long term goals and collaborative strengths. There will be a separate application / selection process for international teams (eg. World Juniors, Junior Pan Pacs, NSW Open Water etc) and for the October Distance / Open Water Camp.

The National Age Programme induction (scheduled for middle of May) will be done via Zoom and all athletes and their coaches must attend.

Coaches will also receive in due course the templates for the National Tests (Kiwi Number Stroke Efficiency Test & 10 x 100 Kick Test) along with the necessary protocols and testing periods (so that each test is completed once or twice in each domestic cycle). The National Tests will also feature on the Camps and Tours with the results collated / ranked and published to the coaching community.

The athlete Passport will need to be kept up to date and submitted to SNZ at the end of each domestic cycle. All the relevant dates (testing periods and when to submit to SNZ) will be contained in the Passport for ease of reference. SNZ will then review the athlete Passports (including their training / racing performances, test results, Wellness Log book and tracking data) and we will provide feedback to the coach and athlete on the progress being made, along with any suggestions to make further progress.

### 3. Age Group Matrix

For the 2021 – 2022 National Age Programme, there will be some changes including staggering the activities available to females aged 13 – 15 years and males aged 14 - 16 years. This is in line with our **Balance is Better** approach (also reinforced in the coaches Goldprint document) as we want more age group athletes enjoying their swimming journey and fulfilling their potential as a senior athlete. Please refer to [www.balanceisbetter.org.nz](http://www.balanceisbetter.org.nz) for further information. The main changes are:

- The NAP 2021 – 2022 Gold, Silver and Bronze times are faster than the times set for the 2018 – 2021 period
- The athlete age is defined as their age at the end of each domestic cycle (ie. 30 April, 31 August & 31 December). This ensures that all athletes have 3 opportunities at 4 monthly intervals to gain selection (or to improve their Gold, Silver or Bronze status) onto the NAP rather than the historical system of favouring athletes with a birthday straight after NAGS
- All athletes who accept their place on the NAP will need to complete their national tests in each domestic cycle (4 month training & competition block)
- Female Bronze athletes aged 13 – 15 years and male Bronze athletes aged 14 – 16 years are not be eligible for the January Camp. SNZ will review these Bronze applications in May / June to establish which clubs / regions / zones the athletes are from, and then design the local pathway opportunities for them and their coaches. We will also be encouraging the Regions / Zones to establish their own Development Pathway for these athletes, and for those who achieve a performance standard below Bronze but who are on track to make the NAP within 1-3 years. These Regional / Zonal Pathways should ideally be in place by mid / late 2021
- All Para swimmers aged 14 years and older are eligible for the January Camp
- Bronze athletes from the top 2 age groups (female 16 - 17 years and male 17 - 18 years) are eligible to attend the January Camp
- The Tri Series Tour will not include any able body or Para females aged 13 years and males aged 14 years as of the first day of the event (12 July 2021)
- Whilst the youngest age group at the annual ASTC event is 13-14 years for females and 14-15 years for males, we will be not be selecting any able body or Para 13 year old females and 14 year old males as aged on the first day of the event (29 September 2021). Our overarching focus for the ASTC is long term athlete development with the appropriate skill set, speed, growth mindset and performance behaviours. It is important that coaches plan ahead – so ideally anyone who is on the NAP already has experience of being away from home on club training camps, and with the necessary coping / growth mindset skills

	First intake Age as on 30 April 2021	NAP Passport & National Tests	Distance / OW Camp Age as on 30 April	January Camp Age as on 30 April	Tri Series Tour Age as on 12 July	ASTC Age as on 29 Sept	Local Pathway Opportunities
FEMALE	13 years	Yes	Gold	Gold & Silver	No	No	Bronze
	14 years	Yes	Gold & Silver	Gold & Silver	Yes	Yes	Bronze
	15 years	Yes	Gold, Silver & Bronze	Gold & Silver	Yes	Yes	Bronze
	16 years	Yes	Gold, Silver & Bronze	Gold, Silver & Bronze	Yes	Yes	-
	17 years	Yes	Gold, Silver & Bronze	Gold, Silver & Bronze	Yes	No	-
	Para aged 14 years & older	Yes	NA Para specific camp	Gold, Silver & Bronze	Yes	Yes	Tbc

	First intake Age as on 30 April 2021	NAP Passport & National Tests	Distance / OW Camp Age as on 30 April	January Camp Age as on 30 April	Tri Series Tour Age as on 12 July	ASTC Age as on 29 Sept	Local Pathway Opportunities
MALE	14 years	Yes	Gold	Gold & Silver	No	No	Bronze

	15 years	Yes	Gold & Silver	Gold & Silver	Yes	Yes	Bronze
	16 years	Yes	Gold, Silver & Bronze	Gold & Silver	Yes	Yes	Bronze
	17 years	Yes	Gold, Silver & Bronze	Gold, Silver & Bronze	Yes	Yes	-
	18 years	Yes	Gold, Silver & Bronze	Gold, Silver & Bronze	Yes	No	-
	Para aged 14 years & older	Yes	NA Para specific camp	Gold, Silver & Bronze	Yes	Yes	Tbc

#### 4. January Camp

The January Camp is a 6 – 7 day intensive camp designed to challenge and develop the athletes, and is scheduled for 23 – 29 January 2022. Exact Camp details including whether it is 1 or 2 camps, venues, dates, staffing, timetable etc, will be decided after the athletes have been selected from the first intake. Attendance on the January Camp is based on achieving the Gold, Silver and Bronze times (age specific) at the various selection meets as per the Age Group Matrix details.

The National Stroke Skills Camps that were planned for October have been integrated into January as part of the NAP January Camp:

1. This frees up the entire October holiday for Club Camps and getting the athletes primed for the summer long course season
2. A renewed focus on skill development in January will set the athletes up for their final preparation leading into NZ Champs and NAGS
3. The Distance / Open Water Camp is re-established in the second week of the October holidays to offer the distance and open water athletes the opportunity to train together, and to start preparing for the open water season including the NZ Open Water Champs (see below for the selection criteria)

SNZ's goal is to introduce 3 National Stroke Camps (as Free & Back, Para & Fly & Breast, Medley) as from May 2022 across 3 different venues supporting approximately 16 coaches.

#### 5. Tri Series Tour

This is a 6 day tour from Monday 12 to Saturday 17 July during the first week of the school holidays. The main purpose of the Tri Series Tour is to grow both the coaches and athletes:

- Develop coaching capacity and leadership
- Tough conditions throughout with challenging training sets, travel and compromised racing environments
- The approach is *'All conditions are my conditions'* to grow resilient and adaptable coaches and athletes
- Develop athlete training / racing skills, growth mindset, resilience and teamwork
- ISL type format – athletes will be encouraged to race fast despite multiple races, racing secondary events, fatigue and lack of recovery
- Race analysis to pinpoint the athlete's strengths and also to illustrate where and why their skills and race metrics drop off
- Kiwi Number Test and the national Kick Test will be included as point scoring opportunities
- The ASTC Team will be selected from performances achieved at the National SC Champs - but with weighting given to the athlete's performances (pool and behaviours) from the Tri Series Tour

The Tri Series will be based in the regions and not in Auckland. An example for the first 3 years could be:

July	Rendezvous location	Itinerary via team bus
2021	Auckland airport	Cambridge → Rotorua → Mt Maunganui
2022	Christchurch airport	Ashburton → Timaru → Selwyn
2023	Wellington airport	Whanganui → Palmerston North → Tawa
Years 4 – 6 would repeat with the same rendezvous locations, but with a different itinerary		

### Year 1 example

Day	July 2021	AM	PM
1	Monday 12	Rendezvous at Auckland airport Travel to Cambridge	Workout 1 Workout 2
2	Tuesday 13	Team Games 1 Workout 3	Match 1
3	Wednesday 14	Match 2 Travel to Rotorua	Workout 4 Team Games 2
4	Thursday 15	Match 3	Match 4 Travel to Mt Maunganui
5	Friday 16	Match 5	Match 6 Presentations
6	Saturday 17	Workout 5 Travel to Auckland airport	

### Athlete Selection

- From performances achieved at NZ Champs and NAGS (age as on 30 April 2021)
- To select the maximum overall team size of approximately 24 females and 24 males:
  - Athletes will be ranked according to their Gold, Silver and Bronze status and also the percentage away from the Gold standard in their age group
  - Minimum age is 14 years for females and 15 years for males as on 12 July 2021
  - Athletes who are 17 years (female) and 18 years (male) on 30 April but who age up by 12 July will be considered for selection
- 6 Para swimmers will be selected as 2 per team

### Coach Selection

Coaches will be selected via the application process to be one of the National Age Programme coaches. Each Team will have a Head Coach and a Development Coach (thus a total of 6 coaches). Ideally, the Head Coaches will also be the coaches (plus one other) for the ASTC event in Canberra in September / October to ensure continuity and to maximise the coach development opportunity

### **Team Size**

Each Team will have 16 athletes as 8 female (7 able body & 1 Para), and 8 male (7 able body & 1 Para)

### **Scoring Events**

ISL style points scoring system to be confirmed along with challenge events, jackpots and jokers

### **Presentations / Awards**

These will be done straight after Match 6

## **6. ASTC**

The Australian State Teams Competition (ASTC) is an annual short course event between the individual Australian States and New Zealand. This is our international team entry level and serves a great purpose to develop our young athletes against strong opposition. The format is 4 sessions spread over 3 days at the AIS in Canberra.

### **Athlete Selection**

- From performances achieved at the National SC Champs
- As the ASTC is a Team event, SNZ will select the strongest combined team to maximise our points score:
  - 10 athletes per ASTC age group – Top 7 selected by event pairing results (50 & 100, 200 & 400, 800 & 1500) plus the next top 3 athletes as 'best fit for the team'
  - 'Best fit for the team' takes into account performances achieved in 2021, and performances (both pool & behaviours) from the Tri Series Tour

### **Age Groups**

- Para 14 years & older as aged on 29 September 2021
- Female 14 years , 15 – 16 years as aged on 29 September 2021
- Male 15 years , 16 – 17 years as aged on 29 September 2021

### **Coach Selection**

4 coaches will be selected via the application process to be one of the National Age Programme coaches. As per the Tri Series Tour notes, the ideal would be to have 4 coaches who were also on the Tri Series Tour (as 3 Head Coaches and 1 Development Coach) to ensure continuity and to maximise the coach development opportunity

### **Team Size**

Up to a maximum of 40 athletes will be selected as 20 females (as 10 x 14 years & 10 x 15-16 years) and 20 males (as 10 x 15 years & 10 x 16-17 years), plus Para athletes

## 7. Distance / Open Water October Camp

This is an intensive 6 day training camp from Monday 11 to Saturday 16 October 2021 to coincide with the second week of the school holidays. The venue is yet to be confirmed, but it will be long course (and ideally not in Auckland).

### Selection

Athletes who achieve the following criteria as below will have to submit their application via the Passport system as per the NAP. The athletes can be selected via 2 different routes as follows:

- 2021 SNZ Open Water Nationals
  - Fastest athlete (1 female & 1 male) in the 10 km (all ages)
  - Top 3 in the appropriate age World Junior Open Water category / event

and then achieve a 1500 Freestyle Bronze time plus 1.0 per cent or faster at NZ Champs or NAGS as follows:

Female	Age as on 30 April 2021	Male
18.31.30	13 years	-
18.02.10	14 years	17.39.30
17.50.50	15 years	16.58.60
17.40.60	16 years	16.31.10
17.32.10	17 years	16.09.50
17.32.10	18 years & older	15.59.30

- Achieve the appropriate time standard in the 400, 800 or 1500 Free or 400 Medley at NZ Champs or NAGS as follows:

Female	Age as on 30 April 2021	Male
Gold	13 years	-
Gold or Silver	14 years	Gold
Gold, Silver or Bronze	15 years	Gold or Silver
Gold, Silver or Bronze	16 years	Gold, Silver or Bronze
Gold, Silver or Bronze	17 years	Gold, Silver or Bronze
-	18 years	Gold, Silver or Bronze

The closing date for athlete and coach applications is 30 June

If there are any places available after the 30 June closing date, then SNZ will liaise with the coaches of athletes who achieved a benchmark performance in the 400, 800 & 1500 metre events at National SC Champs. The deadline for these applications is 31 August.

Our intention is to send an Open Water team to the NSW Open Water Championships (possible race dates are 18-19 December 2021) - subject to Covid-19 impact, logistics, athlete and coach / staff availability.

In addition to the Passport application process, all athletes on the Distance / Open Water Camp will need to submit their best / most challenging 3 x endurance sets (of at least 2.0 km) done in training in 2021 - including times achieved, HR and max HR. This will help with set designs for the October Camp, as well as helping to publish a new coaching tool / document with expected targets to develop / test aerobic power (very similar to Clive Rushton's *Standard Test Sets based on Fina Points 2015*).

## **8. Coach Development Opportunities**

One of the key objectives for swimming in New Zealand (as highlighted in the coaches Goldprint document) is to increase coaching capacity and to provide opportunities for coaches to learn and grow. The NAP is fundamental to achieving that. The intention is to appoint approximately 6-8 coaches for the January Camp as part of an intensive 6-7 day learning and leadership opportunity. Ideally, from that group of coaches, 6 will be appointed for the Tri Series Tour in July, and then 3-4 of those 6 coaches appointed for the ASTC event in September / October. Furthermore, SNZ is keen to support these coaches with their professional development on a regular basis (eg. club visits and Zoom meetings).

The Distance Camp in October will provide a growth opportunity for a further 3-5 coaches not involved in the NAP activities. The Para swimmer camp in October will provide specific Para swimming related education and learning opportunities. If a coach who does not have a NAP Para swimmer currently in their club and wishes to attend, then please reach out to SNZ.

In 2021, SNZ will liaise with the coaches to ascertain their:

1. International team experience (New Zealand and other)
2. Athletes placed on international teams (New Zealand and other)
3. Athletes placed on New Zealand national programmes
4. Professional / coaching goals
5. Professional development plan
6. Coaching qualifications (New Zealand and other)
7. How can Swimming New Zealand support them to become a better coach and to help them to achieve their professional / coaching goals

To establish:

1. Which performance level the coach is currently operating at (current)
2. Which performance level the coach is wanting to be at (target)
3. Implement a collaborative plan (between coach, employer, SNZ & others) to support the coach to move seamlessly to the target performance level (professional development plan)