DC Cobras Swim Team Information 2019 / 2020

Aims

*To identify each swimmer's strengths and weaknesses
*To fairly select swimmers into their respective age group / division
*To build a team that can compete in all divisions throughout the ISSFHK swimming season and at the ISSFHK Championships (August to November 2019).

Selection of Team

Swimmers who were part of the representative team from the previous season are invited to participate in pre season trials. Current or new students to the school who could not attend the pre season trials, can try out in August 2019 (date TBC).

Absence from Training or Trials

Absence from training or trials needs to be communicated in a timely manner with a valid reason to the swim coach, Kylie Wilson. This can be done via email kyamaswimschool@gmail.com or via text message to Kylie on 6259 6460.

Lack of communication for absence may affect selections.

Special Considerations

If because of illness, injury or extenuating circumstances a swimmer is unable to meet the requirements of this selection process, that swimmer may still be considered for selection. This must be communicated to Kylie or to Mr Wilkinson prior to selections being completed.

If you are not selected

Please don’t lose heart! It just means that you are not ready for squad yet. We suggest that you go back over the criteria listed below. You may need to work on some areas of technique, increase your fitness and speed.
Selection Criteria

*Technical ability and performance at pre season trials.*
The swimmer has demonstrated a high level of skill in each of the 4 competitive strokes: Freestyle, Breaststroke, Backstroke and Butterfly.

*Fitness levels*
The swimmer has coped with the intensity of training and kept up with their lane group. All future training sessions will be 1 hour 15 minutes.

*Competitive performance*
The swimmer has demonstrated race skills and ability to achieve at least one qualifying time for their age group.

*Performance in the previous ISSFHK and ACAMIS Season*
For all returning DC Cobra swim team members, consideration is given to their performance in the previous ISSFHK and ACAMIS competitions.

*Attendance, attitude and ability to work as a team member*
While attending the trials (and in future training sessions) the swimmer has displayed a positive attitude and the ability to work as a team member.

DC Cobras Swim Team - Qualifying Times (Age is calculated as at 1 September)

<table>
<thead>
<tr>
<th>Events</th>
<th>U20</th>
<th>U16</th>
<th>U14</th>
<th>U12</th>
</tr>
</thead>
<tbody>
<tr>
<td>50m FS</td>
<td>36</td>
<td>36</td>
<td>38</td>
<td>42</td>
</tr>
<tr>
<td>50m BK</td>
<td>45</td>
<td>45</td>
<td>47</td>
<td>50</td>
</tr>
<tr>
<td>50m BR</td>
<td>48</td>
<td>48</td>
<td>53</td>
<td>55</td>
</tr>
<tr>
<td>50m BF</td>
<td>44</td>
<td>44</td>
<td>45</td>
<td>51</td>
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Term 1, 2019 - Swim Training Information (TBC)

Training days will be Monday, Wednesday and Friday mornings. Attendance is compulsory at your 2 x training sessions per week. Swim training commences at 6:45am and will finish at 8:00am.

Training information, team selection and swim meet entries will be published on Ding.