swimming metro SOUTH WEST

DEVELOPMENT PLAN 2025 (Issue D 100625)

PREAMBLE

On 13 February 2025, 2025 MSW Development plan was published.

Since that publication, and discussions with Coaches, Administration and Finance some parts of the Development Plan had to be amended due to finances, selection processes, Squad definitions and age selections.

Issue D (drafted on 10 June 2025) has been ratified by SMSW Committee for final commitment to the 2025 Development Plan.

SWIMMING METRO SOUTH WEST DEVELOPMENT POLICY

ALL AREA ATHLETES ARE ELIGIBLE TO RECEIVE DEVELOPMENT SUPPORT, AS PLANNED BY THE AREA.

ALL AREA ATHLETES UNDERSTAND THAT A SELECTION PROCESS WILL BE USED TO DETERMINE QUALIFICATIONS AND ATTENDANCE TO DEVELOPMENT ACTIVITIES.

ALL FIRST TIME QUALIFIERS FOR ANY SQUADS, IN CONJUNCTION WITH RESULTS OF THEIR PERFORMANCES AND POINTS ACHIEVED, WILL BE GIVEN A HIGHER PRIORITY OF SELECTION.

ALL AREA ATHLETES SELECTED IN DEVELOPMENT ACTIVITIES FOR ANY PARTICULAR YEAR WILL NOT BE ELIGIBLE FOR SAME SQUAD SELECTION IN FUTURE YEARS OF AREA DEVELOPMENT ACTIVITIES.

ATHLETES ARE REQUIRED TO ACHIEVE SELECTION IN A HIGHER SQUAD IN THE FOLLOWING YEAR.

SELECTION PROCESS

Swimming Metro South West Selectors will assign points to each athlete based on completed competition as required to qualify for selection to the Development Squads.

In 2025, a full list of all points accrued by the athletes, will be presented to the Area Committee for Ratification, after scrutiny by MSW Development Committee Selection Panel (under current By Laws Selection panel was to be of three people from three different Clubs; as the Development Committee is composed of 5 different Clubs, Development Committee agreed to all be part of the Final Selection, minus the Convener, as the Convener has completed the selection chart,

ALL AREA Athletes will be divided into the relevant Squads, namely National A, Junior and Target, Development (Achievers), Novice and Senior Development (SQUAD 1821).

ANY AREA ATHLETES SELECTED FOR SWIMMING NSW SQUADS or NATIONAL SQUADFS ARE NOT ELIGIBLE TO BE PART OF 2025 MSW DEVELOPMENT PROGRAM.

All OTHER AREA athletes in the Selected Squads will be asked to nominate AND AGREE to attend BOTH Development Camps and Meets, if arranged, as well as, complying with Conduct Code.

If anyone selected is unable to attend the Development activities, the next person(s) on the selection will be asked to nominate and accept the invitation for that activity.

QUALIFYING DATE "AGE AS OF" FOR ALL SQUADS: 31 MARCH 2025

GENERAL SELECTION PROCESS

STAGE 1 – COMPETITION

Competition Points are accrued only, if athletes have competed at Area Meets, as listed below. Points per each Area meets are noted alongside each event.

Qualifying Area Meets	Points Attendance Per day	Top 10 Finish/event	Points/Events competed
2024 MSW SHORT COURSE CHAMPIONSHIPS	10	Refer Below	2
2024 MSW LONG COURSE CHAMPIONSHIPS	10	Refer Below	2
2024 MSW OPEN WATER CHAMPIONSHIPS	20	Refer Below	2
2025 SPEEDO FINALS	10	Refer Below	2
2025 MSW 5 TO 8 YRS MEET: **ALL 7- and 8-YEARS ATHLETES COMPETING AT THIS MEET ARE AUTOMATICALLY SELECTED FOR THIS SQUAD**			

AREA CHAMPIONSHIPS TOP TEN FINISH POINTS ALLOCATION:
1st: 20 Pts / 2nd & 3rd :10 Pts /4th to 10th: 5 Pts

NOTE:
For Development Selection, and for all Meets listed (Area, Metropolitan, State and National):
if a swimmer has started in event but has been disqualified or failed to complete the event, points are awarded for attendance only.
If a swimmer did not show for the event, NO points are awarded.

In addition to the Area Meets, the following points shall be awarded for competing at required meets, outside of Area, to qualify as per Development Criteria:

SQUADS	Attendance @ Meet	Top 10 Finish/event
NATIONAL A SQUAD		
National Open and Age and MC (LC and SC) and National Open Water (Open and Age)	1000	**1st: 20 Pts / 2nd & 3rd :10 Pts /4th to 10th: 5 Pts**
NSW State championships Meets	500	**1st: 20 Pts / 2nd & 3rd :10 Pts /4th to 10th: 5 Pts**
JUNIOR and SENIOR TARGET SQUADS		
NSW State Championships Meets	500	**1st: 20 Pts / 2nd & 3rd :10 Pts /4th to 10th: 5 Pts**
DEVELOPMENT (ACHIEVERS) SQUAD		
NSW Metropolitan	100	**1st: 10 Pts / 2nd & 3rd: 5 Pts /4th to 10th: 3 Pts**
NSW Speedo Finals	10	**1st: 10 Pts / 2nd & 3rd: 5 Pts /4th to 10th: 3 Pts**

STAGE 2 – POINTS ALLOCATION

Selection Committee will research all required meets, allocate points for all Area and Other meets as per schedule above. A list of all points for all competitors is compiled and provided to the Area.

STAGE 3 – SELECTION

Athletes point scores are sorted in descending order (highest to lowest) and placed in the Squads as per criteria set in each Squad.
Sizes of Squads will be defined in Criteria, but as stated previously, all athletes who have qualified for a particular Squad are ELIGIBLE to nominate for the Squad, for Camps and Meets.

STAGE 4 – COMMUNICATION

The Squad lists will be published on Area Website, and sent to all Clubs by 2025 SC Championships
A selection letter will be sent to all Clubs, as well as, placed on Area Website and Area Facebook.
Clubs are to distribute letters to each selected athlete in their Club, for their acceptance of selection and confirmation of attendance.

IT IS THE RESPONSIBILITY OF EACH AREA CLUB TO ADVISE THEIR ATHLETES OF THEIR STANDING IN DEVELOPMENT SQUADS.
SELECTED ATHLETES MUST NOMINATE TO DEVELOPMENT COMMITTEE TO BE INCLUDED IN THE QUALIFIED SQUAD. SELECTORS WILL CONFIRM VIA RETURN LETTER OF ACCEPTANCE OR REFUSAL.

ATHLETES MUST AGREE TO ATTEND CLINICS, INCLUDING COMPLYING TO CODE OF CONDUCT, TO ENSURE FINAL SELECTION IN THE SQUADS.

Preliminary details of all camps / clinics are described within the body of this document.

STAGE 5 – SPECIAL CONSIDERATIONS

It is in the interest of the Area, to recognise the athletes of ALL AREA Clubs and include their effort and results in selection.

It is important to note that other issues may have interrupted or slowed down the progress of some swimmers.

Area will consider any events falling in these categories.

REMINDER
Any athlete selected in any SNSW Future / Shark Squads
or any
National Squads
are ineligible for selection in any Area Development Squads.

SQUADS SELECTION CRITERIA AND SQUAD DETAILS

NATIONAL A POOL SQUAD

SMSW OBJECTIVES: **To assist and improve swimming development, via the interaction of an Area National Squad Clinic, at National Level**

SELECTION: SMSW Selectors

CRITERIA:

AGE: **From Girls 13 to 18 & Boys 14 to 18 Years, as of 31 March 2025**

AUSTRALIAN: Competed in INDIVIDUAL EVENTS at:
2024 Australian Short Course Championships and / or 2025 Australian Open and Age Championships.

NSW: Competed in individual events at:
2024 NSW State Short and Long Course Open and / or Age Championships.

MSW AREA: 2024 Short Course Championships and /or 2024 Long Course Championships and / or 2024 Open Water Championships.
Compete at Area supported Meets

ACTIVITIES: **A CLINIC OF ONE OR TWO DAYS AT AN AREA POOL (TBC) together with National MC Squad and Squad 1821**

MERCHANDISE: Swim Cap, MSW National Shirt, Towel.
FIRST TIME AUSTRALIAN COMPETITORS WILL RECEIVE MSW JACKET, WHETHER ATTENDING "NATIONAL A" ACTIVITIES OR NOT
(JACKETS ARE AVAILABLE FOR OTHER NATIONAL SWIMMERS at COST)

SQUAD SIZE÷ **20** MAXIMUM

LEVY: **$ 100.00 each** (Payment prior to activity) Subject to available Budget

NATIONAL A OW SQUAD

SMSW OBJECTIVES: **To assist and improve swimming development, via the interaction of an Area National Squad Clinic, at National Level**

SELECTION: SMSW Selectors

CRITERIA:

AGE: **From Girls 13 to 18 & Boys 14 to 18 Years, as of 31 March 2025.**

AUSTRALIAN: Competed in INDIVIDUAL EVENTS at:
2025 National Open and Age Open Water Championships

NSW: Competed in individual events at:
2024 NSW State Open Water Championships

MSW AREA: 2024 Short Course Championships and /or 2024 Long Course Championships and / or 2024 Open Water Championships.
Compete at Listed Area Meets

ACTIVITIES: **ONE DAY CLINIC AT A BEACH or TWO/ THREE SESSIONS AT SIRC**
Together with National MC Squad and Squad 1821

MERCHANDISE: Swim Cap, MSW National Shirt, Towel.
FIRST TIME AUSTRALIAN COMPETITORS WILL RECEIVE MSW JACKET, WHETHER ATTENDING "NATIONAL A" ACTIVITIES OR NOT.
(JACKETS ARE AVAILABLE FOR OTHER NATIONAL SWIMMERs at COST)

SQUAD SIZE: **12** MAXIMUM

LEVY: **$ 100.00 each** (Payment prior to activity) Subject to available Budget

NATIONAL A MC SQUAD

SMSW OBJECTIVES: **To assist and improve swimming development, via the interaction of an Area National Squad Clinic, at National Level**

SELECTION: SMSW Selectors

CRITERIA:

AGE: **From Girls 13 to 18 Years & Boys 14 to 18 Years, as of 31 March 2025.**

AUSTRALIAN: Competed in INDIVIDUAL EVENTS, but not qualified for an individual final, at:
2025 Australian Short Course Championships and / or 2025 Australian Open and Age Championships.

NSW: Competed in individual events at:
2024 NSW State Open Water Championships

MSW AREA: 2024 Short Course Championships and /or 2024 Long Course Championships and / or 2024 Open Water Championships.
Compete at Area supported Meets

ACTIVITIES: **A CLINIC OF ONE OR TWO DAYS AT AN AREA POOL (TBC) with NATIONAL POOL SQUAD and Squad 1821**

MERCHANDISE: Swim Cap, MSW National Shirt, Towel.
FIRST TIME AUSTRALIAN COMPETITORS WILL RECEIVE MSW JACKET, WHETHER ATTENDING "NATIONAL A" ACTIVITIES OR NOT
(JACKETS ARE AVAILABLE FOR OTHER NATIONAL SWIMMERS at COST)

SQUAD SIZE: **10 – 15 MAXIMUM**

LEVY: **$ 100.00 each** (Payment prior to activity) Subject to available Budget

SENIOR ESTABLISHMENT SQUAD (SQUAD 1821)

SMSW OBJECTIVES:

To improve the chances Girls 18 to 20, and Boys 19 to 21, to qualify for Australian Open
Or to retain in the sport.
If Insufficient Nominations are received, MSW will select swimmers within and higher Age Group

SELECTION: SMSW Selectors

CRITERIA:

AGE: **Girls 18 - 20 Years and Boys 19 – 21 Years, as of 31 March 2025.**

MSW AREA: Compete at National, State and Area Meets

ACTIVITIES: As Per National Squads and included in those Squads.

MERCHANDISE: Swim Cap, MSW T Shirt

SQUAD SIZE: **10 Maximum**

LEVY: **$ 100.00 each** (Payment prior to activity) Subject to available Budget

SENIOR TARGET SQUAD (Pool / Open Water / MC)

SMSW OBJECTIVES: **To assist and improve swimming development of athletes trying to qualify for National Championships**

SELECTION: SMSW Selectors

CRITERIA:

AGE: **13 Girls and 14 Boys, up to 17 Years, as of 31 March 2025**

NSW: Competed individual events at:
Able Bodies Athletes:
2024 NSW State Short and/ OR Long Course Open and / or Age Championships and / or
2024 NSW Open Water Championships (5.0, 7.5 and 10 Kms)
MC Athletes:
2024 Metropolitan Long Course Championships.

MSW AREA: 2024 Short Course Championships and /or 2024 Long Course Championships and / or 2024 Open Water Championships.

ACTIVITIES: 4 Senior Members of this Squad 16 – 17 Years, (2 Male and 2 Female, not previously from National A Squad) will be invited to attend events with National A Squad, selected by highest points accrued in the competition required.
Clinic at an area local Pool venue and duration, to improve strokes, starts, and finishes.

MERCHANDISE: Available only if attending activities proposed:
Swim Cap, MSW T-Shirt (Towel, only for those selected for Nat A Squads)

SQUAD SIZE: **15 MAXIMUM**

LEVY: **$50.00 each** (Payment prior to activity)

JUNIOR TARGET SQUAD (Pool / Open Water / MC)

SMSW OBJECTIVES: **To assist and improve swimming development of young athletes trying to keep qualifying for State competitions, to be selected in Senior Target Squad, and eventually qualify for National Competition.**

SELECTION: SMSW Selectors

CRITERIA:

AGE: **9 to 12 Years, as of 31 March 2025**

NSW: Competed individual events at:
Able Bodies Athletes:
2024 NSW State Short and/ OR Long Course Open and / or Age Championships and / or
2024 NSW Open Water Championships (2.5, 5.0, 7.5 and 10 Kms)
MC Athletes: 2024 Country Championships and / or 2024 Metropolitan Long Course Championships.

MSW AREA: 2024 Short Course Championships and /or 2024 Long Course Championships and / or 2024 Open Water Championships.

ACTIVITIES: ONE DAY CLINIC at a LOCAL AREA POOL TBC

MERCHANDISE: Available only if attending **CLINIC**: Swim Cap, MSW T-Shirt.

SQUAD SIZE: 20 MAXIMUM

LEVY: **$50.00 each** (Payment prior to activity)

ACHIEVERS (DEVELOPMENT) SQUAD (Pool / Open Water / MC)

SMSW OBJECTIVES: **An introduction Squad, for all upcoming athletes to respond to be selected in a squad, the relative work required, the application to listen and perform, and increase interest in the sport, with the aim to qualify for Junior and Senior Target Squads, and eventually National Squad.**

SELECTION: SMSW Selectors

CRITERIA:

AGE: **9 to 16 Years as of 31 March 2025**

NSW: Competed individual events at:
Able Bodies and MC Athletes: 2024 Metropolitan Long Course Championships.

MSW AREA: 2024 Short Course Championships and /or 2024 Long Course Championships and / or 2024 Open Water Championships (5, 7.5 and 10 Kms)

ACTIVITIES: Clinic at a designated Area venue and duration, with Sessions on strokes. Probable combined clinic / meet with another Area.

MERCHANDISE: Available only if attending Clinic: Swim Cap, MSW Shirt.

SQUAD SIZE: **30 MAXIMUM**

LEVY: **$25.00 each** (Payment prior to activity)

NOVICE – JUNIOR ESTABLISHMENT SQUAD

SNSW and SMSW OBJECTIVES: **Introduce young Athletes to swimming Training and Team surrounding with the aim to start to enjoy the training, as well as, competition, with a smile on their face.**

SELECTION: SMSW Selectors

CRITERIA:

AGE: 7 and 8 Years as of 31 March 2025

MSW AREA: MUST Compete at 5 to 8 Years Meet (Unless from new Clubs) in March 2025
5 and 6 Years old are not considered for this Squad.

ACTIVITIES: A Skill Session, On SUNDAY 22 JUNE 2025 @ MOUNTIES INDOOR POOL from 2:30 to 5:00 PM; Followed by a Sausage sizzle and Drink

MERCHANDISE: Swim Cap, MSW Shirt

SQUAD SIZE: ALL 7 and 8 year that have competed at 5 to 8 Years Meet; consideration be given to meet attendants with a birthday after 31 March 2025

LEVY: NIL

COACH / VOLUNTEERS EDUCATION DEVELOPMENT PLAN

SMSW OBJECTIVES:

Provide an opportunity for All Area Coaches, who are just starting to this sport, to enlarge their understanding of swimmers, with other Area Coaches; to improve their knowledge and development through their career.

All Area Coaches are Cordially Invited to nominate for any Camp or Meet.

The Area will also investigate cooperation with other Areas Coaching Personnel

All Area Coaches are Welcome to all Development Activities, Camps and Meets.

A roster of required Coaches will be made once the plans of Camps Meets is finalised.

There will be a roster to allow all interested Coaches to attend Development Camp and Meets.

Each Camp will have designated leader, as determined by the Development Committee, to enhance experience and social interaction with all Swimmers, Coaches and Parents.

All attending Coaches, Volunteers will be compensated with Financial Aid for their assistance.

2025 MSW Development Committee

Leonardo Repeti	(Convenor)
Judith Ferderer	(Committee)
Shawn Simpson	(Committee)
Marie Quilter	(Committee)
Mark Quilter	(Committee)
Owen Schimdt	(Development Coach)