



## SWIMMING CANADA NEXTGEN INSTITUTE PROGRAM – VICTORIA

2018-2019 Application Process



The following document defines the application process to the Swimming Canada NextGen Institute Program – Victoria (NGIP-VIC). All athletes selected through this process are eligible for the September 1, 2018 – August 31, 2019 season only.

### PROGRAM GOAL

The goal of the NGIP-VIC is to support the implementation of Swimming Canada's high performance development system in western Canada, intended to ensure a progressive stream of athletes and coaches are being trained to standards required to win Olympic and World Championship medals. The program is provided in partnership between Swimming Canada, Swim BC, Own the Podium and the Canadian Sport Institute Pacific

### COACHING STAFF

Athletes selected to the NGIP-VIC will swim within the Swimming Canada High Performance Centre-Victoria (HPC-VIC) program. The 2018/19 program will be led by HPC-VIC Assistant Coach (NGIP Lead), Brad Dingey. The program and coach will receive technical oversight from the HPC-VIC Head Coach, Ryan Mallette, with additional oversight from Swimming Canada high performance staff. The program will be supported with appropriate sport science and sport medicine services through CSI-Pacific.

### ATHLETE ELIGIBILITY

- I. Canadian citizen
- II. Member in good standing of Swimming Canada
- III. Selections are based on competitive results posted between September 1, 2017 and July 30, 2018.
- IV. Selections are based on results posted within the above time period, and also supported by the athlete's demonstrated commitment to furthering their development within high performance swimming, as indicated by ongoing performance progression, work ethic, attendance, attitude, health and age.
- V. An athlete must fall within the Swimming Canada "On-Track" Track 3 age-range for the specific events used for their selection in order to be considered for the NGIP-VIC.
- VI. The final decision to accept an athlete into the program will be based on the recommendation of the HPC-VIC Assistant Coach (NGIP Lead) and as approved by the Swimming Canada High Performance Director or his designate.
- VII. Athlete must sign a Swimming Canada NextGen Institute Program Athlete Agreement.
- VIII. Issues not otherwise covered by this document are subject to the decision of the NGIP-VIC Management Team.



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### TRAINING GROUP DESCRIPTION

There are three pathways an athlete can take to be a part of the NGIP-VIC. Which pathway an athlete participates in will be determined by athlete performance and program capacity. The three pathways are full-time, training rights only and invited athletes.

#### I. Full-Time Athletes:

Athletes must reside within the Greater Victoria area to be eligible to participate in the full-time NGIP-VIC. Full-time athletes in the NGIP-VIC will swim within the HPC – VIC. Eligibility for full-time status in the program is based on athlete performance in Olympic events within the eligibility timeframe outlined above.

Athletes will be evaluated against the Swimming Canada Podium Pathway and must be approved by the High Performance Director or his designate. As a general guideline, those athletes wishing to apply for Full-Time status should have two Olympic Events within 2% of the Track 3 of the On Track times or faster.

Swimmers must also have a school schedule that allows them to participate in the HPC - VIC training sessions on a full-time basis.

Applications for Full-Time Athletes will be accepted and reviewed on an ongoing basis.

#### II. Training Rights Only Athletes:

Athletes must reside within the Greater Victoria area to be eligible to participate as a training rights only athlete and may participate in the program on a part-time or full-time basis as determined by the HPC-VIC Assistant Coach (NGIP Lead). Training rights only athletes in the NGIP-VIC will swim within the HPC – VIC when their school schedule and pool space allows. When schedule conflicts arise, athletes will fulfill their swimming obligations by swimming with their club team.

Athletes will be evaluated against the Swimming Canada Podium Pathway and must be approved by the High Performance Director or his designate. As a general guideline, athletes wishing to apply for Training Rights Only status should have two Olympic Events within 4% of the Track 3 of the On Track times or faster.

The deadline for applications for Training Rights Only Athletes is June 15, 2018. Athletes will be notified regarding their eligibility for a spot in the program by June 30, 2018. Athletes wishing to apply beyond the June 15, 2018 deadline are encouraged to do so up to July 30, 2018. Should spots in the program remain available, a secondary intake may be considered and athletes will be notified regarding their eligibility for a spot in the program by August 15, 2018

#### III. Invited Athletes:

These athletes will train full-time within their home club. They, along with their coach, will be invited at specific periods during the year to train in Victoria within the HPC - VIC. This is an outreach program in partnership with Swim BC to facilitate Talent Identification and Development amongst British Columbia's targeted athletes and their club coaches.

Athletes will be selected on the following priority order:

- a) 5.I – Full-Time Athletes criteria
- b) 5.II – Training Rights Only Athletes criteria



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Applications for Invited Athletes will be accepted and reviewed on an ongoing basis.

### MAINTENANCE CRITERIA

Continued athlete participation in the NGIP-VIC will be based on a bi-annual review process lead by the HPC-VIC Assistant Coach (NGIP Lead), and supported by the Integrated Support Team. Athlete performance will be reviewed after the spring performance window, and again at the conclusion of the summer performance window with performance reports detailing the daily training environment and performance progression.

### ATHLETE SUPPORT (Integrated Support Team)

Aligned with the HPC – Victoria, the NGIP-VIC has access to an Integrated Support Team (IST) which includes specialists in physiotherapy, massage therapy, mental performance, biomechanics, physiology, nutrition, and strength and conditioning and will provide support appropriate to the developmental level of the athletes. As a member of the NGIP-VIC, athletes will have targeted access to this team of specialists. Targeted access is determined by the HPC-VIC Assistant Coach (NGIP Lead) and is based on individual athlete needs assessments, performance progression, and an ongoing demonstration of athlete commitment to the program.

### APPLICATION AND ACCEPTANCE PROCESS

Swimmers wishing to apply to the NGIP-VIC should contact Michelle Poirier – Swimming Canada, Manager, High Performance Centres and Coaches (mpoirier@swimming.ca). Please include your **school calendar** and **school schedule** (or approximate schedule), if appropriate, as an attachment to your e-mail, as well as a **letter of endorsement** from your current coach.

Note: Returning athletes are required to re-apply for program selection on an annual basis.

Applications for **Full-Time Athletes** will be accepted and reviewed on an ongoing basis.

The deadline for applications for **Training Rights Only Athletes** is June 15, 2018. Athletes will be notified regarding their eligibility for a spot in the program by June 30, 2018. Athletes wishing to apply beyond the June 15, 2018 deadline are encouraged to do so up to July 30, 2018. Should spots in the program remain available, a secondary intake may be considered and athletes will be notified regarding their eligibility for a spot in the program by August 15, 2018

Applications for **Invited Athletes** will be accepted and reviewed on an ongoing basis.

### CONTACT

For more information on the program, please contact:  
Brad Dingey, HPC-VIC Assistant Coach (NGIP Lead)  
bdingey@swimming.ca  
778.678.2717



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