

SDSC Para Swimming Development Programme 2023

Introduction	<p>The information below shows the requirement to enter SDSC Swimming programme.</p> <p>Athletes that meet the qualification criteria as stated below will be considered for the SDSC Development Para Swimming Programme 2023 for a 12-months period from 1 April 2023 to 31 March 2024</p> <p>Meeting the criteria below do not guarantee an invitation to SDSC Para Swimming Development Programme 2023 but it should be seen as <u>a prerequisite for consideration</u>.</p> <p>Athletes selected for this programme are identified as someone who potentially <u>possessing the skills, ability and attributes to progress onto a SDSC Para Swimming Elite Programme</u>.</p> <p>Athletes must be able to show the potential to qualify for Regional Games (Eg: ASEAN Para Games)</p>
Benefits of Joining	<ul style="list-style-type: none"> • Be in one of the most established Para-Sports Development model in Singapore. • Creating local talent representation and creating history in the Paralympics Games. • Early access to insights (benefits to webinars, competition, information and news) • Analysis & Performance tracking for the swimmers under the programme. • Upcoming High Performance Centre

Criteria Process	<ul style="list-style-type: none"> ● Athletes will only be considered for invitation to the programme providing they have either a WPS S1-S14 inclusive, WPS or VIRTUS Classification (II2 & II3). ● Athletes must be registered to a swimming club affiliated Singapore Swimming Association (SSA) or from MOE Sped Schools. ● Only athletes with the minimum age 12 years (2022-Birth Year) will be eligible for consideration. ● Only recognised WPS offered events that are published in the WPS rulebook for WPS Regional, World or Paralympic Games may be considered. For VIRTUS (II2 & II3) event, please refer to the Annex A. ● Any changes in an athlete’s classification at any point of time for whatever reason during the year will result in a review of the athlete’s place on the programme. If the athlete has not achieved a consideration time for their new classification within an agreed period of time (minimum 3 months from the date of classification change) the athlete will be withdrawn from the programme. <ul style="list-style-type: none"> ● Athletes with a physical, visual and Intellectual impairment wishing to be considered for the SDSC Para Swimming Development Programme 2023 must have achieved a <u>minimum of 200 World Para Swimming (WPS)</u> points at one of the competitions below: <ul style="list-style-type: none"> ➢ SDSC National Inclusive Swimming Championships 2022 ➢ SDSC National Youth Swimming Championships 2022 ➢ Major Games 2022 (Eg: ASEAN Para Games 2022, Commonwealth Games 2022) ➢ WPS approved competition 2022 (Eg: WPS World Series, World Para Swimming Championship) ➢ SDSC-approved / sanctioned trials or events ● Swimmers age 12-15 can refer to a minimum of 150 WPS points. ● Split times or performances during training will not be considered. <p>All athletes will be required to show the required progression along the athlete pathway.</p>
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Coaching fee support	<p>Athlete will be reimbursed 95% of their coaching fee (Capped at S\$200 per month).</p> <p>Requirement:</p> <ul style="list-style-type: none"> -Athletes should train under Swim Club that is affiliated with SSA. -Meet the minimum 80% training attendance set by the swim club. -Athletes to submit the receipt and attendance sheet for the reimbursement by end of the month.
Condition	<p>Acceptance of invitation to the SDSC Para Swimming Development Programme 2023 is subject to all SDSC conditions and requirements.</p> <p>Athletes are reminded that their place on the programme is a privilege and not a right. They are expected to remain fully committed to their training.</p> <p>Athletes will be reviewed every 6 months, this is to ensure that the athletes continuing to progress and fulfilling the requirements of the programme. The review will be done between the coach and SDSC to track athlete on performance and progression. Any athlete who failed to meet the requirements or no longer show progression on performance, may be given a period of time to achieve the goals that have been outlined or removed by SDSC and opportunity may be given to the next suitable candidate.</p> <p>Athletes will be signed and compliance with SDSC Athlete Agreement</p> <p>Athletes are required to be a SDSC Individual/Youth Member</p> <p>There shall be no right of appeal if an athlete is unsuccessful in attaining a place on the Programme.</p>
Application Forms	<p>The following documents are to be submitted to the SDSC:</p> <ol style="list-style-type: none"> 1. Swimming Elite/Development Programme Registration Form 2023 2. SDSC Membership Application Form

Annex

Event	Class	Men		Women	
		Elite	Development	Elite	Development
50m Freestyle	II2	00:34.23	00:37.65	00:39.41	00:43.35
	II3	00:29.85	00:32.84	00:33.25	00:36.57
100m Freestyle	ii2	01:12.81	01:20.09	01:27.14	01:35.85
	ii3	00:59.11	01:05.02	01:16.71	01:24.38
200m Freestyle	ii2	02:42.69	02:58.96	03:20.62	03:40.68
	ii3	02:10.74	02:23.81	03:21.45	03:41.60
400m Freestyle	ii2	05:54.89	06:30.38	06:59.98	07:41.98
	ii3				
50m Breaststroke	ii2	00:44.43	00:48.87	00:54.03	00:59.43
	ii3	00:34.46	00:37.91	00:55.55	01:01.11
100m Breaststroke	ii2	01:39.31	01:49.24	01:59.61	02:11.57
	ii3	01:18.92	01:26.81	02:01.56	02:13.72
50m Backstroke	ii2	00:41.72	00:45.89	00:48.90	00:53.79
	ii3	00:41.49	00:45.64	00:41.64	00:45.80
100m Backstroke	II2	01:37.35	01:47.09	01:47.17	01:57.89
	II3	01:18.51	01:26.36	01:36.38	01:46.02
50m Butterfly	ii2	00:34.03	00:37.43	00:44.44	00:48.88
	ii3	00:35.34	00:38.87	00:38.37	00:42.21
100m Butterfly	ii2	01:17.41	01:25.15	01:49.86	02:00.85
	ii3	01:28.73	01:37.60	01:29.35	01:38.29
200m IM	ii2				
	ii3	02:36.63	02:52.29	03:05.45	03:24.00

