



Performance

Aims & Objectives

- Promote a higher level of performance at Morpeth ASC
- Increase the number of swimmers qualifying for Swim England National Summer Meet, ...British Summer Championships & British Championships (Trials)
- Increase the number of swimmers making finals & winning medals at N&D, NER, Swim ...England National Summer Meet & British Summer Championships
- Qualify Relay teams for British Summer Championships from 2022 onwards
- Place swimmers on Junior International Teams
- Prepare swimmers to successfully go onto swim at University programmes
- Continue to develop highly skilled swimmers in all areas building on the progress made in ...C4 & CY
- Make significant improvements to aerobic capacity through increased training frequency
- Educate and develop around tactical skills and optimal race plans
- Develop a squad of swimmers who take ownership and responsibility for their own swimming performance
- Implement Education Programme for parents and swimmers including psychological skills, nutrition education
- Provide appropriate S&C programme
- Provide swimmers with Long Course training opportunities
- Provide 'out of area' competitive experiences while travelling as a team
- Educate swimmers about their training programme, training zones and introduce more ...individualised training programme when and where appropriate

Entry Criteria

- Swimmers have committed to swimming as their 'main' sport.
- Typically, Girls aged 13 + and Boys 14+
- Highly skilled across all 4 strokes, including starts, turns, finishes & relay takeovers
- Ability to cope with the volume and intensity of all training required. Test Set Data will be used as a guideline to progression
- Minimum of North East Regional (NER) Qualifier (Olympic events only) demonstrating the ability to progress to Swim England Summer Meet level and/or above
- Attendance of 90% + in C4 (training & competitions)
- Demonstrates excellent commitment to the competition schedule in C4 and a positive attitude towards training and racing
- Ability to cope with the volume and intensity of all training required
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria

- Swimmers to take responsibility for their own swimming. Swimmers to communicate with the Head Coach of any reasons that may affect attendance at training and competition
- Swimmers are expected to attend the below number of sessions and maintain attendance above 90%
14 & Under - 7 Sessions + 1 S&C at Momentum (+ 2nd S&C optional)
15 & Over - 8 Sessions + 2 S&C
- Commit to attending mornings sessions till at least 7:30am (preferably 8:00am)
- Agree to be part of and attend sessions with the Northumberland Hub and/or N&D Training programme if selected
- Agree to compete in all meets and in events as directed by the Head Coach
- Attend Monday AM training post competitions unless advised by the Head Coach otherwise
- Performance level – Swimmers to progress to minimum level of Swim England Summer Meet qualifier by Summer 2025. **Swimmers MUST show a commitment to training and competition to reach this standard**
- Show a positive attitude towards training and competitions and demonstrate an excellent ability to take on & implement feedback
- Keep a record of Personal Best times (short course and long course recorded separately)
- Be a positive role model and team player and represent Morpeth in ALL TEAM EVENTS when selected
- 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 onto a suitable university programme. Swimmers unable to maintain the listed commitment criteria or train at the required standard can be moved to the following squads: Competitive Youth/Competitive 4



Morpeth ASC