

NATIONAL AGE PROGRAMME 2022-2023

INFORMATION BOOKLET FOR ATHLETES & PARENTS

Introduction

Our overriding strategic goal is to be a global **Top 16 Swimming Nation by 2028**. This equates to winning at least 2 medals at each Olympic Games and World Long Course Championships. Having a successful National Age Programme is critical to achieving the Top 16 goal as well as laying the foundation for sustainable long term international success.

The purpose of this document is to clearly illustrate how the NAP operates, and what opportunities are available to help the athletes to improve. The NAP fulfils an important role in supporting athletes with their swimming journey from age group performances to senior success.

If you have any questions regarding the NAP, then please contact Alastair Johnson, SNZ National Development Leader:

alastair@swimming.org.nz

021 0717040

1. National Age Programme Philosophy and Goals

The overriding **philosophy** of the National Age Programme is:

- **Purpose** – understand why you do what you do
- **Prepare** – great coaching and athlete preparation
- **Perform** – race fast when it really matters

The **main goals** of the National Age Programme are:

- Support for coaches by adding value to their home programmes and to offer personal development opportunities
- Support for athletes to continue to improve and to enjoy their swimming journey
- Increase the number of athletes graduating to the SNZ Senior and Targeted Programmes with the appropriate skills, mindset and performance behaviours

2. Athlete Selection

Athletes who wish to be considered for the NAP must achieve a Gold, Silver or Bronze time, and then submit their application using the **NAP Athlete Passport** document *. SNZ is looking for strong applications with an emphasis on performances achieved at the Selection Meets, plus demonstrating clear evidence of the athlete's goals, tracking

/ rate of improvement, strengths, opportunities and the processes designed to achieve meaningful progress. 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.

Note – all athletes are to attend **all** the NAP activities that they are eligible for (ie. Tri Series Meet, Mini Camps and competitions).

** Please note that 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 / target meets.*

The long course Gold times are based on worldwide trends of performance improvement patterns from global long course events since 2008. Once an athlete has achieved a Gold, Silver or Bronze NAP time, then they will need to improve at a rate of approximately 1.5 – 3.0 percent per annum to stay '**on target**' (ie. maintain their Gold, Silver or Bronze status for the following year) to eventually rank in the World Top 150 at 18 years and younger (female) or 19 years and younger (male).

Our expectation is that the athletes improve their primary and secondary events a **minimum average of 3.0 percent per annum from 13 years onwards** until they achieve a World Top 150 time. For athletes inside the World Top 150, then our expectation is that they improve their primary event(s) a minimum average of 1.0 percent per annum over the next 3-4 years (which would achieve a performance standard very close to making the Olympic or World LC final). These rates of improvement are challenging – hence the need for great coaching, high purpose club environments and long term planning.

Short course Gold, Silver and Bronze times will be introduced for the 2022 National Short Course Championships. These SC times are based on the existing GSB long course times but with a **correction factor** applied. Research has shown that applying the existing SNZ conversion tables or a uniform percentage are not accurate or equitable (particularly in the Backstroke events). We have therefore, established our own correction factors which are specific to different events per gender. These are as follows:

	Freestyle	Backstroke	Breaststroke	Butterfly	Medley
Female	0.970	0.958	0.960	0.970	0.968
Male	0.968	0.952	0.964	0.970	0.966

For example:

Female 16 years 200 Freestyle	LC Gold time	2.01.40
	SC Gold time	1.57.75 (121.40 secs x 0.970 correction factor)

The athlete's age is defined as their age at the end of each domestic cycle (ie. as on 30 April, 31 August & 31 December). This ensures that all athletes have 3 opportunities at 4 monthly intervals to gain selection onto the NAP (or to improve their Silver or Bronze status), rather than the historical system of favouring athletes with a birthday straight after NAGS. The 3 Intakes per season thus offers multiple entry routes for the athlete as well as minimising the effect of relative age.

The 3 Intakes are as follows:

Intake	Performance	Application Deadline	Period
1	Domestic Cycle 3 (Jan-Apr) GSB LC times at NZ Champs, NAGS or: any LC designated or development meet between 01 May – 05 June *	10 June 2022	June 2022 – April 2023
2	Domestic Cycle 2 (May-Aug) GSB LC times at JPP or GSB SC times at National SC Champs	02 September 2022	September 2022 – April 2023
3	Domestic Cycle 1 (Sep-Dec) GSB LC times at Queensland LC Champs or Dec Regional LC Champs	20 December 2022	January 2023 – April 2023

Notes

- * Due to the ongoing impacts of Covid-19, LC times achieved between 01 May – 05 June will be considered from any LC designated or development meet
- * Athletes based in Australia can qualify at the Australian Age Swimming Championships (11-18 April) and the Australian Swimming Championships (17-22 May)
- * For the selection swim meets between 01 May – 05 June, then it is the athlete’s age on the first day of the swim meet
- Any athlete who does not achieve the meet QT in the heats will not be selected for that event even if they do a GSB time in the final
- Any athlete who shows a lack of effort or poor sportsmanship in any race will jeopardise their potential selection

The National Age Programme induction will be done via Zoom and all athletes and their parents **must** attend. The dates are as follows:

Intake	Athlete Induction Zoom	Coaches Zoom
1	15 June 2022	16 June 2022
2	14 September 2022	14 September 2022
3	11 January 2023	11 January 2023

The athlete Passport **must be kept up to date** and submitted to SNZ at the end of each 4 month domestic cycle. SNZ will then review the athlete Passports (especially wellness and training / racing performances), and we will provide any appropriate feedback (aka athlete Performance Review) to the athlete and coach on the progress being made.

Athletes are responsible for the following:

- Attend **ALL** the NAP activities including the Tri Series Meet, all Mini Camps and competitions (see section 3)
- Keep their Passport (tracking metrics) up to date
- Complete their national tests every 4 months (coaches are responsible for submitting the results)
- Complete and submit their Performance Review every 4 months
- Note** – Athletes who do not fulfil their responsibilities will be de-selected from the Programme.

3. National Age Programme 2022-2023 Activities

Cycle	Month	Athlete Intakes	Activities	Target Meets	Support & Development	
Domestic Cycle 1	May				1. Support for coaches to establish and grow High Purpose environments 2. Athlete wellbeing and performance tracking	
	June	Intake 1 - GSB LC time	Intake 1 Induction National Tests Coach support visits			
	July		WJOW & JPP Micro Camp Tri Series Meet	Coach support visits		
	August			Junior Pan Pacs National SC Champs		
<i>Athlete performance reviews</i>						
Domestic Cycle 2	September	Intake 2 - GSB LC or SC time	Intake 2 Induction	World Junior Open Water		
	October		Mini Camp or National Event Camp	National Tests Coach support visits		
	November			Coach support visits		
	December		Queensland LC Champs	Queensland LC Champs	Regional LC Champs	
<i>Athlete performance reviews</i>						
Domestic Cycle 3	January	Intake 3 – GSB LC time	Mini Camp	Intake 3 Induction	NZ Open Water Champs	
	February		Gold Medal Camp	National Tests Coach support visits		
	March			Coach support visits		
	April				NZ Champs & NAGS	
<i>Athlete performance reviews</i>						
Colour Key :		Prepare	Perform			

Activities for Athletes – all subject to Age & Stage (see section 4)

Note – athletes must demonstrate the appropriate performance behaviours and commitment at each stage / activity to stay on the NAP. For example, athletes who do not submit their NAP Passport every 4 months, or do not fulfil their testing / tracking metrics, or display poor performance behaviours at the Mini Camps will not be allowed to take part in the following swim meet / activity, and may also be deselected from the Programme.

Junior Pan Pac & World Junior Open Water Micro Camp on 09 July 2022

- For athletes selected for JPP and WJOW
- Purpose is to build teamness, individual support to maximise performance and international team expectations
- Athletes then stay in Canterbury for the Tri Series Meet

Tri Series Meet on 09-11 July 2022

- 3 days in Canterbury – replaces the 6 Day Tri Series Tour from 2021
- 3 Teams – White, Silver & Black

- 48 athletes – minimum age is 14 years (female) and 15 years (male) as on 09 July 2022. Athletes who are 17 years (female) and 18 years (male) on 30 April but who age up by 09 July will be considered for selection
- Selections are prioritised in order of Junior Pan Pacs and World Junior Open Water athletes first, and then Gold, Silver and Bronze athletes. Where necessary, athletes will be ranked versus the Gold time in the oldest age group (Female 17 years and Male 18 years)
- 3 Matches – similar format as per 2021 with individual and relay events, plus a new 'Winner Takes All' 50 metre shootout on each stroke

October Mini Camp or National Event Camp

- Dates to be confirmed but it will take place during the October school holiday
- October Mini Camp will be 2-3 days
- National Event Camp will be 2-3 days – our plan is to have all the athletes from the different events staying together but using multiple pools
- Athletes can only attend one Camp – any NAP athlete who makes the NEC grade (approximately Open Top 3-5 in New Zealand) will be invited to the NEC. All other NAP athletes must attend the Mini Camp

Queensland Long Course Championships on 11-16 December 2022

- Approximate fly in / fly out dates are 09 and 17 December
- This event replaces the ASTC as it offers more meaningful racing opportunities in a long course pool for
- Athletes are encouraged to race at a regional long course meet prior to Queensland to fine tune their preparation for Queensland
- Additional selection criteria may be applied (eg. Gold & Silver athletes only). However, this is to be confirmed

January Mini Camp on 25-27 January 2023

- 3 Day Camp in late January in Auckland – replaces the 5-6 day camp from previous years
- Athletes have the option to race at the North Shore Swim Club SwimFest Long Course meet on 27-29 January. This is NOT part of the Camp - attendance at the SwimFest is optional, but it does provide another long course opportunity to check that progress being made in readiness for the April national events

February Gold Medal Camp in February 2023

- This is a 2 -3 day camp available to approximately 8-10 athletes via invitation based on (but not limited to):
 - Athletes who have embraced the entire NAP
 - Athletes who are displaying the appropriate performance behaviours to become a successful senior athlete
 - Performance tracking and trajectory is indicating a World Top 150 ranking within 18 months
 - Great support and encouragement from their home coach

4. Age & Stage Structure

The 'Age & Stage' structure was implemented in April 2021. This means that the NAP activities are staggered according to the athlete's age and whether they have achieved Gold, Silver or Bronze status (stage). This is in line with our **Balance is Better** approach as we want more age group athletes fulfilling their potential as a senior athlete - please refer to www.balanceisbetter.org.nz for further information. Thus, all Gold and Silver athletes plus the older Bronze athletes have more activities to attend. For the younger Bronze athletes, SNZ will collaborate with the regions so that these athletes can be catered for locally. This will have the added benefit of developing more regional club coaches as well as the athletes.

It is important that coaches plan ahead so that their (present and future) NAP athletes have experience of club training camps and being away from home so that they have the basic coping / growth mindset skills already in place.

Note - Intake 1 & Intake 2 athletes can access additional NAP activities (ie. October Mini Camp, Queensland LC Champs, January Mini Camp or Gold Medal Camp) if they achieve the Age & Stage criteria at the target meet(s) in August or December. For example:

Female athlete aged 13 years (born on 01 June 2008) achieves a Bronze time at the 2022 NAGS. If she achieves a 14 years NAP Gold or Silver time at National Short Course Champs, then she will be invited to the October Mini Camp, Queensland LC Champs (invitation tbc) and January Mini Camp.

For the 2023-2024 season, athletes will need to achieve Gold or Silver times at all ages to access the NAP activities. There will be no Bronze athletes on the NAP except as a potential wild card for the Tri Series Team event. Thus, ALL Bronze athletes will need to be catered for by their regions.

The following tables highlight which activities are available as per the Age & Stage Structure:

FEMALE	INTAKE 1 Age as on 30 April 2022	NAP Passport, National Tests & Performance Reviews	Tri Series Meet Age as on 09 July	July Micro Camp for JPP & JWOW athletes	October Mini Camp or NEC	Queensland LC Champs Age as on 11 December	January Mini Camp	February Gold Medal Camp
	13 years	Yes	No	Yes	Gold & Silver	No	Gold & Silver	By invitation
14 years	Yes	GSB	Yes	Gold & Silver	Gold & Silver	Gold & Silver	By invitation	
15 years	Yes	GSB	Yes	Gold & Silver	Gold & Silver	Gold & Silver	By invitation	
16 years	Yes	GSB	Yes	GSB	GSB	GSB	By invitation	
17 years	Yes	GSB	Yes	GSB	GSB	GSB	By invitation	
INTAKE 2 Age as on 31 August 2022								
13 years	Yes	No	No	Gold & Silver	No	Gold & Silver	By invitation	
14 years	Yes	No	No	Gold & Silver	Gold & Silver	Gold & Silver	By invitation	
15 years	Yes	No	No	Gold & Silver	Gold & Silver	Gold & Silver	By invitation	
16 years	Yes	No	No	GSB	GSB	GSB	By invitation	
17 years	Yes	No	No	GSB	GSB	GSB	By invitation	

FEMALE	INTAKE 3 Age as on 31 December 2022	NAP Passport, National Tests & Performance Reviews	Tri Series Meet Age as on 09 July	July Micro Camp for JPP & JWOW athletes	October Mini Camp or NEC	Queensland LC Champs Age as on 11 December	January Mini Camp	February Gold Medal Camp
	13 years	Yes	No	No	No	No	Gold & Silver	By invitation
	14 years	Yes	No	No	No	No	Gold & Silver	By invitation
	15 years	Yes	No	No	No	No	Gold & Silver	By invitation
	16 years	Yes	No	No	No	No	GSB	By invitation
	17 years	Yes	No	No	No	No	GSB	By invitation

MALE	INTAKE 1 Age as on 30 April 2022	NAP Passport, National Tests & Performance Reviews	Tri Series Meet Age as on 09 July	July Micro Camp for JPP & JWOW athletes	October Mini Camp or NEC Age as on Day 1 of Camp	Queensland LC Champs Age as on 11 December	January Mini Camp	February Gold Medal Camp	
	14 years	Yes	No	Yes	Gold & Silver	No	Gold & Silver	By invitation	
	15 years	Yes	GSB	Yes	Gold & Silver	Gold & Silver	Gold & Silver	By invitation	
	16 years	Yes	GSB	Yes	Gold & Silver	Gold & Silver	Gold & Silver	By invitation	
	17 years	Yes	GSB	Yes	GSB	GSB	GSB	By invitation	
	18 years	Yes	GSB	Yes	GSB	GSB	GSB	By invitation	
	INTAKE 2 Age as on 31 August 2022								
	14 years	Yes	No	No	Gold & Silver	No	Gold & Silver	By invitation	
	15 years	Yes	No	No	Gold & Silver	Gold & Silver	Gold & Silver	By invitation	
	16 years	Yes	No	No	Gold & Silver	Gold & Silver	Gold & Silver	By invitation	
	17 years	Yes	No	No	GSB	GSB	GSB	By invitation	
	18 years	Yes	No	No	GSB	GSB	GSB	By invitation	
	INTAKE 3 Age as on 31 December 2022								
	14 years	Yes	No	No	No	No	Gold & Silver	By invitation	
	15 years	Yes	No	No	No	No	Gold & Silver	By invitation	
	16 years	Yes	No	No	No	No	Gold & Silver	By invitation	
	17 years	Yes	No	No	No	No	GSB	By invitation	
	18 years	Yes	No	No	No	No	GSB	By invitation	

Appendix 1 – NAP 2022-2023 Activities, dates & deadlines

	DATE	ATHLETE	COACH	SNZ
	April	NZ Champs - 05-09 (Auckland) & NAGS - 20-24 (Wellington) NAP 2021-2022 athletes submit their updated NAP Passport to SNZ before 30 April	NZ Champs - 05-09 (Auckland) & NAGS - 20-24 (Wellington)	NZ Champs - 05-09 (Auckland) & NAGS - 20-24 (Wellington)
Domestic Cycle 1	May	NAP, JPP & WJOW Selection meets extended to 05 June		NAP 2021-2022 athlete Performance Reviews & feedback
	June	Athlete applications (Intake 1) close on 10 June Athlete Intake 1 induction on 15 June NAP 2022-2023 starts on Monday 20 June Athletes start using their NAP Passport National tests 1	Coach Zoom meeting on 16 June Coach applications for Tri Series Meet, Mini & Micro Camps, JPP & Queensland LC Champs close on 31 May Coach to send national test results to SNZ	NAP 2022-2023 applications appraised & athletes selected Selections confirmed for Tri Series Meet, Junior Pan Pacs & World Junior Open Water Athlete Induction (15 June) & Coach Zoom (16 June) Coach support visits
	July	Tri Series Meet – 09-11 (Canterbury) JPP & JWOW Micro Camp – 09 (Canterbury) NZ Secondary Schools - 28-31 (Hamilton) - optional	Tri Series Meet - 09-11 (Canterbury) JPP & JWOW Micro Camp - 09 (Canterbury)	Coach support visits National test results collated and published Tri Series Meet & Micro Camp - 09-11 (Canterbury)
	August	<u>Target Meet(s)</u> 1. Junior Pan Pacs - 24-27 (Hawaii) 2. National SC Champs - 23-27 (Auckland) 3. World Junior Open Water Champs - 01-04 September (Seychelles) Submit updated NAP Passport	Junior Pan Pacs – 24-27 (Hawaii) National SC Champs - 23-27 (Auckland)	Junior Pan Pacs - 24-27 (Hawaii) National SC Champs - 23-27 (Auckland))
Domestic Cycle 2	September	Athlete applications (Intake 2) close on 02 September Athlete Intake 2 induction on 14 September	Intake 2 induction on 14 September Coach applications for Mini Camps & Queensland LC Champs close on 31 October	Athlete Performance Reviews & feedback Athlete Intake 2 induction on 14 September
	October	Mini Camp - dates tbc National Event Camp (by invitation) National tests 2	Coach to send national test results to SNZ Mini Camp - dates tbc National Event Camp - dates tbc	Coach support visits Mini Camp - dates tbc National Event Camp - dates tbc
	November			Coach support visits National test results collated and published
	December	<u>Target Meet(s)</u> 1. Queensland LC Champs - 11-16 December 2. Regional LC Champs Submit updated NAP Passport Athlete applications (Intake 3) close 20 December	Queensland LC Champs - 11-16 December Regional LC Champs	Queensland LC Champs - 11-16 December Regional LC Champs
Domestic Cycle 3	January	NZ Open Water Champs - 14-15 (Taupo) Athlete Intake 3 induction on 11 January NAP Mini Camp - (25-27) Auckland	NZ Open Water Champs - 14-15 (Taupo) Intake 3 induction on 11 January NAP Mini Camp - (25-27) Auckland	Athlete Performance Reviews & feedback NZ Open Water Champs - 14-15 (Taupo) Intake 3 induction on 11 January NAP Mini Camp
	February	NAP Gold Medal Camp (by invitation) National tests 3	NAP Gold Medal Camp Coach to send national test results to SNZ	Coach support visits
	March	Final preparations for NZ Champs & NAGS	Final preparations for NZ Champs & NAGS	Coach support visits National test results collated and published
	April	<u>Target Meet(s)</u> 1. NZ Champs - 04-08 tbc (Auckland) 2. NAGS - 19-23 tbc (Wellington) Submit updated NAP Passport	NZ Champs - 04-08 tbc (Auckland) NAGS - 19-23 tbc (Wellington)	NZ Champs - 04-08 tbc (Auckland) NAGS - 19-23 tbc (Wellington)

NOTES

