

Morpeth Amateur Swimming Club

Club Development – October 2018



Key Developments

Over the last few months the coaching team and committee have been working hard on planning the 2018/2019 season and future of Morpeth ASC. There are a number of key developments at the club which have been made to build on the club's success over the last 18 months, at every level.

The 4 Key Developments at Morpeth ASC are:

1. **'Full time' Head Coach** - While working at Morpeth ASC over the last 18 months Becki's primary job was still coaching at Tynemouth ASC. From September 2018 Becki will now be working and dedicating time solely to Morpeth ASC.
2. **Pool Time** - Over the last 18 months we have worked on negotiating additional pool time with Active Northumberland. This was not a new endeavor by the club and previous Head Coaches (Jenny and Kay) also pursued this. Finally, the club have successfully secured a significant amount of additional pool time. This will allow the club to continue to grow and improve the performance of swimmers at all levels.
3. **Pool Time and space.** Not all swimmers at Morpeth ASC will see an immediate increase in their total weekly swimming hours. Some will benefit longer term from this as they progress through the club structure. As well as this the additional pool hours will help create more space in lanes for swimmers. It may still be 'busy' but less so. The new hours allow us to often have only 2 squads in the pool at any one time (with a couple of exceptions), compared to now there is almost always 3 squads sharing the pool!
4. **Squad Criteria** - The squad criteria put in place in May 2017 has been successful, supporting swimmers at all levels and providing a clear pathway for swimmers. The squad criteria has been amended to reflect the additional pool time and improvements made in each squad since it was implemented in May 2017.

Aims of the 'Key Developments'

1. To provide a higher quality service to Morpeth ASC swimmers

Swimmers at Morpeth ASC will benefit from the 4 key developments being made by the club. The additional pool time will increase the number of overall pool hours available to swimmers. Swimmers in the higher squads will benefit from this immediately and our younger swimmers in the longer term, a structure will already be in place to support them as they progress.

The increase in pool time also means an increase in the length of sessions for our higher squads. The shorter sessions available at Morpeth ASC work well for our younger swimmers (Minnows, SD1/2) and can for some types of training in the higher squads. However, the longer session which will now be available are absolutely essential for other types of training. It also allows swimmers to access an increase in total hours without attending many additional sessions, aiding the rest and recovery of swimmers in higher squads.

Swimmers will benefit from more space in lanes. The lanes will still be busy due to a healthy membership and only a '5' lane pool. However, there has been a reduction in the number of times that 3 squads are in the pool at the same time.

Swimmers will benefit from the Head Coach being 'full time' at Morpeth ASC. This will allow the Head Coach to coach each squad directly (with the exception of Minnows, who will be visited every 4 -6 weeks for assessment) at least once per week. The Head Coach will continue to write each squads 'annual plan' and sessions. This is not the 'norm' at most swimming clubs where the Head coach can often have a lot less involvement in some squads.

Now working 'full time' at Morpeth ASC the Head Coach will be able to dedicate more time to educating and developing other coaches who are all volunteers. At present we have almost 20 qualified teacher and coaches at the club. This work and their coaching is invaluable.

2. To provide a service at Morpeth ASC that better meets the needs of swimmers at all levels

The club developments have been made to improve the level of performance at Morpeth ASC, this is at every level and the developments benefit ALL swimmers short term and long term.

For swimmers to achieve their full potential a Long term approach to training needs to be at the forefront of all club developments and follow the guidelines

set in the Athlete Development Support Pathway (ADSP). The 4 key developments referred to above will allow Morpeth ASC swimmers to progress further along the ADSP and towards fulfilling their own potential. The 4 key developments allow the club to provide a squad structure supporting swimmers to develop at their own pace (early vs late developer) and allows the club to continue to provide opportunities for non-competitive swimmers.

3. To begin addressing the limitations facing swimmers in Northumberland.

Swimming clubs in Northumberland are often 'smaller' in term of membership due to the geographical distribution of the county. However, the level of swimming and opportunities offered to swimmers in and from Northumberland should not differ from those available to swimmers in Tyne & Wear or Teesside for example.

Northumberland clubs have been limited due to:

- The pool time and space available to clubs. Swimmers have not had access to enough training hours to progress through the ADSP
- The limited pool time and smaller membership has led to less coaches being attracted to clubs in Northumberland or not being able to continue coaching due to having to work full time as well as coaching
- Clubs in Northumberland have less 'formal' structures in place for competitive swimming. Morpeth ASC has had the most formal structure in place for a while. We are now in a position to make improvements to this structure 'tidy it up' and keep building on the good work done in the last few years.

It seems to have been almost expected that swimmers have to move out of Northumberland if they want to fulfil their potential, normally to clubs in the Tyne and Wear area. This has its own limitations which can reduce a swimmers chance of fulfilling their potential and carrying on swimming up to and past the age of 18. Due to the 4 key club development Morpeth ASC are now in a position to address and remove the limitations listed above and support swimmers in Northumberland to swim in Northumberland.

Future Plans and aims for Morpeth ASC

The club developments provide an exciting opportunity for swimmers at Morpeth ASC and in Northumberland, the club will continue to grow and improve, future plans and aims include:

Continuing to increase pool time to meet the needs of our swimmers and growing membership

Support and play an active role in any plans for a new pool in Morpeth

Continue to increase the number of swimmers regularly taking part in competitions at all levels

Increase number swimmers achieving N&D (County), NER (Regional) and National level and increase the number of swimmers making finals and winning medals

Be a Top 6 clubs in Northumberland and Durham (Age Group and Youth) in the next 2 years

Place swimmers on Junior International teams

Continue to develop the knowledge of volunteer coaches and aquatic helpers