



## NATIONAL ARENA SWIMMING LEAGUE (NASL)

### SELECTION POLICY

The team for the National Arena Swimming League (NASL) will be selected from the Club Rankings. Selection will be based on age as of the 31<sup>st</sup> December

#### 1. INDIVIDUAL EVENTS

Ages eligible for selection:

**Males:** aged 10 years and above  
**Females:** aged 10 years and above

The fastest team will be selected according to the rules of the competition, which state that a swimmer may swim in any number of events, subject to a maximum of three individual events, two in their own age group (this includes three individual events in the open age group) and one event in the age group above.

Under normal circumstances the highest ranked available swimmer according to the ASA rankings will be selected. However, the NASL Head Coach reserves the right to select other swimmers in order to provide the best overall result for the teams.

Current competition performances and performances from the previous rounds will be taken into consideration when selecting the team that will provide the most successful result for the club.

#### 2. RELAY EVENTS

Ages eligible for selection:

**Males:** aged 9 years and above  
**Females:** aged 9 years and above

##### Freestyle Relay Selection

The 4x50m Freestyle Relay will be made up of the 4 highest ranked available swimmers. However, the NASL Head Coach reserves the right to select other swimmers in order to provide the best overall result for the teams.

Current competition performances and performances from previous rounds will be taken into consideration when selecting the team that will provide the most successful result for the club.

## **Medley Relay Selection**

The 4 swimmers who are able to give the best cumulative time will be selected to swim the 4 x 100m Medley Team.

Where additional teams qualify the 4 swimmers who are able to give the next fastest cumulative time will be selected to swim.

The NASL Head Coach reserves the right to select other swimmers in order to provide the best overall result for the teams.

Current competition performances and performances from previous rounds will be taken into consideration when selecting the team that will provide the most successful result for the club.

## **3. COACHES**

The Coaches for the NASL will be selected by the Head Coach or in his absence, the Senior Age Group Coach.

Selected coaches must make themselves available to travel as part of the team and stay overnight in a team hotel if required.

## **4. GENERAL**

Only those swimmers who are registered members of the City of Leeds Swimming Club before the 1<sup>st</sup> October will be selected for the National Arena Swimming League.

Swimmers becoming unfit due to illness or injury at any time between selection and the day of the competition must notify the NASL Head Coach immediately. Any swimmer judged to be unfit by the NASL Head Coach may be de-selected in the interest of the team.

The replacement of swimmer (s) who have withdrawn or have been de-selected will be the remit of the NASL Head Coach.

All selected team members for National Arena Swimming League will be required to sign and comply with the club's Code of Conduct.

At all rounds when on poolside, swimmers **MUST** wear the full City of Leeds Swimming Club team kit including t-shirts, tracksuits/shorts (or tracksuits and shorts in club colours if swimmers do not have club kit) and club swim caps for those who wear them when racing.

In all matters concerning team selection, The NASL Head Coach reserves the right on occasion to select swimmers that fall outside the normal selection policy to ensure the best possible result for the team.

Selected swimmers must make themselves available to travel as part of the team and stay overnight in a team hotel if required.

Transport to the venue will be provided by the City of Leeds Swimming Club if it is deemed necessary. A contribution may be requested from swimmers at the discretion of the City of Leeds Swimming Club.