



Competitive 4

Aims & 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) and Distance FS
- Emphasise the correct technique and skills at all intensities
- Educate on stroke efficiency
- Introduce more aerobic (endurance) training as & when appropriate, with focus on stroke efficiency
- Increase the number of swimmers qualifying for N&D and NER competitions
- Increase the number of swimmers making finals and winning medals at N&D and NER competitions
- Implement Parent/Swimmer Education Programme
- Begin to offer Long Course training opportunities when appropriate
- Provide 'out of area' competitive experiences while travelling as a team

Entry Criteria

- Attendance of 80%+ in C3 (training & competition)
- Age - Typically 12-14
- Show a positive attitude to training and competition
- Competing at or show the potential to compete at NER level in next 12-18 months
- Able to follow sets and use the pace clock effectively
- Ability to cope with the volume and intensity of all training required. Test Set Data will be used a guideline to progression
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria

- Minimum attendance at training 80%
- Commit to attending mornings sessions to at least 7:30am (preferably 8:00am)
- Enter and attend the correct competitions outlined by the Head Coach & Lead C4 Coach. This includes attendance at 2 day meets
- Attend Friday PM training prior to competitions unless advised by the Head Coach or Lead C4 Coach otherwise
- Show a positive attitude towards training and competitions and demonstrate an excellent ability to take on and use feedback
- Agree to be part of and attend sessions with the Northumberland Hub and/or N&D Training programme if selected
- Be a positive role model & team player - 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 up to Performance after demonstrating the ability, attendance and attitude to do so.

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

- Competitive Youth
- Competitive 3