



SINGAPORE CANOE FEDERATION

NATIONAL ATHLETE HANDBOOK

CANOE POLO

A Guide for National Squad and National Team Selection

30 November 2018

Table of Contents

1	CANOE POLO NATIONAL SQUAD AND NATIONAL TEAM HANDBOOK.....	4
1.1	OBJECTIVE.....	4
2	CANOE POLO SELECTION COMMITTEE (CPSC)	5
2.1	INTRODUCTION.....	5
2.2	TERMS OF REFERENCE.....	5
2.3	COMPOSITION.....	5
3	NATIONAL SQUAD	6
3.1	OBJECTIVES	6
3.2	GENERAL.....	6
3.2.1	<i>Minimum Requirements</i>	6
3.2.2	<i>Number of Athletes</i>	6
3.2.3	<i>Selection Cycle</i>	6
3.2.4	<i>Notice of Selection</i>	6
3.2.5	<i>Validity</i>	6
3.3	SELECTION PROCESS AND CRITERIA.....	6
3.3.1	<i>How to Apply</i>	7
3.3.2	<i>Selection Process</i>	7
3.3.3	<i>Selection Panel</i>	7
3.3.4	<i>Equipment</i>	7
3.3.5	<i>Voting Rights</i>	7
3.3.6	<i>Appeal</i>	7
3.3.7	<i>Summary</i>	7
3.4	CURRENCY CRITERIA	7
3.5	CURRENCY REVIEW	8
3.6	DECLARATION OF COMMITMENT	8
3.7	CODE OF CONDUCT	8
4	NATIONAL TEAM	9
4.1	GENERAL.....	9
4.1.1	<i>Minimum Requirement to Qualify</i>	9
4.1.2	<i>Selection Cycle</i>	9
4.1.3	<i>Number of Athletes</i>	9
4.1.4	<i>Validity</i>	9
4.2	SELECTION CRITERIA	9
4.2.1	<i>Selection Process</i>	9
4.2.2	<i>Selection Panel</i>	9
4.3	ATHLETE’S OBLIGATIONS.....	9
4.4	TERMINATION AND CONSEQUENCES	10
4.5	CURRENCY CRITERIA	10
4.5.1	<i>All National Team athletes shall meet the currency criteria as follows:</i>	10
4.5.2	<i>If any of the following condition(s) occurs, the National Squad athlete shall not qualify as a National Team athlete:</i>	11
4.5.3	<i>Exemptions will be given for:</i>	11
4.6	APPEAL AGAINST SANCTION / SUSPENSION / REMOVAL	11

5	SELECTION APPEAL	12
5.1	APPEAL FEE	12
5.2	OVERRIDING / OTHER FACTORS	12
5.3	ILLNESS/MISADVENTURE/EXTENUATING CIRCUMSTANCES	12
6	NATIONAL REPRESENTATION	13
6.1	PRIORITY ON REPRESENTATION	13
6.2	CITIZENSHIP REQUIREMENTS	13
7	NATIONAL SQUAD AND NATIONAL TEAM BENEFITS	14
7.1	GENERAL	14
7.2	NATIONAL SQUAD BENEFITS	14
7.3	NATIONAL TEAM BENEFITS	14
7.4	STORAGE OF EQUIPMENT	14
8	APPENDIX A	15
9	APPENDIX B	17
10	APPENDIX C	18
11	APPENDIX D	20
12	APPENDIX E	21
13	APPENDIX F	26
14	APPENDIX G	28

1 Canoe Polo National Squad and National Team Handbook

1.1 Objective

This handbook seeks to provide the guidelines, rules and regulations governing the selection, training, administration, management, and welfare of the athletes in the Canoe Polo National Squad (“National Squad”) and Canoe Polo National Team (“National Team”).

With this handbook, the Singapore Canoe Federation (SCF) aims to:

- Lay down the ground rules in the selection of athletes into the National Squad and National Team;
- Standardize procedures;
- Set basic rules and guidelines; and
- Explain and clarify athletes’ responsibilities, discipline and overall conduct in the National Squad and National Team.

This handbook serves as an important document for all National Squad and National Team athletes. It may be reviewed annually and amended whenever necessary by SCF Canoe Polo Committee (CPC) in its discretion in order to achieve its strategic objectives.

Wherever used herein, a pronoun in the masculine gender shall be considered as including the feminine gender and vice versa unless the context clearly indicates otherwise.

Wherever used herein, a singular term shall be considered as including the plural term and vice versa unless the context clearly indicates otherwise.

2 Canoe Polo Selection Committee (CPSC)

2.1 Introduction

The Canoe Polo Selection Committee (CPSC) is formed under the CPC to oversee the development of the National Squad and National Team.

2.2 Terms of Reference

The role of the CPSC is to provide a framework in the development of sports excellence in Canoe Polo. The objectives of the CPSC are:

- To implement the National Squad and Team selection policy approved by SCF Management Committee.
- To endorse the training framework and programme designed and developed by the National Coach(es).
- To provide leadership and to oversee the welfare of all National Squad athletes.
- To identify, nominate and recommend potential National Squad members for the spexCarding system under the athletes' development programme.
- To regulate, control and enforce guidelines stipulated in this handbook for the National Squad athletes.
- To identify and select National Team to represent Singapore in major competitions.

2.3 Composition

The CPSC consists of the following three members:

1. Chairman CPC, who shall also chair the CPSC
2. One (1) Representative from CPC
3. Coach, National Squad

The members of CPSC shall be elected by SCF Management Committee annually and are eligible for re-election upon approval by the Executive Committee.

The number of Committee members may vary and shall be determined by SCF Management Committee.

3 National Squad

3.1 Objectives

- To form a pool of talented athletes from which the National Team will be selected.
- To provide equal opportunities for committed athletes to achieve high standards of performance.
- To identify and develop junior athletes for higher level of performance.

3.2 General

3.2.1 Minimum Requirements

Athletes who wish to be considered for selection for the National Squad must meet the following minimum requirements:

- Be Singaporean and at least sixteen (16) years of age; and
- Competed in the Open category in at least one SCF sanctioned event (e.g. National Canoe Polo Championships)

The CPSC may, at its discretion, invite athletes to the National Squad selection if, in the opinion of the CPSC, the athlete's recent performance indicates that he/she has the potential to be selected as a National Squad athlete.

3.2.2 Number of Athletes

A total of twenty (20) male and twenty (20) female athletes may be selected to form the National Squad, in accordance with the selection process and criteria stipulated in Section 3 of this handbook.

If the number of athletes for the selection is unsatisfactory, CPSC shall decide, based on their performance during the assessment, the number of athletes to form the Training Squad.

3.2.3 Selection Cycle

The National Squad selection shall take place once every odd year and conducted at the beginning of each odd calendar year.

In the event of attrition, CPSC, in consultation with National Squad captain(s) and coach(es), may hold a selection at the beginning of an even year to recruit new National Squad athletes.

Should the number of athletes in the National Squad fall below minimum strength, as deemed by National Squad captain(s) and/or coach(es), CPSC may hold an ad-hoc National Squad selection.

3.2.4 Notice of Selection

The specific date of each selection will be notified to all affiliates at least one (1) month before the selection date either by email, letter or both. Information will be posted on SCF website and/or Singapore Canoe Polo social media channels.

3.2.5 Validity

Once selected, an athlete's status as a member of the National Squad shall be valid for two (2) years, provided he meets the currency criteria as stipulated herein.

3.3 Selection Process and Criteria

3.3.1 How to Apply

All athletes who wish to participate in the selection shall complete the National Canoe Polo Training Squad Application Form (Appendix A) and return it to the Chairman, CPSC before the stipulated closing date.

3.3.2 Selection Process

Athletes will be organized into teams to participate in friendly games to be held over a day. Selection will be based on the athletes’ performance during these games (see Appendix E).

3.3.3 Selection Panel

The CPSC shall conduct the selection.

3.3.4 Equipment

Athletes are encouraged to use their own equipment for the National Squad selection. The equipment’s specifications shall conform to the ICF requirements and standards. Athletes are responsible for transportation of their own equipment to the selection site.

The CPSC may provide equipment to athletes who do not have personal equipment and reserves the right to select a pool of equipment for the athletes randomly selected during the selection assessment. The CPSC shall not entertain any appeal from any athlete regarding his/her performance at the selection due to use of the equipment provided by the CPSC.

3.3.5 Voting Rights

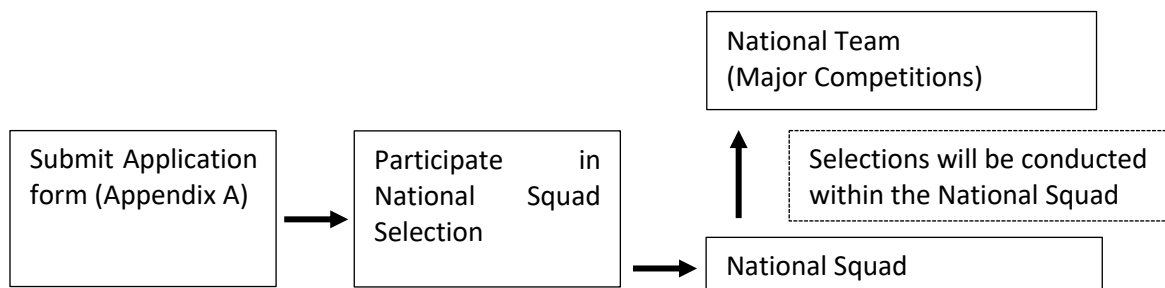
In any decision that requires voting, members of CPSC are entitled to one (1) vote each.

3.3.6 Appeal

An athlete who is unable to attend the selection assessment must submit a selection appeal with valid reason(s) and supporting documents to the Chairman, CPSC.

3.3.7 Summary

A graphical summary of the process as follows:



3.4 Currency Criteria

All National Squad athletes shall meet the currency criteria as follows:

- Maintain minimum training attendance criteria outlined below, based on training framework requirements:

Training Period & Phase	National Squad
January – February	National Squad athletes shall maintain a minimum

Training Period & Phase	National Squad
(Preparatory 1)	of 70% training attendance.
March – April (Preparatory 2)	
May – July (Preparatory 3)	National Squad athletes shall maintain a minimum of 80% training attendance; but may be exempted from additional training sessions for the National Team athletes (E.g. Night water training sessions).
August – September (Competition)	
October – December (Recovery & Transition)	National Squad athletes shall maintain a minimum of 60% training attendance.

- Exemptions will be given for medical leave and compassionate reasons.
- Athletes may apply for leave of absence, to be approved by the Coach(es) or Team Manager(s), in the event of overseas work commitments.

3.5 Currency Review

The Team Manager and/or a SCF representative shall conduct a currency review every four (4) months, i.e. every April, August and December.

- Athletes who meet the currency criteria shall remain in the National Squad.
- Athletes who **do not** meet the currency criteria shall receive a Notice of Warning.
- Should a National Squad athlete receive two (2) Notices of Warning consecutively, i.e. over two consecutive four (4)-month period, he shall have to leave the National Squad.

3.6 Declaration of Commitment

All National Squad athletes are required to sign the Declaration of Commitment (see Appendix B).

3.7 Code of Conduct

All National Squad athletes shall uphold the Code of Conduct (see Appendix C).

4 National Team

4.1 General

Only National Squad athletes qualify for the National Team selection.

4.1.1 Minimum Requirement to Qualify

National Squad athletes shall meet the criteria of minimum of 70% attendance for National Squad trainings up till the stipulated National Team selection date to qualify for the National Team selection.

4.1.2 Selection Cycle

A National Team selection shall be conducted at least six (6) months before major competitions.

4.1.3 Number of Athletes

CPSC shall conduct the official National Team selection, based on the criteria stipulated in Section 4.2, to:

- Gauge the performance of the National Squad athletes; and
- Select up to ten (10) athletes with the highest scores for each National Team (Male/Female Senior and Male/Female U21 teams) to represent Singapore for major competitions, where athletes ranked 9 and 10 are reserves.

The CPSC, in consultation with the Coach(es), reserves the right to determine the final selected National Team athletes, including placing a lower ranked athlete into the first eight in consideration of his playing position as Goalkeeper.

4.1.4 Validity

Once selected, an athlete's status as a member of the National Team shall be valid for one (1) year or until the next National Squad selection, whichever is sooner, provided he meets the currency criteria as stipulated herein.

4.2 Selection Criteria

4.2.1 Selection Process

Athletes will be organized into teams to participate in friendly games to be held over a day. The CPSC shall select National Team athletes based on the following criteria.

- Friendly Games' Performance (see Appendix E for details)
- Attitude (see Appendix F for details)

The raw scores of the Games Performance and Attitude shall be weighted and combined to form a combined score, which shall determine the athletes' ranking for the selection. Refer to Appendix D for weightage details of the criteria.

4.2.2 Selection Panel

The CPSC shall conduct the selection.

4.3 Athlete's Obligations

All athletes of the National Team shall:

- Uphold the Code of Conduct;

- Compete in National Championships and/or other competitions decided by CPSC;
- Attend team training camps (if any);
- Attend sports testing and evaluation (if any); and
- Attend medical examination (if any)

4.4 Termination and Consequences

A National Team athlete may face disciplinary action due to any of the following violations:

- Breaches or fails to observe Declaration of Commitment or Code of Conduct;
- In the opinion of CPSC, is unable to perform to the required standard due to illness or injury (after having received treatment);
- Fails to sustain his or her performance to a satisfactory level, provided that the National Coach(es) must have first discussed with the athlete the performance levels required of him or her and have given the athlete an opportunity to attain those performance levels;
- Fails medical examination; or
- Misses and/or is late for sports testing and evaluation.

4.5 Currency Criteria

4.5.1 All National Team athletes shall meet the currency criteria as follows:

- Maintain minimum training attendance criteria outlined below, based on training framework requirements:

Training Period & Phase	National Team
January – February (Preparatory 1)	NA (as National Team has not been selected)
March – April (Preparatory 2)	To qualify for National Team selection, National Squad athletes shall meet the criteria of minimum of 70% attendance for National Squad trainings up till the stipulated National Team selection date.
May – July (Preparatory 3)	National Team athletes shall maintain a minimum of 80% training attendance; and is not allowed to be absent from more than 3 training sessions consecutively.
August – September (Competition)	National Team athletes shall maintain a minimum of 90% training attendance; and is not allowed to be absent from more than 3 training sessions consecutively.
October – December (Recovery & Transition)	NA (as National Team has been disbanded after the major annual competition)

4.5.2 If any of the following condition(s) occurs, the National Squad athlete shall not qualify as a National Team athlete:

- Achieves less than the minimum training attendance criteria as stated above, at any point in time up until the major competition(s), or
- Is absent for three (3) or more National Team trainings consecutively

4.5.3 Exemptions will be given for:

- Medical leave and compassionate reasons
- Fails medical examination
- National Squad athletes who are not part of the National Team may be exempted from additional training sessions for the National Team athletes (e.g. night water training sessions).

4.6 Appeal Against Sanction / Suspension / Removal

An athlete will be given a fair hearing by the CPSC to show cause on why he should not be sanctioned or suspended or removed by the CPSC.

5 Selection Appeal

5.1 Appeal Fee

An appeal must be duly filled on the selection appeal form (Appendix G) and submitted together with a fee of SGD20, made payable to Singapore Canoe Federation. The fee will be refunded if the appeal is upheld.

An appeal against any selection results must be addressed to the Chairman, Canoe Polo Committee and submitted within one week from the date of selection trial.

An appeal must be duly filled for athlete's absence on the day of the selection assessment. The appellant must submit the completed appeal form with supporting documents together with the fee of SGD20, made payable to SCF, addressed to Chairman, CPSC, by the stated application dateline.

5.2 Overriding / Other Factors

Athletes who are unable to complete at selection assessment on the stipulated selection date will need to submit the application and appeal forms to CPSC before the closing date. No alternate date will be scheduled for selection assessment.

Selected athletes who are on National Service obligations will be recommended by SCF for 'Leave of Absence' from the related Authority.

5.3 Illness/Misadventure/Extenuating Circumstances

CPSC may, at their sole discretion, give weight to extenuating factors and with careful consideration, allow for a second chance:

- In the case of illness or injury; or
- In the case of bereavement, or other extenuating circumstances

CPSC will make decision on an individual basis.

CPSC, in consultation with the National Coach(es), may, at its sole discretion, add athletes to the National Squad at any stage subject to identified athletes satisfying the relevant selection criteria to maintain a sufficient pool of athletes in the National Squad.

6 National Representation

6.1 Priority on Representation

If more than one competition is taking place concurrently, the National Squad athletes are to follow, compulsorily, the order of priority on representation as indicated below.

1. International Olympic Council (IOC) Games – (refer to IOC sanctioned events E.g. Olympics, Asian Games).
2. Major Games – (E.g. SEA Games, Commonwealth Games).
3. International/Regional Canoe Polo (refer to ICF and/or ACC sanctioned events (E.g. Canoe Polo World Championships, Asian Canoe Polo Championships).
4. International and National Championships – National Squad athletes can represent their clubs only if they are not required to compete under the National Team or instructed by the National Coach in preparation prior to other competition(s).
5. Inter-club Championships - National Squad athletes can represent their club only if it does not affect and/or conflict with National Squad commitments.

6.2 Citizenship Requirements

For IOC, Major Games and ICF and/or ACC sanctioned events, National Team athletes must satisfy citizenship requirements as required by the organizer; and Teams and athletes participating in the abovementioned events must get sanction from the SCF CPC to participate.

7 National Squad and National Team Benefits

7.1 General

The National Squad and National Team benefits are as stipulated below. The SCF Management Committee reserves the right to modify the benefits at any time without consent of athletes.

7.2 National Squad Benefits

National Squad athletes will enjoy below privileges and benefits:

- Access to Sport Singapore facilities;
- Application of spexCarding;
- 50% waiver on rates for storage fees with affiliate(s) for one (1) personal kayak subject to the availability of space and Management Committee approval;
- Use of SCF facilities and equipment at discounted rates;
- Training camps; and
- Financial grant(s) from SCF for training courses, upon approval by the Coaching or Management Committee.

7.3 National Team Benefits

National Team athletes will enjoy below privileges and benefits:

- Representation of Team Singapore at international games under the umbrella of Singapore National Olympic Council;
- Access to Sport Singapore facilities;
- Application of spexCarding;
- Waiver of storage fee for one (1) personal kayak subject to the availability of space;
- Competition Attire;
- Training camps;
- Financial grant(s) from SCF for training courses upon approval by the Coaching Committee; and
- Receiving claims for expenses incurred during overseas championships/competitions

7.4 Storage of Equipment

When the athlete's status as part of the National Squad or National Team expires, he/she is entitled to one (1) month's extension of storage facilities. Thereafter, the athlete will have to remove his personal equipment or pay for storage fees at the prevailing rate.

8 Appendix A

Canoe Polo National Squad Application Form

Part I Particulars of Applicant

Name	:	_____	NRIC No	:	_____
Gender	:	_____	Date of Birth	:	_____
Address	:	_____ _____	Nationality	:	_____
Telephone	:	_____ (H)	Weight	:	_____
		_____ (Hp)	Height	:	_____
E-Mail	:	_____	School/Club	:	_____

Part II Selection Required Information

Category: Please indicate **ONE** type of selection category with a (✓).

- () Senior Men () Senior Women
 () Junior Men (Under 21) () Junior Women (Under 21)

Goalkeeper: Please indicate if you are applying as a Goalkeeper: * (Yes / No)
 (An athlete applying to be selected as a Goalkeeper will be given priority to play in that position during the selection)

Equipment: Please indicate whether you are bringing own equipment: * (Yes / No)

Canoe Polo Experience: Please indicate the type of competition you have participated by ticking (✓), indicate the year (last participated), category and the results (position)

Event	Year	Category	Result
National Canoe Polo Championship			
Selection organized by SCF			
Others (Please state)			

Remarks (if any): _____

*(delete accordingly)

Part III Medical Declaration

Please use the space below to declare any pre and/or current medical condition.

Part IV Declaration

I hereby declare that I have read and understood the selection process, selection criteria and I agree to abide by them. I have joined the National Squad Selection Assessment on my own free accord and hold myself solely responsible for any mishap or injury that may occur during, or as a result of my participation in the stated event.

Signature of Applicant

Date

Part V Parental Consent for Participants under Age 18

I, Mr/Mrs/Miss/Mdm _____, NRIC No.

_____, allow my child / ward to participate in the stated event.

Signature of Parent/Guardian

Date

9 Appendix B

Declaration of Commitment

(To be signed annually)

CANOE POLO NATIONAL SQUAD – ATHLETE’S AGREEMENT

I, _____, NRIC No. _____, having been selected as an athlete of

the Canoe Polo National Squad for the year of: _____, hereby agree that:

- a) I shall abide by all the Rules and Regulations stipulated by the Singapore Canoe Federation (SCF);
- b) I shall refer to SCF only (and not any person, organization, society, board or any third party) for all matters pertaining to the training of squad;
- c) I shall train conscientiously to achieve my best result in the spirit of the sport and for the glory of Singapore;
- d) I shall return to SCF the full amount subsidised for training camp(s) and/or competition(s) should I be unable, without reasonable cause, to fulfill one (1) full year of training and national/international representation from the latest date of return;
- e) I shall adhere to the Code of Conduct stipulated by SCF;
- f) I hereby declare that I have read and fully understood the terms and conditions and the expectations of SCF from me as a National Athlete.

Athlete’s Signature:

Parent / Guardian’s Name and Signature:
(for athlete below 21 years old)

Date:

Witness by (Name):

Designation:

Signature:

10 Appendix C

Code of Conduct

1. Purpose
 - 1.1 The purpose of this Code of Conduct (Code) is to state the types of behavior expected by SCF from athletes of the Canoe Polo National Squad and National Team.
2. All members of the National Team and National Squad are bound by the following codes of behavior:
 - 2.1 Sport Singapore Code of Conduct
 - 2.2 Singapore National Olympic Council (SNOC) Code of Conduct
 - 2.3 Use the loaned property with care
 - 2.4 Respect all personnel involved in canoeing and have proper regard for their rights and obligations
 - 2.5 Demonstrate a positive commitment to the rules and programs
 - 2.6 Respect the law and customs of countries of visit
 - 2.7 Respect the confidentiality of information from the Federation or relevant authorities, which may come to them in the course of their duties
 - 2.8 Commitment to train for at least 1 full year from the last date of training camp/competition, failing which, without reasonable excuse will warrant full repayment of subsidised amount for the training camp/s and/or competition/s attended within that calendar year
 - 2.9 Highlighted to the National Coach(es), Team Manager, SCF Management Committee in this sequence of order as the Chain of Command in both verbal and written communication on any communication made with parties other than SCF
 - 2.10 Abide to ICF Anti-Doping Rules and Regulations
3. Unsuitable Behavior and Gross Misconduct
 - 3.1 This list describes some examples of unsuitable behavior that is not in the best interests of the sport.
 - 3.2 Denigrate and/or intimidate other athlete, referees, officials or event organizers
 - 3.3 Statements which are deemed to denigrate the group that an individual is representing
 - 3.4 "Go-slow" or instigation of a "go-slow" or stop training
 - 3.5 Lying or false declaration of information
 - 3.6 Distributing or exhibiting handbills, pamphlets, posters or whatever graphical writing within the facilities of the Federation or Sport Singapore without approval of the Management Committee
 - 3.7 Use of offensive, vile or obscene language with the imputations against the Federation, employees or Management Committee
 - 3.8 Willful damage to another person property during the conduct of a regatta or championships

- 3.9 Violation of safety rule(s) which endangers the life or safety of any person
- 3.10 Vandalism or willful damage to any goods or property belonging to the Federation or Sport Singapore
- 3.11 Insubordination towards National Coach, Team Manager, Assistant Coach, Management Committee or relevant authority
- 3.12 Immoral behavior
- 3.13 Theft
- 3.14 Fight
- 3.15 Any form of assault
- 4. Athlete's Retirement/ Withdrawal
 - 4.1 Athletes who wish to retire or withdraw from the National Squad must formally inform SCF in writing of their decision.
 - 4.2 Any amount owing arising from Annex C 2.8 above shall be settled within a month from formal notification.

11 Appendix D

National Team Selection Criteria Weightage

S/N	Criteria	Percentage Score	Description
1	Attitude	30%	The National Squad athlete will be assessed by the CPSC based on a scoring of 1 to 5 in terms of the 8 values of Singapore Canoe Polo. The total score will be applied against 30% to calculate the total percentage the athlete has achieved in this section of the National Team selection assessment.
2	Friendly Games' Performance	70%	The National Squad athletes will be assessed by the CPSC based on their performance in friendly games, which is based on a set of pre-defined criteria which consists of specific skills, technical skills and cognitive skills, as per Appendix F . Scenarios will also be given to the National Squad athletes as part of the selections in the friendly games. The total score will be applied against 70% to calculate the total percentage the athlete has achieved in this section of the National Team selection assessment.

12 Appendix E

Game Play Assessment Form

Name and #: _____ Date: _____ Game No: _____

Criteria			
Specific Skills	(A1) Specific "+"	Count	Remarks
	Blocked a goal		
	Intercepted a pass (steal)		
	Good pass under pressure		
	Good pass under no pressure		
	Anticipation (attack-fast break, forcing a bad pass or defense-intercept opponent's fast break)		
	Shooting under pressure (one point for each goal)		
	Shooting open goal (one point for each goal)		
	(A2) Specific "-"	Count	Remarks
	Conceded a goal		
	Losing control of ball		
	Failure to score with pressure		
	Failure to score with no pressure		
	Failure to pass under pressure		
Failure to pass under no pressure			
(A) Total Specific Points – 15%			

(B) Technical Skills – 15%		Count	Remarks
Technical Skills	General kayak skills (overall kayak control) <ul style="list-style-type: none"> - Stern turn - Bow turn - Roll - Bow dip - Side dip - Bow over - Stern over - Brace 		
	General ball handling skills <ul style="list-style-type: none"> - Dribble - One hand catch - Shielding - Faking - Good long pass 		
	General paddle skills <ul style="list-style-type: none"> - Handling of ball with paddle - Handling of bad passes with paddle 		
	(B) Total Technical Points – 15%		

Water Fitness	(C) Fitness – 30%	Count / Score	Remarks
	<p>Water fitness (explosive power, endurance) – 30%</p> <p>The National Squad athlete will be assessed by the CPSC based on a scoring of 1 to 5 in terms of their general water fitness. The total score will be applied against 30% in this section (C) to calculate the total percentage the athlete has achieved in this section of the National Team selection assessment.</p>	5	Highly exhibits exceptional water fitness; ability to keep up with the tempo of the game during game time; able to catch fast break; able to return to defend in a timely manner; able to observe tactical discipline; Displays awareness of the game (both teammates and opponents); Displays excellent specific, technical and cognitive skills most of the time; etc.
		3-4	Generally exhibits good water fitness ability to keep up with the tempo of the game during game time; able to catch fast break; able to return to defend in a timely manner; able to observe tactical discipline; Displays awareness of the game (both teammates and opponents); Displays excellent specific, technical and cognitive skills at least half of the time; etc.
		1-2	Generally exhibits poor water fitness; ability to keep up with the tempo of the game during game time; able to catch fast break; able to return to defend in a timely manner; able to observe tactical discipline; Displays awareness of the game (both teammates and opponents); Displays excellent specific, technical and cognitive skills less than half of the time; etc.
(C) Total Water Fitness Points – 30%			

(D) Cognitive Skills – 40%	Count	Remarks
Team work <ul style="list-style-type: none"> - Assist to score - Support teammates under pressure - Observe tactical discipline - Encouraging teammates 		
Attitude / Sportsmanship <ul style="list-style-type: none"> - “Never say die” attitude - Respect opponents - Respect referees and officials 		
Game Vision <ul style="list-style-type: none"> - Create scoring chances - Awareness of teammates positions - Awareness of play - Awareness of opponents’ positions - Awareness of opponents’ play - Moderate tempo of game to teams’ advantage - Ability to capitalize on opportunity 		
(D) Total Cognitive Points – 40%		

	Total Score: $(A) \times 15\% + (B) \times 15\% + (C) \times 30\% + (D) \times 40\%$	
	Overall comments / recommendation	Assessor's name and Signature

Clause:

- Assessment will be “LIVE” with CPSC assessors throughout the selection process.
- The Games will be recorded for review purposes.
- Scenarios will be given to the National Squad athletes as part of the selections in the friendly games.
- Judges will be observing different athletes during different games

13 Appendix F

Attitude Assessment Form

Name and #: _____ Date: _____ Game No: _____

No.	Value	Score	Athlete's Performance
1	Integrity (To firmly adhere to a moral code, including the display of sportsmanship)	4-5	Exhibits exemplary conduct and sportsmanship at all times.
		3	Generally exhibits good conduct and sportsmanship; however disobeys rules and orders occasionally to get his way.
		1-2	Disobeys rules and orders frequently.
2	Perseverance (To persist despite difficulties and failure)	4-5	Always tries his best even when against the odds.
		3	Generally tries his best but gives up occasionally when against the odds.
		1-2	Gives up frequently when against the odds.
3	Teamwork (To work as a team in the realization of team goals)	4-5	Works well with team mates at all times.
		3	Generally works well with team mates but occasionally gets into prolonged arguments.
		1-2	Does not work well and gets into frequent arguments with team mates.
4	Kind (in and out of the field) (To be sympathetic or helpful)	4-5	Displays kindness and compassion for team mates and opponents at all times.
		3	Generally displays kindness and compassion for team mates and opponents but use harsh words or actions at times.
		1-2	Frequently use harsh words or actions.
5	Commitment (To complete what was promised)	4-5	Exhibits high level of commitment in terms of training attendance and promised deliverables.
		3	Exhibits good level of commitment but occasionally does not attain promised deliverables.
		1-2	Exhibits poor level of commitment by frequently missing trainings and failing to attain promised deliverables.
6	Respect (To hold everyone in high regard)	4-5	Shows respect to team mates, opponents, coaches, officials and spectators at all times.
		3	Generally shows respect to team mates, opponents, coaches, officials and spectators but occasionally displays rude conduct.
		1-2	Frequently rude to team mates, opponents, coaches, officials and/or spectators.
7	Excellence (To do one's best)	4-5	Displays a strong desire to win at all times.
		3	Generally displays a desire to win but sometimes willing to settle for lesser results.
		1-2	Does not display a desire to win and generally satisfied with lesser results.
8	Humility (To remain modest in spite	4-5	Expresses a moderate estimate of one's importance or achievements.

No.	Value	Score	Athlete's Performance
	of achievements)	3	Occasionally boasts of one's importance or achievements
		1-2	Frequently boasts of one's importance or achievements

14 Appendix G

Selection Appeal Form

Part I Particulars of Applicant

Name:

Postal Code:

Contact Details:

Part II Appeal Details { Please indicate with a (v) }

() Against a decision () Athlete's availability () Others

Part III Grounds of Appeal {Please attach pages if space is insufficient}

Signature of Applicant

Date

Part IV Committee's Decision

For Official Use

Appeal Fee - SGD 20

Received by:

Cash/Cheque No:

Receipt No: