

National Team Plan with selection criteria leading up to London 2012 for swimmers and coaches

The National Team Plan has the focus on London and Olympic events. This means that we will primarily make selections on Olympic events. This document also contains some information about training camps. First there is information about competition, then camps and at the end criteria for coach selection.

World Champion Shanghai 2011

All the qualification times must be achieved in a 50 meter pool in a FINA approved qualifying competition.

There will be a qualification period from January 28th to May 15th 2011. Swimmers that achieve an A-qualification standard in this period are secure in their position for that event unless there are more than two swimmers making the standard. Then only the top two will be selected for that event. In the 100 and 200 freestyle events the four top ranked swimmers achieving the A-qualification standard will be secure on selection to the national team for consideration in relay events.

In the case only one or no swimmer qualifies for an event there is an extra qualification period so swimmers can be added off Mare Nostrum results. Relay substitutes can also be added.

To enter two swimmers in an event both of them have to reach the FINA A-qualification time.

Swimmers that only achieve a qualification standard for non-Olympic events for the 2011 World Championships have to rank top five in the world to be considered for selection.

NB A maximum of twenty-four swimmers will be selected.

World Cup 2011

The swimmers will be selected at the latest September 1st for the World Cups.

Stockholm, Sweden

24 swimmers selected from result summer 2011 in 50 m pool. Only a few coaches will be selected for this event and they will be coaches from outside Stockholm.

Moscow, Russia

The four top ranked selected from the emerging group. One coach will be selected that has a swimmer on the team.

Berlin, Germany

The next four top ranked swimmers (based on two per nation) from events in the summer 2011 in 50m pool. The coach for Berlin will be selected from senior coach list that has a swimmer on the team.

Singapore / Beijing / Tokyo

The four top ranked swimmers (based on two per nation) from competitions in the summer 2011 in 50 m pool will be selected. A coach will be supplied.

Please Note.

Swimmers selected for the world cups must show they have prepared well prior to departure.

European Championships (25m) in Szczecin 2011

A maximum of twenty swimmers will be selected from the Swedish Nationals (25m). Swimmers residing outside Sweden will have a qualification period starting September 1st until November 20th (25m Pool) Selection criteria will be swimmers ranked top sixteen, two per nation. In non-Olympic events top five.

European Champion 2012 preliminary 21-27 May

Qualification period is from February 1st to April 30st. A maximum of twenty-four swimmers will be selected based on rankings.

Olympics in London 2012

All the qualification times must be achieved in a 50 meter pool in a FINA approved qualifying competition.

There will be qualification periods from January 1st up until after the GP Final April 23rd. Swimmers that achieve an "Olympic Qualifying Time" standard in this period are secure in their position for that event. In the case of more than two swimmers making the standards only the top two are selected for that event. In the 100 and 200 freestyle events the four top ranked swimmers achieving the "Olympic Qualifying Time" standard will be secure on selection to the national team for consideration in relay events. In the case only one or no swimmer qualifies for an event there is an extra qualification period so swimmers can be added after the Mare Nostrum this includes relay swimmers. Swimmers must be approved by the SOK for participation in the Olympic Games.

SOK approval criteria OG 2012 is:

- Individual selection, top 8 results in Worlds (or in a number of A-competitions)
- Relay selection, top 6 results in Worlds (or in a number of A-competitions)
- Individual selection young athletes, coaching perspective, athletes going for Rio 2016 with a medal potential

Selection policy OG 2012

- Selection no 1 after GP final
- Selection no 2 in mid June (complimentary)

Clothing and accreditation will be received prior to departure for the staging camp, for now in Malaga. Team arrival will be three days before competition begins giving two full days clear. The team will arrive in London in stages depending upon the individual competition schedule.

Training camps

Altitude

From February 17th to March 8th 2011 there will be a altitude camp in Sierra Nevada, Spain. Also in 2012 there will be an altitude camp in the same period. The camp will be for the 20 highest ranked swimmers (maximum). There will be three coaches with altitude experience (Pär G and Michael S) and Greg Salter. There will also be a sport physiologist plus an assistant, a physiotherapist and masseuse at the altitude camps. There will be six coaches that will receive altitude education, three the first ten days and three more the next ten days.

NB

- 1. Mandatory full blood screening will be required the first week of January. Please contact Sport Physiologist Magnus Kjellberg for details.**
- 2. Mandatory step test for aerobic capacity to be completed before the February 7th (a high level of aerobic capacity is highly desirable).**
- 3. Any athlete who is sick in the two weeks prior to departure will not be attending.**

Pre-camp

There will be a pre-camp before Shanghai in Singapore. We will stay at Grand Mercure Roxy Hotel and train at the Chinese Swimming Club (a six minute walk). We will be there for nine days (July 12th - 20th) excluding travel for time change and warm acclimatisation. Before London there will be a nine day camp July 17th - 26st in Malaga, Spain.

Test Camp in Preparation for the Pre Olympic Camp Malaga, Spain

May 24th to June 2nd 2011 there will be a camp for twelve swimmers with a priority for relay 4x200 members. It will be the six highest ranked male and female swimmers. There will be two coaches on the team (announced April 1st) and Greg Salter. This camp will be at the same place as the pre-camp for London 2012. This team of twelve will then go on to compete in the Mare Nostrum series. The selection will be made after the GP final.

SOK and SSF will pay for the camp. SSF will subsidize each participant of the camp 5000 kr if they attend all three Mare Nostrum meets. The club will have to cover the rest.

Please note:

- 1. SOK have been very supportive in the supply of experts in their field, i.e. Phoung Pihlträäd the dietician, Leif Larsson and his strength and conditioning team.**
- 2. SSF will provide doctor, physiotherapists and bio mechanist personnel to support all camps and major competitions.**
- 3. At the altitude training camps the plan is for an apartment style accommodation in the village where the SOK will supply a dietician and a chef to help educate the athletes attending in preparing their own nutritious cuisine. The strength and conditioning coach will also attend.**
- 4. At the winter relay camps the SOK will be supplying an expert in the field of time management for further education of the athletes.**

Relay camps at Eriksdalsbadet

See calendar

Possibility to train at HPC and with Greg Salter

Every Monday morning and afternoon when Greg is in Sweden he will be coaching there. But you must contact him first. There are also other possibilities to train at Eriksdalsbadet and use the cameras etc. We have four lanes morning and afternoon from September 6th to December 9th on Monday, Wednesday and Friday and two lanes weekends at midday. There could be situations when booked lanes for many reasons will not be used. Then of course the Swim Clubs in Stockholm can use them.

Coach selection policy

World Short Course in Dubai 2010, World Long Course in Shanghai 2011, European Short Course in Szeged 2011, European Long Course in 2012 and the Olympic Games in London 2012 will be based on;

Swimmer to coach ratio will be 4 to 1 for the World Championships (50m) and Olympics, 5 to 1 for the World Championships (25m) and European Championships.

Two coaches with experience from World Championships or Olympics will be selected in September the year before and most likely to have a swimmer on the team. Other coaches will be selected on merit.

1. By placing a swimmer on the team.
2. International ranking of the swimmer (the ranking achieved by the time made at the qualification meet or qualification period)
3. If more than one coach has swimmers with the same ranking the coach that has most swimmers on the team will be chosen.
4. If that also is the same the coach with the highest FINA point scoring swimmer is chosen (points of the top ranked swimmer).
5. The coach must be the primary coach (**face to face delivery of the program, minimum of eighty percent**) and has been in the primary role for a minimum of one hundred days prior to selection.
6. Coaches will be selected for all the above meets based on the performance of swimmers in Olympic events only.
7. Coaches must show that they are improving their professional skills, i.e. participating in clinics and seminars.
8. Coaches must have a reasonable level of fitness and health to be able to carry out their duties.
9. Selection of coaches is subject to Head Coach approval and needs of the team.

Coach selection OG 2012:

- November 2010, preliminary numbers is given
- November 2011, preliminary numbers (update) is given
- June 2012, selection of coaches, medical & technical staff (names)

Stockholm 2010-12-07

Selectors

Bengt Jönsson
Executive Director

Greg Salter
Head Coach

Kenneth Magnusson
Team Manager