



Competitive 2

Aime & Objectives

- Develop swimmers to be highly skilled across all 4 strokes, including starts, turns, finishes & relay takeovers
- Progression in a wide range of events and distances, developing swimmers to be strong in Individual Medley (IM)
- Emphasise the correct technique and skills at all intensities
- Educate on stroke efficiency
- Introduce more aerobic (endurance) training as & when appropriate, with focus on efficiency and kick
- Increase the number of swimmers attending licensed competitions on a regular basis.
- Progress swimmers towards qualifying for N&D Championships
- Implement Parent/Swimmer Education Programme
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport

Entry Criteria

- Attendance of 70%+ in C1 (training & competing in Mini galas/local meets)
- Typically aged 10-12
- Show a positive attitude to training, competition
- Demonstrate a strong willingness to listen & learn during training sessions
- Be a member of or willing to compete for Morpeth ASC Junior League Team (age dependent)
- Able to follow sets and use the pace clock effectively
- Ability to cope with the training required. Test Set Data will be used as a guideline to progression
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria

- Target attendance at training 75%
- Enter and attend the correct competitions (at least 4 licenced competitions during the season) outlined by the Head Coach or Lead C2 Coach. This may include attendance at 2 day meets
- Attend Friday PM training prior to competitions unless advised by the Head Coach or Lead C2 Coach
- Show a positive attitude towards training and competitions and demonstrate an excellent ability to take on and use feedback
- Be a positive role model & team player - represent Morpeth in ALL TEAM EVENTS when selected
- Make progress towards N&D qualifying standards
- Arrive on time for sessions, this includes time to complete pre pool work & post pool when directed
- Arrive with correct equipment at ALL sessions (see equipment list)

Exit Criteria

Swimmers move up to C3 after demonstrating the ability, attitude and attendance to do so

Swimmers who are unable to maintain the listed commitment criteria and train at the required standard can be moved to the following squads:

- Competitive 1