



**ATHLETE ASSISTANCE PROGRAM CRITERIA
2016-2017 PARA-SWIMMING NOMINATIONS**

Introduction:

The purpose of this document is to present the criteria for the determination of the nominations of athletes by Swimming Canada to Sport Canada for approval of Athlete Assistance Program (AAP) support. The target audiences for this document are athletes and the coaches of such athletes, who now access or wish to access the program.

In general, the AAP (carding) recognizes the commitment a swimmer makes to long-term training and competitive programs and seeks to relieve some of the pressures associated with participation in international sport. In particular, the AAP provides financial assistance to Canadian high-performance swimmers to assist them in seeking enhanced training opportunities intended to progress their performances. To this end, the assistance helps swimmers with their training and competition needs and is paid directly to the swimmer.

The AAP objective is to support Canadian athletes identified and nominated by Swimming Canada as performing at or having the greatest potential to achieve top 16 results at the Paralympic Games and IPC Swimming World Championships. The coach remains a critical component of the team and in conjunction with Swimming Canada manages and directs the swimmers training plan. *The AAP is the only Sport Canada program to provide direct financial support for athletes.*

General Information and Definitions:

- Sport Canada has allocated a maximum of 24 Senior Card or equivalent (\$432,000), to Swimming Canada for the 2016-2017 carding cycle. Swimming Canada will allocate the cards in a top down manner for Senior cards (SRI, SR and C1) and then Development Cards based on the process outlined below until available resources are expended.

- Where the term “World Ranked” or World Ranking” is used, these shall be the IPC Swimming World Rankings adjusted to 3 swimmers per country, per sport class, per event to determine ranking. The rankings are generated on the IPC Swimming Website (<http://www.paralympic.org/Swimming/Results/Rankings>)

- Where the term C1 is used, this is defined as a first year Senior Card swimmer who, regardless of the number of years at a Development Card level, receives Senior Card status but is funded at Development Card level.

- The Sport Canada Athlete Assistance Program, funds swimmers in Paralympic events at two levels:

I. Senior Cards:

- | | |
|------------------------------|--------------------|
| 1. Senior International Card | (\$1,500.00/month) |
| 2. Senior National Team Card | (\$1,500.00/month) |
| 3. C1 card | (\$900.00/month) |

II. Developmental Cards: (\$900.00/month)



- Depth of Field for each event will be determined by multiplying the total number of swimmers (adjusted to 3 per country per class) in the event by the depth of field factor (.50 for Senior Cards and .67 for Development Cards). This will determine the ranking spot for top half or top two-thirds of the field for that event. For example:
 - Example 1 - Senior Card - An event (S14 100 Backstroke) has 55 swimmers in it, the top half of the field ranking position for a senior card will be $55 \times .50 = 27.7$, which is rounded up to 28. Swimmers whose performance is ranked in the top 12 of the World Rankings are eligible for a Senior Card because they are above the 28th ranked performance.
 - Example 2 - Development Card - An event (S14 100 Backstroke) has 55 swimmers in it; the top two-thirds of the field ranking position for a Development Card will be $55 \times .67 = 36.85$, which rounds up to 37. Swimmers whose performances are ranked from 13th -20th in the world rankings are eligible for a development card because they are ranked above the 37th ranked performance.
 - Example 3 – Senior Card - An event (S11 100 Butterfly) has 15 swimmers in it; the top half of the field ranking position for a senior card will be $15 \times .50 = 7.5$ which is rounded up to 8. A swimmer who is ranked 9th is not eligible for a Senior Card because they are outside the top half of the field.
 - Example 4 – Development Card – An event (S11 100 Butterfly) has 15 swimmers in it; the top two-thirds of the field ranking position for a development card will be $15 \times .67 = 10$. The swimmer who is ranked 9th would be eligible for a Development Card because they are ranked above the 10th ranked performance.
- The Carding cycle for the 2016 - 2017 seasons shall be November 1st, 2016 to October 31st, 2017.

Swimming Canada's authority for decisions:

All matters relating to the nomination of athletes for AAP to Sport Canada are the sole authority of Swimming Canada. Swimming Canada makes decisions relating to the approval of AAP nomination to Sport Canada on the basis of the approved Swimming Canada AAP Criteria and requirements, which have been approved by Sport Canada. If an athlete does not meet (in the discretion and opinion of Swimming Canada) any of the criteria or requirements set out in the Swimming Canada AAP Criteria, Swimming Canada may decide in its sole discretion, to either recommend withdrawal of carding, or to not nominate an athlete for 2016-2017 to Sport Canada.

Eligible Swimmers:

Only those swimmers eligible to represent Canada at either the IPC Swimming World Championships or the Paralympic Games shall be eligible for AAP support. Swimmers must be a duly registered swimmer with Swimming Canada (Class V Member – Competitive Open registration) and an IPC registered eligible Canadian athlete.

Eligibility Conditions

The following conditions applies to all carding levels

- **General Conditions**
 - Only events for sport classes offered on **the 2016 Paralympic Games Event Program** (Appendix A) will be eligible for carding.
 - Performances from the 2015-2016 season, will be ranked using the IPC Swimming World Rankings to determine carding nominations. IPC World Rankings will be from August 1st, 2015 – September 31st, 2016 using the amended IPC Swimming World Rankings adjusted to 3 per country per sport class.
 - To be eligible for carding, swimmers in sport class 1-14 must hold an IPC Swimming International "R" or "C" sport class status and hold a current IPC Swimming License.



- In the event that IPC Swimming determines a sport class is no longer included in the Paralympics, the carding of the affected athlete will continue until the end of the carding cycle.
- Currently carded swimmers who do not attend the Can Am Para-swimming Championships for any reason will be subject to a review by the Senior Manager High Performance Para-swimming Programs and may have their carding status re-evaluated or revoked.
- In order to be eligible for carding in 2016-2017, currently carded swimmers must attend all Can Am Para-swimming Championships during the 2015-2016 carding cycle, unless special dispensation is provided.
- **Specific Conditions**
 - Under normal conditions a carded swimmer must be training and competing at a prescribed minimum standard for Senior and Development Cards (see Section VI and Appendix A).
 - The Carded swimmer's home coach is required to submit a detailed Yearly Training Plan (YTP) (including end of training cycle performance benchmarks) to the Para-swimming Senior Manager High Performance Para-swimming Programs no later than November 15th, 2016.
 - The Home Coach has the opportunity to submit an updated YTP for the next training mesocycle following the December Can-Am and April Para-swimming Trials;
 - The Home coach and athlete will complete an end of cycle performance report outlining accomplishments (performance benchmarks), challenges and adjustments made to the next cycle training plan and adjusted performance benchmarks. Report Dates January 15th, 2017 and May 1, 2017;
 - Should the home club coach not be willing to submit this Swimming Canada will work with the athlete directly.
 - Carded Swimmers will submit monitoring data as prescribed by the Swimming Canada Para-swimming's monitoring program via LOGIT.
 - Swimmers not meeting the recommended minimum training requirements or failing to provide required reports during the carding cycle will undergo a review. The review will be conducted in conjunction with their personal coach, the National High Performance Director and the Senior Manager High Performance Para-swimming Programs.

Eligible Performances:

For the 2016-2017 carding cycle, carding shall be determined by Long Course performances at the following competitions only:

- 2015 Can Am Para-swimming Championships Bismarck, ND December 2015
- 2016 Olympic and Para-swimming Trials Toronto April 2016
- 2016 Can Am Para-swimming Championships Gatineau July 2016
- 2016 Paralympic Games** Rio de Janeiro September 2016
- Any LC competition between September 1st, 2015 and August 31st, 2016 that is approved by IPC Swimming, is listed on the IPC Swimming Events Calendar, and whose results are listed in the IPC Swimming World Rankings

** Only performances from this meet will be considered for first year of Senior International Cards.

Prioritization of Carding Nominations:

The following six points constitute the priority order for nominating swimmers who have met the carding criteria. Cards will be awarded in a "top down" fashion until the total allocation of cards is exhausted:

PRIORITY 1: Senior International card nominations.



- PRIORITY 2: Swimmers carded the previous year at the Senior International card level in Paralympic events who are injured* AND who meet the Sport Canada policy (Section 9.2) on curtailment of training and competition for health-related reasons.
- PRIORITY 3: Senior National Team card nominations (including C1 cards) as per world ranking position as of September 31, 2016.
- PRIORITY 4: Swimmers carded the previous year at the Senior National Team level (including C1 cards) and who are injured* AND meet the Sport Canada policy (Section 9.2) on curtailment of training and competition for health related reasons. These cards will be prioritized based on the previous year's ranking.
- PRIORITY 5: Development card nominations based on criteria outlined in this document.
- PRIORITY 6: Swimmers carded the previous year at the Development Card level in an individual event that are injured* AND meet the Sport Canada policy (Section 9.2) on curtailment of training and competition for health related reasons.
- Priority 7: Should Swimming Canada after the carding review meetings with Sport Canada have additional funds unspent based on the allocation of the 24 Senior Cards or equivalent, Swimming Canada may consider performances done following September 31, 2016, to allow for mid season carding in approved or sanctioned competitions under the IPC swimming Guidelines in eligible events.

* Please see the section entitled Injury Cards

I. SENIOR CARDS

SENIOR INTERNATIONAL CARD CRITERIA:

Eligibility for the 2016-2017 Senior International cards shall be based on results from the 2016 Paralympic Games, as per the following criteria. This is a two-year card.

To be eligible for nomination as a Senior International Card, swimmers must finish within the top 8 places of an individual event and finish within the top ½ (half) of the field.

Notes:

- I. Athletes who meet the Senior International Card (SRI) criteria at the 2016 Paralympic Games are eligible to be nominated by Swimming Canada for two consecutive years, with the card for the first year referred to as SR1 and the card for the second year referred to as SR2. The second year of carding will be contingent on the athlete being re-nominated by Swimming Canada.
- II. Athletes will be re-nominated if they are maintaining an approved training and competition program recognized by Swimming Canada and Sport Canada, and have maintained a performance level (in the event that was used for the granting of the SRI card).
- III. The athlete must sign the most recent version of the Athlete/NSO Agreement and complete an AAP Application Form for the year in question.
- IV. Swimmers carded for the first time may receive a Senior International Card nomination providing their performances fulfill the above criteria.



SENIOR NATIONAL TEAM CARD CRITERIA:

Eligibility for a 2016-2017 Senior National Team Card shall be based on world rankings as per the following criteria. This is a one-year card.

1. Event Priority for the Senior National Team Card will be the events offered for each sport class on both the 2016 Paralympic Games Event Program, based on performance done at any IPC Approved Swimming Competition inside the qualifying period including the competitions listed in **“Eligible Performances”**
2. Swimmers ranked in the top 10 and top half of a field in the adjusted world rankings and within the specified “depth of field”.

Notes:

- I. A swimmer is eligible for four (4) years total at the Senior National Team Card level (including C1) **unless** they continue to produce podium level performance (Top 3 at IPC Swimming World Championships and Paralympic Games) in their designated sport class.
- II. Swimmers not showing performance improvement of more than 1% per year for 2 consecutive years will no longer be carded, unless they continue to produce podium level performance in their designated sport class. Best performances done during the 2014-2015 will be the initial measure.

C1 CARD CRITERIA:

- I. Swimmers who fulfill the Senior National Team Card criteria for the first time in their career will be funded at the same level as a Development Card athlete, and will be designated as a C1 card by Swimming Canada (except for swimmers meeting the criteria described under Senior International Card notes).

II. DEVELOPMENT CARDS

The availability of Development cards is subject to the total number of cards available under the Sport Canada criteria and the number of cards awarded in the Senior International and Senior levels. This is a one-year card.

Development Cards - development cards will be allocated as per the process below and until resources are exhausted.

1. Event Priority for Development Cards will be the events offered for each sport class on the 2016 Paralympic Games Event Program, based on performance done at any IPC Approved Swimming Competition inside the qualifying period, including the competitions listed in **“Eligible Performances”** section.
2. Swimmers ranked 11th – 18th of the adjusted IPC Swimming World Rankings and in the top two-thirds of the field will be prioritized.

Notes:

- I. Swimmers who have been carded at a Senior Card level for more than 2 are not eligible for nomination for a Development Card (an exception may be granted at the sole discretion of Sport Canada, for an athlete carded at the SR level while still a junior athlete).
- II. A swimmer is eligible for four (4) years total at the Development Card level. If a swimmer does not advance to the Senior level after this period, the swimmer will undergo a stringent review to determine ability to be carded.



- III. Swimmers not showing performance improvement of more than 1% per year for 2 consecutive years, will no longer be carded, unless they continue to produce podium level performance in their designated sport class. Best performances done during the 2014-2015 will be the initial measure.
- IV. In order to be carded for a fifth year at a Development Card level, Swimming Canada must be satisfied that the swimmers performances are progressing and the swimmer still has potential to advance to the Senior Card level.
- V. In the event of a tie swimmers will be prioritized based upon the percent depth of field calculation and swimmer with the lower depth of field percentage will be ranked higher. If the tie occurs in the same event, then the swimmers second highest world ranked swim will be used to break the tie. Should there be no other world ranked swim then the swimmers second highest rated swim using the Swimming Canada LC Performance Point Charts shall be used to break the tie.
- VI. Development Card swimmers whose performances have receded (season best time as compared to career best time) over a continuous two year period will undergo a stringent review to determine ability to be carded by the Swimming Canada Senior Manager High Performance Para-swimming Programs. In order to be nominated the swimmer's review must provide concrete evidence that they are demonstrating a commitment to return to career best times. Such evidence will be based on training frequency, quality, "in-season" performances and personal coach feedback.

III. INJURY AND ILLNESS

Swimming Canada will consider nominating athletes for an injury card in accordance with section 9.1.3 of the Sport Canada AAP policy. In order to be considered for nomination for an injury card for 2016-2017, an athlete must meet all of the following requirements:

- i. The athlete must have been carded during the 2015-2016 carding cycle.
- ii. It is the responsibility of the athlete to duly notify Swimming Canada in writing of his/her injury or illness status **within 21 days** of the date of diagnosis or of the date when the athlete had to interrupt his/her training. A licensed sport medicine or medical practitioner must make any such signed diagnosis.

If Swimming Canada nominates an athlete for injury carding, the athlete will be nominated for an injury card at the same level (i.e. Senior or Development) at which they were carded in 2015-2016.

Swimmers receiving an injury card:

- i. Must report monthly to Swimming Canada's Senior Manager, High Performance Para-swimming Programs on their rehabilitation activity and progression. This must continue until such time as they are deemed fit to return to full training. Failure to report on a monthly basis may result, in the sole discretion of Swimming Canada, a recommendation to Sport Canada to withdraw carding. Injury reporting for a resident athlete at a Swimming Canada High Performance Centre or Intensive Training Program is to be completed through the respective HPC/ITP IST staff and documented in the HPC/ITP bi-monthly IST report.
- ii. Must follow the conditions outlined in the Sport Canada AAP policy regarding curtailment of training and competition for health-related reasons (section 9.1.1 and 9.1.2).

Swimmers may only be nominated for an injury card for two consecutive seasons.



IV. SWIMMERS TRAINING OUTSIDE OF CANADA

The following shall apply to swimmers who meet the carding criteria as noted above and who are training abroad:

- i. All swimmers training outside of Canada are required to support the National program as outlined in this document.
- ii. Swimming Canada will, at its sole discretion, determine if Canadians who achieve the carding criteria while living and training outside of the country will be nominated for AAP funding. The decision will be based on a number of factors which shall include, but not be limited to, the available daily training environment and the ability to support the National program as outlined in this document.
- iii. As per Sport Canada policy (2.5.2), Swimming Canada will nominate swimmers who are attending a foreign post-secondary educational institution and are receiving an athletic scholarship for AAP funding provided that they commit to support the National Team Program activities. These swimmers will be nominated by Swimming Canada for AAP support during the months they are **not attending** the foreign post-secondary institution. It is the responsibility of the individual athlete to notify Swimming Canada of the applicable time period for which they will not be attending the foreign post-secondary educational institution.

V. TRAINING REQUIREMENTS

- I. All carded swimmers shall be expected to attend to an appropriate standard of training suitable to progress their competitive standard.
 - a. All swimmers must be training daily under the direct supervision of an accredited swim coach.
- II. Alternative programs may be considered at the discretion of the Swimming Canada National High Performance Director and Para-Swimming National Coach provided that they met caveats above.
- III. The Carded swimmer's home coach is required to submit a detailed Yearly Training Plan (YTP) (including end of training cycle performance benchmarks) to the Senior Manager High Performance Para-swimming Programs no later than November 15th, 2016.
 - a. The Home Coach has the opportunity to submit an updated YTP for the next training mesocycle following the December Can-Am and April Para-swimming Trials.
 - b. The Home coach and swimmer will complete an end of cycle performance report outlining accomplishments (performance benchmarks), challenges and adjustments made to the next cycle training plan and adjusted performance benchmarks. Report Dates January 15th, 2016 and April 15th, 2017.
 - c. Carded Swimmers will submit monthly monitoring data as prescribed by the Swimming Canada Para-swimming's monthly monitoring workouts.
 - d. All carded swimmers are required to submit the Swimming Canada Para-Swimming Weekly Online Monitoring Report via the available online system.
- IV. Swimmers not meeting the recommended minimum training requirements or failing to provide required reports during the carding cycle will undergo a review. The review will be conducted in conjunction with their personal coach and the Senior Manager High Performance Para-swimming Programs and the National High Performance Director.
- V. Any determination of unsuitable training will be made in concert with the swimmers personal coach and Swimming Canada.



- VI. All personal coaches of carded swimmers will be required to attend Carded Coaches Meetings as determined by the Swimming Canada National Coach Para-swimming. Special dispensation may be granted at the discretion of the Senior Manager High Performance Para-swimming Programs in consultation with the Senior Manager High Performance Para-swimming Programs.
- VII. If for any reason other than injury and illness (see section IV) a swimmer is unable to sustain or otherwise maintain a suitable level of training, their carding status will be reviewed. Should the review provide a negative result, a recommendation for withdrawal of carding will be made to Sport Canada.

VI. MANDATORY MEETS / NATIONAL PROGRAM

Once carded, all swimmers must attend competitions for which they are selected; camps for which they are selected; and the following competitions:

- I. Can-Am Para-swimming Open November, 2016 Miami, Florida
- II. 2017 Can Am Para-swimming Championships March 31-April 2, 2017 Windsor. ON
- III. Canadian Swimming Championships August 2017 Montreal, QC



Appendix A – Rio 2016 Event Program

Glasgow 2015 and Rio 2016 Men's Events												
	50 FR	100 FR	200 FR	400FR	50 BA	100 BA	50 BR	100BR	50 FLY	100FLY	150 IM	200 IM
S1					X	X						
S2			X		X	X	X					
S3	X	X	X		X		X				X	
S4	X	X	X		X			X			X	
S5	X	X	X		X			X	X			
S6	X	X		X		X		X	X			X
S7	X	X		X		X		X	X			X
S8	X	X		X		X		X		X		X
S9	X	X		X		X		X		X		X
S10	X	X		X		X				X		X
S11	X	X		X		X		X		X		X
S12	X					X						
S13	X	X		X		X		X		X		X
S14			X			X		X				X

Glasgow 2015 and Rio 2016 Women's Events												
	50 FR	100 FR	200 FR	400FR	50 BA	100 BA	50 BR	100BR	50 FLY	100FLY	150 IM	200 IM
S1												
S2					X	X						
S3		X			X		X					
S4	X				X			X			X	
S5	X	X	X		X			X	X			X
S6	X	X		X		X		X	X			X
S7	X	X		X		X		X	X			X
S8	X	X		X		X		X		X		X
S9	X	X		X		X		X		X		X
S10	X	X		X		X				X		X
S11	X	X		X		X		X				X
S12	X					X						
S13	X	X		X		X		X		X		X
S14			X			X		X				X



Appendix “B” Recommended Minimum Training Requirements

Para Swimming - Recommended Minimum Training Standards for AAP Senior Carded Athletes													
Class	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13
Training Variables													
Workout duration (mins)	60-75	60-75	60-75	60-75	60-90	60-90	60-105	90-120	90-120	90-120	75-105	90-120	90-120
Workout Volume (1000 m)	1-1.15	1-1.5	2-2.5	2.5-3	3-4	3.5-4	3.5-4.5	4-5	4.5-5	4.5-5.5	3.5-4.5	4.5-5.5	4.5-5.5
Workouts per week (water)	4-5	5-6	5-7	5-7	6-8	6-8	7-9	7-9	8-10	8-10	7-9	8-10	8-10
Weekly Volume (km)	4-6	5-10	10-17.5	12.5-21	18-32	21-32	25-40	28-45	32-50	36-55	25-40	36-55	36-55
Competitions per month	1	1	1	1	1+	1+	1+	1+	1+	1+	1+	1+	1+

Para Swimming - Recommended Minimum Training Standards for AAP Developmental Carded Athletes													
Class	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13
Training Variables													
Workout duration (mins.)	45-60	60	60-75	60-75	60-90	60-90	60-90	75-90	75-90	90-120	60-75	90-120	90-120
Workout Volume (1000 m)	.75-1	1	1-2	1.5-2	2.0-3.0	2.5-3.5	3-3.5	3.5-4	3.5-4	3.5-4.5	2.5-3.5	3.5-4.5	3.5-4.5
Workouts per week (water)	4	4-5	5	5-6	5-7	5-7	6-8	6-8	7-9	7-9	6-8	7-9	7-9
Weekly Volume (km)	3-4	5-6	7.5-10	7.5-12	10-21	12.5-24	18-28	22-32	24-36	24-40	15-28	24-40	24-40
Competitions per month	1	1	1	1	1+	1+	1+	1+	1+	1+	1	1+	1+