



Skill Development

Aims & Objectives

- Introduce swimmers to competitive swimming through internal Morpeth (mini galas) & Junior League
- Introduce swimmers to level 4 'licensed' competitions when appropriate
- Develop swimmers to be technically legal in all 4 strokes and have a good understating of 'rules' around starts, turns and finishes on each stroke and individual medley swimming
- Educate swimmers around training etiquette, including how to follow basic sets, sessions & using pace clock
- Introduce a basic Parent Education program
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport

Entry Criteria

- Regular attendance in Minnows
- Typically aged 8-10
- 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)
- Have 4 strong recognizable strokes
- Be willing to compete for Morpeth ASC at appropriate level competitions
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria

- Regular attendance at training (aim for 70% +)
- Attend Morpeth ASC Club Championships and Mini Galas
- Show a positive attitude towards training and competitions and demonstrate the ability to take on and use feedback
- Be a team player - represent Morpeth in ALL TEAM EVENTS when selected
- Arrive on time for sessions
- Arrive with correct equipment at ALL sessions (see equipment list)

Exit Criteria

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

- Minnows