

**SELECTION CRITERIA, COMMONWEALTH GAMES WATER POLO WOMEN****ABERDEEN, SCOTLAND, 05 APRIL 2014 – 12 APRIL 2014****1. Eligibility**

- 1.1. Only athletes registered with and in good standing with SSA will be considered for selection.
- 1.2. Selected athletes must be in possession of a valid South African passport and have chosen South Africa as their Sport Nationality.
- 1.3. Members selected to the team must abide by the SSA Code of Conduct as appended to the SSA Constitution and agree to and sign the SSA Athlete / Official Agreement for Commonwealth Games 2014.
- 1.4. To be eligible for selection a athlete must participate at the SSA National Water Polo Trials that will take place in East London and Cape Town from 10<sup>th</sup> to 14<sup>th</sup> December and 31<sup>st</sup> Jan to 2 Feb respectively.
- 1.5. Athletes must be available to travel to and compete at the Commonwealth Games Water Polo 2014 in Aberdeen, Scotland from 05 April 2014 – 12 April 2014.
- 1.6. All athletes must participate in the SA National Water Polo Championships in Durban from 27 March to 30 March 2014. Failure to participate will have the athlete being withdrawn from the team.
- 1.7. Team selection will be in accordance with the SSA Transformation Policy in relation to demographic and gender equity where applicable.
- 1.8. The SSA Executive Committee reserves the right to amend these criteria and circulate such amended criteria.
- 1.9. The final team selection is subject to approval by the SSA Executive Committee.

**2. Funding**

- 2.1. This tour will be self funded.

**3. Criteria**

- 3.1. The selected squad will be required to attend all the training camps.
- 3.2. Overseas based athletes must:
  - a) Be Registered with SSA by 31 October 2013
  - b) Received letter of clearance from SSA to participate in the USA
  - c) Received letter of clearance from affiliate of good standing



- d) Athletes must provide information of their USA coaches. EG: Email & Telephone numbers
- e) Athletes must be available for training camp from 10 – 14 December 2013 in East London for selection process

3.3. Should a position in the team become available due to the injury or withdrawal of an athlete, after the team announcement, the Water Polo Selection Committee may consider an athlete from the selected squad on the basis of their overall commitment and attendance at the training camps.

### **3.4. Conditions of Selection**

- 3.4.1. Athletes will be invited to attend trials in East London & Cape Town.
- 3.4.2. Each team member must attend all training camps after the final team has been selected.
- 3.4.3. Pass fitness/flexibility tests at training camps.
- 3.4.4. Athletes may be cut from the group if the monthly fitness test results are not satisfactory, and after training camps if progress or attitude is not up to standard. This is at the discretion of SSA after submission from the coach.
- 3.4.5. The selectors, will make the final selection of athletes to compete as follows:
  - 3.4.5.1. Work Ethic
  - 3.4.5.2. Physical competitive readiness and physical suitability
- 3.4.6. Athlete performance at SA Nationals will be taken into account. Athletes not participating at SA Nationals will not be eligible.
- 3.4.7. Overseas based athletes are required to:
  - 3.4.7.1. Submit monthly swim program with times
  - 3.4.7.2. Their Coach to submit progress report every second month

## **4. Tests**

- 4.1. For athletes to be considered for selection for the final team, they need to ensure that they complete swimming tests on a weekly basis and submit a record of same to SSA and the Team Coach.
- 4.2. A further two tests consisting of any of tests one to five will be conducted by the coach at the camps. Tests one to five is attached hereto as Annexure A.
- 4.3. Test one will start the sequence of the tests as determined by the National Head Coach, thereafter followed by tests two, three, four and five.



- 4.4. Should an athlete for any reason not submit a swim test as per the defined submission date, a "Did Not Submit (DNS)" will be recorded;
- 4.5. Test results must be submitted in the attached excel format only.

5 **Training Camps**

5.7 Training Camps are Compulsory for Team Members

5.8 **Squad**

5.8.1 December

5.8.2 February

5.9 **Team**

5.9.1 April 2014

