Morpeth ASC

Competitive 1

Aims & Objectives

- Increase the number of Morpeth ASC swimmers attending licensed competitions
- Develop swimmers who are technically legal & efficient in all 4 strokes, starts, turns and finishes and relay takeovers
- Teach basic stroke efficiency in all 4 strokes
- Complete a very small amount of 'endurance training' that is technique and skill focused; often to be completed as 'kick set'
- Complete Competitive Start Award
- 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 SD
- Typically aged 9-11
- 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)
- 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 Minimum attendance at training 75% - 3 out of 4 sessions weekly
- Enter and attend Morpeth Club Meets (Inc Mini galas) and begin to enter local licenced meets when directed e.g. Level 4 Junior Meets
- 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, 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 C2 after demonstrating the ability, attendance and attitude to do so.

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

• Skill Development