

# CENTRAL SWIMMING NEW ZEALAND COMPETITIVE PATHWAY 2011-2012

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To be reviewed annually at the Regional Coaching Summit

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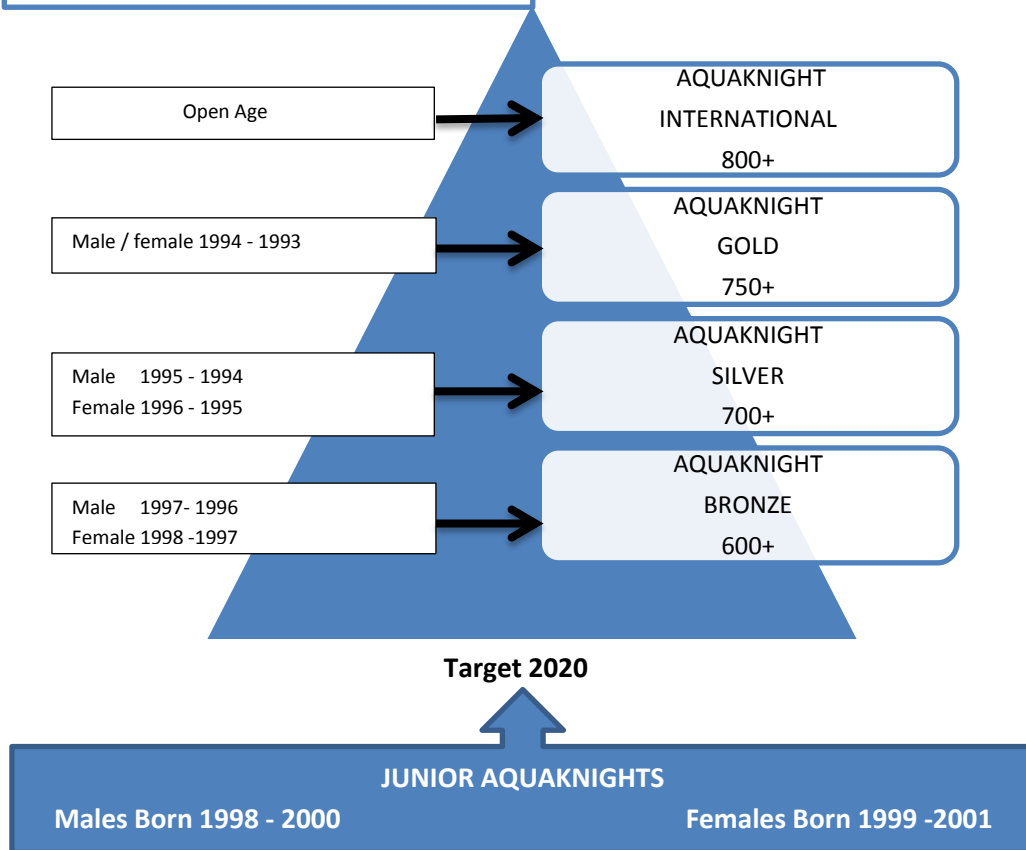


### Aquaknights Points:

Previously the Aquaknight selection criteria have been based on a one FINA point's level of 630 for males and 650 for females. This has not worked for the following reasons:

- It was not an equitable system, disadvantaging young talented swimmers.
- There was no built in incentive for swimmers to improve.
- It did not encourage swimmers to increase training volume or quality of training.
- Coaches were not putting in place visionary plans 'planning for the future'.

### Aquaknights Point Pathway 2011 -2012 Target 2016

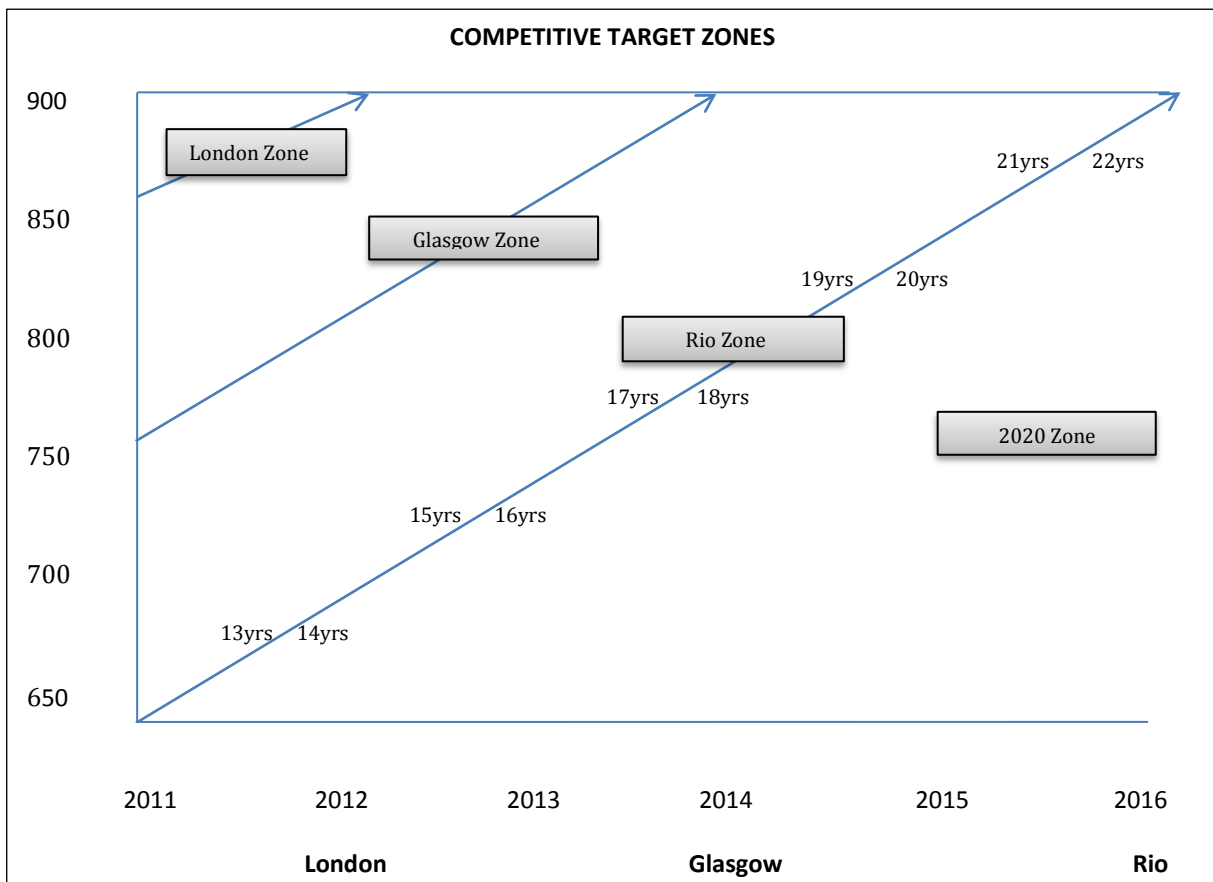


### The 2011 – 2016 Points Pathway

The new Aquaknights squad selection criteria are based on a four tier structure which will encourage swimmers and coaches to be constantly working towards.

- A higher point's qualification.
- Encourage a more committed and greater quality of training from swimmers.
- Better planning by coaches to ensure swimmers are tracking towards success.
- Provide the platform for the development of a LTAD model for the regions.

*The journey towards a higher level of competition will depend on a strong partnership between swimmers, coaches and the CSNZ coaching programme, following the training strategies, planning and competitive pathway with dedication and discipline.*



### How are you going to get there?

It will be by maintaining a position in the competitive Target Zone achieved by:

- The constant pursuit of improved performances along the FINA points pathway.
- Working through graduated levels of training competencies from Junior Aquakights through to International Aquakights.
- Tracking of competition and training outcomes.
- Providing information when required for your points level, on test set results, log books and life and training plans
- Attendance at coaching camps.

*'Demonstrating an ever increasing level of commitment and discipline to your training and competition'*