

Morpeth ASC – Phase 2

FAQ's

Will the training times change again?

Yes, most likely but there are no plans to change these times at the moment. As more pool time becomes available or our times are changed by Active Northumberland sessions times will change.

Are Squad allocations and the structure permanent?

We have gone ahead with squad movements as we normally would at the beginning of each season with many swimmers progressing through the squad structure and onto the next step in their competitive swimming journey.

The squad allocations are 'permanent' in the same way they would have been pre COVID. Swimmers squad allocation will be reviewed regularly against the squad criteria set. An updated version of this will be available over the next couple of weeks.

The club are continuing to grow and expand, and our squad structure must fit our membership (numbers and level of athletes). As additional pool time and opportunities becomes available, we will need to review the squad structure regularly.

Will training hours continue to increase?

Yes, there is still additional pool time and opportunities to expand that will be provided by Active Northumberland. Some of this time is not ready to start from 7th September though. We have 2 further meetings in September and will update in due course. We do not have an exact time frame but we are looking at increasing **pool hours** to approximately the numbers below for the 2020/2021 season:

Performance A – 15-16 hours
Performance B – 12 hours
Competitive 3 – 9-10.5 hours
Competitive Youth – 6-8 hours
Competitive 2 – 5-6 hours
Competitive 1 – 3-3.5 hours
Skill Development – 2 hours
Minnows – 1-1.5 hours
Seniors – 2-2.25 hours

It is important to note that some of the higher squads' hours have remained slightly reduced intentionally. This is to allow a gradual increase training load and total load (e.g. going back to school for 30+ hours will impact total load significantly).

Will Land Training continue ?

Yes. One positive outcome of the last 4-5 months has been the further development of our Land Training programme. The benefits have been noticeable in the pool. Land training will now be an integral part of our training programme and from the

beginning of the 2020/2021 season swimmers are expected to attend land training as they would pool sessions. Due to Swim England guidelines some of these sessions will need to remain via Zoom to begin with. We are expecting an update from Swim England and are currently looking for an appropriate indoor venue for the winter months.

Information on fees for land training will be communicated by the committee. Andi will continue as lead for all land training.

Will the number of swimmers in each lane increase?

No, there are no plans at this stage to increase the number per lane beyond 6 per lane. We have observed a real increase in the quality of swimming in all squads but especially the younger squads over the last 6 weeks with lower numbers in the pool. While additional hours are still required, some of the lost time is being mitigated by an improvement in quality and the excellent coach to swimmer ratio approx. 1:4 in the younger squads and 1:6 in older squads.

Invite only sessions:

A small number of swimmers are invited to these sessions. This is to provide the number of hours these swimmers require and make use of all available lanes at all sessions.

Mornings sessions:

To access the amount of training time required mornings are the norm for swimmers. Swimmers are expected to attend morning training, we are fortunate at Morpeth that mornings begin between 6 and 7am rather than 5-5:30am, which is common in many clubs.

Can swimmers get out of mornings session early?

Yes. Obviously, it is of benefit to the swimmer to complete the full session, but we do recognise and understand that swimmers may need to leave mornings early due to parental work commitments.

Why do Seniors have 1 session one week and 2 another ?

Pre COVID the average swimmer in Seniors attended between 1.5-1.75 hours of swimming per week. We would like to provide 2 or 3 45-60 Minute sessions, but this is not possible at this point within the time allocated to the club by Active Northumberland. Seniors have been split into 2 bubbles so at least every other week they get 2 sessions (the norm pre lockdown attendance). This is the best we can do in the time provided.

Swimmers in the competitive squads are training for competition, short term and long term and to ensure their continued development towards these competitions there is a minimum number of training hours that we need to be providing. There is also a timeframe for this. Swimmers in Seniors have chosen to swim for fitness only. Most, if not all, have previously swam in the competitive squads which offered more training time.

What level of attendance is expected ?

To support progression in the sport of swimming high levels of attendance are expected at Morpeth ASC. High levels of attendance are also expected so we can provide the training times needed to those swimmers who are most committed. All swimmers should aim for 100% attendance, but we appreciate that younger swimmers will have other sports or activities that they participate in. We encourage multi-sport up to 13/14, but to ensure the club is providing appropriate training times for the most committed swimmers minimum attendance levels should be maintained:

Performance A & B - 85%

Competitive 3 - 80%

ALL other squads - minimum attendance 75%

The club only has a limited amount of time and space. If swimmers are not able to meet minimum attendance it may be another swimmer could utilise the pool time and space. Swimmers and squads who attend will be prioritised in any squad movement or pool time allocation.

If my swimmer can't attend one of their session can they go to another?

No, this is not possible. Swimmers need to attend their squad sessions only.