

Palau Aquatics Federation Qualifications and Standards

Micronesian Swimming Championships/Micronesian Games

- Average AQUA points of their best four (4) events
- Above 75% Attendance
- Must have a strong sense of “Self-Motivation” and a “Commitment to improving”

Pacific Games/ PMG/ Oceania Championships

- Average AQUA points of their best three (3) events
- Above 80% Attendance
- Must have a strong sense of “Self-Motivation” and a “Commitment to improving”

World Aquatics Championships/ Junior World Aquatics Championships

- Average AQUA points of their best two (2) events
- Above 85% Attendance
- Must have a strong sense of “Self-Motivation” and a “Commitment to improving”

The Olympics/ Youth Olympics

- Highest AQUA points in a single event
- Above 90% Attendance
- Must have a strong sense of “Self-Motivation” and a “Commitment to improving”

Note: Attendance will be based on a quarterly participation in Training and Meets/Competitions over one year in the Lion Fish Program and National Swim Team Program.

Requirements for Participation:

1. Athlete/ Swimmer must be a; Paid member of Palau Swimming Association (family membership or youth if aged 14 and over and fulltime student)
2. Athlete/ Swimmer must; Achieve a GPA of at least **3.0** (students only)
3. Athlete/ Swimmer must; Work with the PSA-appointed Head Coach to develop a training plan toward the Meets/ Competitions and commit to following that plan.¹
4. Family and athlete agree to participate in group fundraising activities preparatory for the Meets/ Competitions and to make the required individual financial contribution. (Note that PSA will assist each swimming in need of financial aid to develop a financing plan to raise funds).
5. Athlete must bring the following items and have full responsibilities over these items, (*Swim suites, caps, goggles, water bottles, fins, snorkel, paddles, kick board/ pull buoy, running shoes if needed*)

¹ Swimmers at different levels may have different training schedules and requirements.