



Minnows

Aims & Objectives

- Introduce swimmers to being part of a swimming club environment
- Introduce competitive swimming through internal Morpeth Competitions (Mini Galas) & Junior League if appropriate
- Improve technique & skills in all 4 strokes, following completion of learn to swim Stage 6/7
- Educate swimmers around basic training etiquette.g. using pace clock
- Introduce a basic Parent Education Programme
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport

Entry Criteria

- Typically aged 7-9
- Show a positive attitude to swimming
- Demonstrate an ability to listen & learn during training sessions
- Be a member of or willing to compete for Morpeth ASC Junior League Team (age dependent)
- Have knowledge of the 4 different swimming strokes
- Completed Stage 6/7 of National Teaching Plan (or be swimming at equivalent level)
- Be confident swimming 200m – in a 25m pool
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria

- Attend sessions regularly, if swimmers miss 4 consecutive weeks without informing the Head Coach or Lead Minnows Coach their place may be given to another swimmer
- Attend Morpeth ASC Club Championships and Mini Galas as directed by the Head Coach or Lead Minnows Coach
- Show a positive attitude towards swimming 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)