



Morpeth ASC

Competitive Youth

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 but allow swimmers to take ownership of own goals
- Emphasise the correct technique and skills at all intensities
- Educate on stroke efficiency
- Introduce more aerobic (endurance) training
- Increase the number of swimmers attending licensed competitions on a regular basis
- Implement Parent/Swimmer Education Programme
- Provide strong training squad for swimmers whose primary sport is not swimming e.g. Triathlon
- Provide strong training squad for swimmers who are later developers in the sport
- Provide strong training squad for swimmers who do not wish to commit to Performance level sport but wish to continue with swimming

Entry Criteria

- Typically aged 14 + (younger swimmers may be considered)
- Compete in local licensed competitions regularly
- Show a positive attitude to training, competition
- Demonstrate a strong willingness to listen & learn during training sessions
- Able to follow sets and use the pace clock effectively
- Ability to cope with the 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

- Target a minimum attendance at training 50%
- Enter and attend a minimum of 3 Licensed competitions over the season (September – July) & Morpeth Club Championships
- Attend Friday PM training prior to competitions unless advised by the Head Coach otherwise
- 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
- 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 into C4 or P

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

- Tri- Masters