

National Training Centre (NTC) Intake Policy (Under-18) – AQC & SSP

1. Objective

The NTC Under-18 intake policy aims to identify and develop talented swimmers with long-term potential to represent Singapore at major international competitions.

2. Eligibility Criteria

- Aged 13-17 years (by birth year) at the point of application
 - Only girls are eligible for 13y intake
- Singapore Citizen
- Results must be achieved at SAQ-sanctioned or SAQ-approved overseas competitions
- Only long course metre (LCM) results are accepted — no converted times (e.g. SCM to LCM) will be considered
- Results must be from the 12-month period prior to the application window (e.g. for the 2026 intake: Jul 2025 – Jul 2026)

3. Intake Standards (Average AQUA Points of Top 3 Events)

Age Group	Min. AQUA Points
13y (girls only)	621
14y	
15y	
16y	661
17y	700

4. Application Process

- Interested applicants must fill in the Excel sheet that can be found [on the SAQ NTC website](#), and submit their applications to hpt@sgaquatics.org.sg by the published deadline [27 August 2026]
- Athletes are to submit top results from 3 different events
- Submissions must fall within the NTC Intake application period

5. Selection Process

- There will be one intake cycle per year
 - All eligible applicants will be invited for an interview with the National Head Coach and NTC staff
 - Applicants below the minimum standards will not be considered

6. Review of Standards

- AQUA points used will be based on the latest figures published by World Aquatics

7. Selection of Training Centre

- Swimmers may indicate interest in their preferred training centre
- Training Centres:
 - OCBC Aquatic Centre
 - Singapore Sports School
- Coaching staff will determine which training centre is most suitable for the swimmer.