# Criteria for Selection to Warm Weather Training Camp

Below are the criteria for being selected for the Warm Weather Swim Camps.

## To Be Eligible for Selection

All swimmers must meet the following criteria to be eligible for selection to the warm weather training camp:

1. Swimmers must be a competitive swimming member (i.e. not only water polo) of Hitchin Swimming Club and the ASA (i.e. Cat 2 membership). The swimmer must be up to date on all Club fees and not owe the Club any money, unless this debt has been agreed by the Committee. In such cases, prior to the invitation being made, the Club will have discussions with the member to ensure that they are able to pay for the warm weather training. Only when the Club is confident the member is able to pay for the camp will the invitation be sent
   1. Measure: membership details and finance details
2. The swimmer must regularly attend training sessions and have shown commitment to club events and competitions.
   1. Measure: Regularly means that A squad swimmers attend at least 65% training hours per week. This will be calculated as an average over the whole year.
   2. Swimmers must have entered, as a Hitchin SC swimmer, in open competitions which the Club has supported (i.e. the Club has promoted the meet on the Club’s web site), with at least four such competitions attended.
3. The swimmer is suitably fit for training at the warm weather training camp
   1. Measure: this will be assessed by the Head Coach, and will take into account performance during training in the preceding six months
4. The swimmer’s behaviour and attitude towards the Club, other swimmers, coaches and Club staff
   1. Measure: this will be assessed by the Head Coach, and will take into account the swimmer’s behaviour and attitude during the preceding six months. This may take into account child protection issues.
5. The swimmer has been a paid up member of Hitchin Swimming Club for at least six months at the time of the invitation
   1. Measure: membership details
6. The age of the swimmer on the first day of the training camp. The camp is a development opportunity for swimmers and places are offered first to

Swimmers between the ages of 12 and 17 on the first day of the camp. For swimmers aged over 17 (on the first day of the camp), the Committee will consider the overall age make-up of the swimmers invited. Swimmers over the age of 17 will be required to take single room accommodation in the hotel or share a room with any other, same sex over 17.

* 1. Measure: membership details.

## Order of Selection If Too Many Swimmers Qualify

In the event that the number of swimmers meeting the above eligibility criteria exceeds the places available on the camp, the following will be used to select swimmers, in the order of the criteria:

1. Percentage Attendance: Priority will be given to swimmers who have, in the 12 months before the invitations are sent, achieved a high percentage attendance at training sessions.
2. Regional Times: The swimmer has achieved, in the 12 months before the invitations are sent, a regional qualifying time for one (or more) event, excluding open water events
   1. Measure: the East Region Qualifying times (as published by ASA East Region) for the East Region championships preceding the time when the invitations are sent will be used. Eligibility criteria for a swimmer’s time will be the same as for the East Regional championships. I.e. Times for distances under 800m must be eligible for inclusion in the ASA Rankings Database. 800m and 1500m events must have been achieved in competitions or time trials. The swimmer’s current personal best times will be used. In order not to penalise those swimmers because of their birth date an adjustment will be made as described below
3. Regional+ Times: The swimmer has achieved, in the 12 months before the invitations are sent, a time within 10% of achieving a regional qualifying time, adjusted as below
   1. Measure: as above

In the event that the number of swimmers meeting the selection criteria 1, 2 & 3 exceeds the places available on the camp, then those swimmers whose times are closest to regional qualifying times will be selected first.

Notes:

1. If there are insufficient eligible swimmers to fill all the places on the camp (note that the number of places is usually a multiple of 7 based on the number of lanes booked), then the Committee may decide to take a smaller squad.
2. In exceptional circumstances, the Committee may waive some or all of the above criteria. Where discretion as to decision is required this will be made on the recommendation of the head coach, discussed with other coaching staff and approved by the Club Committee.

# Adjustment of Regional Times

In order not to penalise swimmers because of their birth date, an adjustment to the regional time will be made as follows:

* The swimmer’s age on 1st October will be used
* The number of months they have been this age (in years) will be used to adjust their target time downwards (i.e. a faster time) towards the next age band.

So for example, assume a swimmer is 13 years and 6 months. In this case their target time will be the 14 year old East Region time, minus half the difference between the 13 year old and 14 year old times. The figure below illustrates this and two other dates:

**61.04**

**13yr 8 months time**

**61.36**

**13yr 6 months time**

**61.84**

**13yr 3 months time**

**60.40**

**14yr Time**

**62.32**

**13yr Time**

The table below shows the adjustment to be used for all possible ages:

|  |  |
| --- | --- |
| **Become "age"**  **how many months before 1st October** | **Adjustment: Subtract proportion of**  **difference between "younger" time and "older" time**  **Proportion Subtracted** |
| 11 | 11/12 |
| 10 | 10/12 |
| 9 | 9/12 |
| 8 | 8/12 |
| 7 | 7/12 |
| 6 | 6/12 |
| 5 | 5/12 |
| 4 | 4/12 |
| 3 | 3/12 |
| 2 | 2/12 |
| 1 | 1/12 |
| 0 | 0/12 |

The table below shows an example for a 100m freestyle event for boys:

**Event: 100m freestyle Age at 1st October**

**13yr time: 62.32 seconds - the younger time 14yr time: 60.40 seconds - the older time**

|  |  |  |  |
| --- | --- | --- | --- |
| **Become "age"**  **how many months before 1st October** | **Adjustment: Subtract proportion of**  **difference between "younger" time and "older" time**  **Proportion Subtracted** | **Birthday Between**  **(Inclusive)** | **Target Time** |
| 11 | 11/12 | 2nd Oct - 1st Nov | 60.56 |
| 10 | 10/12 | 2nd Nov - 1st Dec | 60.72 |
| 9 | 9/12 | 2nd Dec - 1st Jan | 60.88 |
| 8 | 8/12 | 2nd Jan - 1st Feb | 61.04 |
| 7 | 7/12 | 2nd Feb - 1st Mar | 61.20 |
| 6 | 6/12 | 2nd Mar - 1st Apr | 61.36 |
| 5 | 5/12 | 2nd Apr - 1st May | 61.52 |
| 4 | 4/12 | 2nd May - 1st Jun | 61.68 |
| 3 | 3/12 | 2nd Jun - 1st Jul | 61.84 |
| 2 | 2/12 | 2nd Jul - 1st Aug | 62.00 |
| 1 | 1/12 | 2nd Aug - 1st Sep | 62.16 |
| 0 | 0/12 | 2nd Sep - 1st Oct | 62.32 |