



2020 Junior Program – FAQ's

As of April 5, 2020

How will the financial situation created by COVID-19 affect the National Junior Program plans?

- The financial situation in Canada is very fragile and will likely remain this way for some time. Limited resources mean difficult decisions will have to be made.
- The cost of the Junior Program is significant for families. The outcome of COVID-19 will have a significant impact on the economic situation for everyone and will impact what CAS and families are able to do.

Are the FINA 2020 Junior World Championships still taking place in August in Quebec City?

- We currently have no new information from FINA about the 2020 Junior World Championships.
- Junior Worlds is an important event for FINA however FINA is currently working on where to put the 2021 World Championships AND the many qualification processes for the Olympics now taking place in 2021.

What are the possible outcomes for dates of the 2020 Junior World Championships?

- The event is cancelled completely.
- The event is postponed to later in 2020.
 - How will that work for Canada for preparation-how do we still have 4-6 weeks of preparation with everyone in school? Will it limit athlete participation?
- The event is postponed to 2021.
 - Would there be a change in the age group rules or do the 2002 born athletes miss out on a World Championships? Are we following new rules in 2021 (new elements)?
 - If it is postponed, do we (can we) still host? It is hard to postpone without facility availability, without knowing when the current situation will be over.
 - Depending on how long the current situation continues around the world and what the fallout is for many countries, there may be very few countries that can afford to participate/attend. Canada cannot afford to host an event that loses money. That is our financial reality.
- How does this impact Youth Worlds? If Junior Worlds are in 2021 do Youth Worlds get pushed back a year or are there now Juniors Worlds and Youth Worlds both in 2021?

When is the Junior Selection Camp for the Junior World Championships Team?

- The selection camp planned for May 31-June 7 in Montreal has been cancelled.
- If Junior Worlds takes place as planned in August, the Selection Camp will be the week before we start preparation camps, so July 4-9. The team would be selected at the end of day July 9th. The non-selected athletes would travel home on the 10th, while the selected team would start their preparation.
- We have not yet determined a location for the camp (Montreal or Quebec).

- Until we know when it is that athletes are able to get back in the water, what the impact on the school year might be and what is happening with the Junior World Championships we cannot finalize any selection processes or plans.

How will CAS decide who will be invited to a selection camp?

- We have not determined what the invitation process will be now that all of our national events have been cancelled.
- The last time we had a group of athletes in the same place, in the same situation was the December camp, **so it will factor significantly** into any process that is developed.

When will there be a new Junior World Team Selection Process posted to the CAS website?

- We won't be amending the posted Selection Process on the CAS website until we finalize the amended process will be **HOWEVER** the Selection Factors in Appendix 1 are still applicable, as is the feedback athletes received following the December camp.

What are the expectations for "Athlete Readiness"?

- The situation we are in presents a very unique opportunity for athletes to take care of themselves individually. The expectation is that those athletes that take advantage of the current situation in a positive manner will have a big advantage over those that don't.
- Athletes now have time to rest and recover and deal with their injuries so they are physically healthy. Athletes who are injured and unable to train with *no restrictions* will not be invited to participate in any selection camps/processes.
- The expectation is that athletes take advantage of this time to deal with any biomechanical and physical deficiencies that can be addressed with home training. Flexibility, core strength and ballet routines come to mind. Athletes who use the time to work on the areas that are gaps for them will return to training better athletes, so they can be better artistic swimmers.
- It is a major opportunity to develop mental resilience - this skill is the dividing line between those athletes that succeed under pressure, and those that don't. It separates those athletes who can adapt to any situation from those who cannot. In a short-term competition situation this is a required ability.

What are the expectations for the Junior Athlete Pool Athletes?

- We will keep moving forward, a month at a time until we have more information about the World Championships
- The junior coaches will provide the current athlete pool of 21 athletes with training to be done at home. They will also be asking athletes to submit videos.
- We will be evaluating who is accountable and responsible. Do the work, don't do the work, submit the videos, don't submit the videos. The National Junior Coaches will not be chasing after athletes

Will there be a selection camp/process to select new athletes to the Full—Time Training Group (FTTG)?

- With the Olympics postponed to 2021, we will not be holding the FTTG Selection Camp as planned for October 29 - November 7, 2020.
- That is not to say we won't be exploring options to add more athletes to our FTTG as we prepare for the Olympic Games in the summer of 2021.
- We are discussing what options there might be but won't have any definite decisions or plans in place until we know more. ***Only athletes that are prepared to relocate to Montreal in January 2021 will be considered*** (many will not be ready because they need to finish school or are too young to move). Making good long-term athlete development decisions will drive decision making. It is not a race to get on our senior team. It is a process that takes time.
 - Is Junior Worlds still happening and if yes, when?
 - When will our Senior Team and athletes in Canada be back in the water?
 - Where and when are the Senior World Championships that were planned to take place in 2021?
 - What will the World Series calendar look like next season?

What will the three years after 2020-2021 look like?

- We have no information to provide. Too much is unknown.

Will there be changes to the 2020 Sport Canada Athlete Assistance Program

- The 2020 AAP Criteria on our website will need to be changed but won't be amending the posted 2020 AAP Criteria on the CAS website until we have answers. How it will be amended will depend on a number of factors, which are still unknown.
 - Will there be a Junior Worlds and if yes, when (2020 or 2021)?
 - When is the FTTG starting back full-time and are we adding any new athletes to the FTTG before the end of 2020?

When will the 2021 Sport Canada Athlete Assistance Program Criteria be posted to the CAS Website?

- CAS will not be developing and posting the AAP Criteria for 2021 until we have a plan in place.