

Morpeth Amateur Swimming Club

Squad Criteria – October 2018



Introduction

It is essential as a club we have a squad structure in place. The squad structure allows the Head coach and coaching team to deliver a programme which is suitable to the swimmers in each squad and allows each swimmer maximise their own potential within the sport of competitive swimming.

Over the last 18 months, since the new squad structure was introduced in May 2017 the club has improved in a number of areas:

- Increased number of N&D Qualifiers, Finalists, Medallists and Champions
- Increased number of NER Qualifiers, Finalists and Medallists
- Increased number of National Qualifiers
- Improvement in attendance at local competitions with 30-40 swimmers regularly at competitions. A recognised team on poolside
- Improvements in attendance across all squads
- Improvement in regular attendance at morning training
- Established links with Morpeth Swim School and other Learn to Swim programmes that can be built upon
- Won Division 3 Junior League and gained promotion to Division 2
- Increased number of poolside volunteers
- Increased the number of qualified assistant coaches on poolside

The club have recently secured additional pool time, to support our swimmers so they can continue to progress at Morpeth ASC. Until now swimmers at Morpeth ASC have only had access to limited pool time and unable to progress seamlessly through Athlete Development Support Pathway (ADSP).

In light of the additional pool time, Morpeth ASC squad structure and the swimmers currently in each squad has been reviewed. The structure will remain very similar (see page 3) however the aims and objectives, entry requirements and criteria to maintain places have been altered. These have been altered to make best use of pool time, coaching available and support swimmers as well as the clubs continuous progress. The new pool time brings Morpeth ASC in line with what other clubs in the county can offer and Athlete Development Support Pathway (ADSP).

Guiding Principles

Morpeth ASC's squad structure, squad allocation and subsequent movement will be guided by the following principles:

Athlete Development Support Pathway

Morpeth ASC Squad structure and criteria has been developed in line with the ADSP. The ADSP is used for planning, targeting and achieving optimal training, competition and recovery throughout an athlete's career. This is particularly important in relation to the growth and development years and skill development. If a long term approach to training is not adopted and swimmers do not follow such a programme performance later on will be sacrificed for short term success. Swimmers will be allocated to appropriate squads based on their 'stage' of development.

2017/2018 Season

Swimmers Squad allocation has been based on each swimmers previous attendance, attitude and performance in both training and competitions during the 2017/2018 season.

Competitive and Non-Competitive swimmers will be allocated to different squads in the club structure.

2018/2019 Season

Squads will be age appropriate. This includes chronological and biological age.

The Head Coach's professional opinion.

The Head Coach will use their professional opinion and professional understanding of swimming to allocate swimmers to appropriate squads. The Head Coach will also seek the opinions of other members of the coaching team when needed. The Head Coaches decision is final.

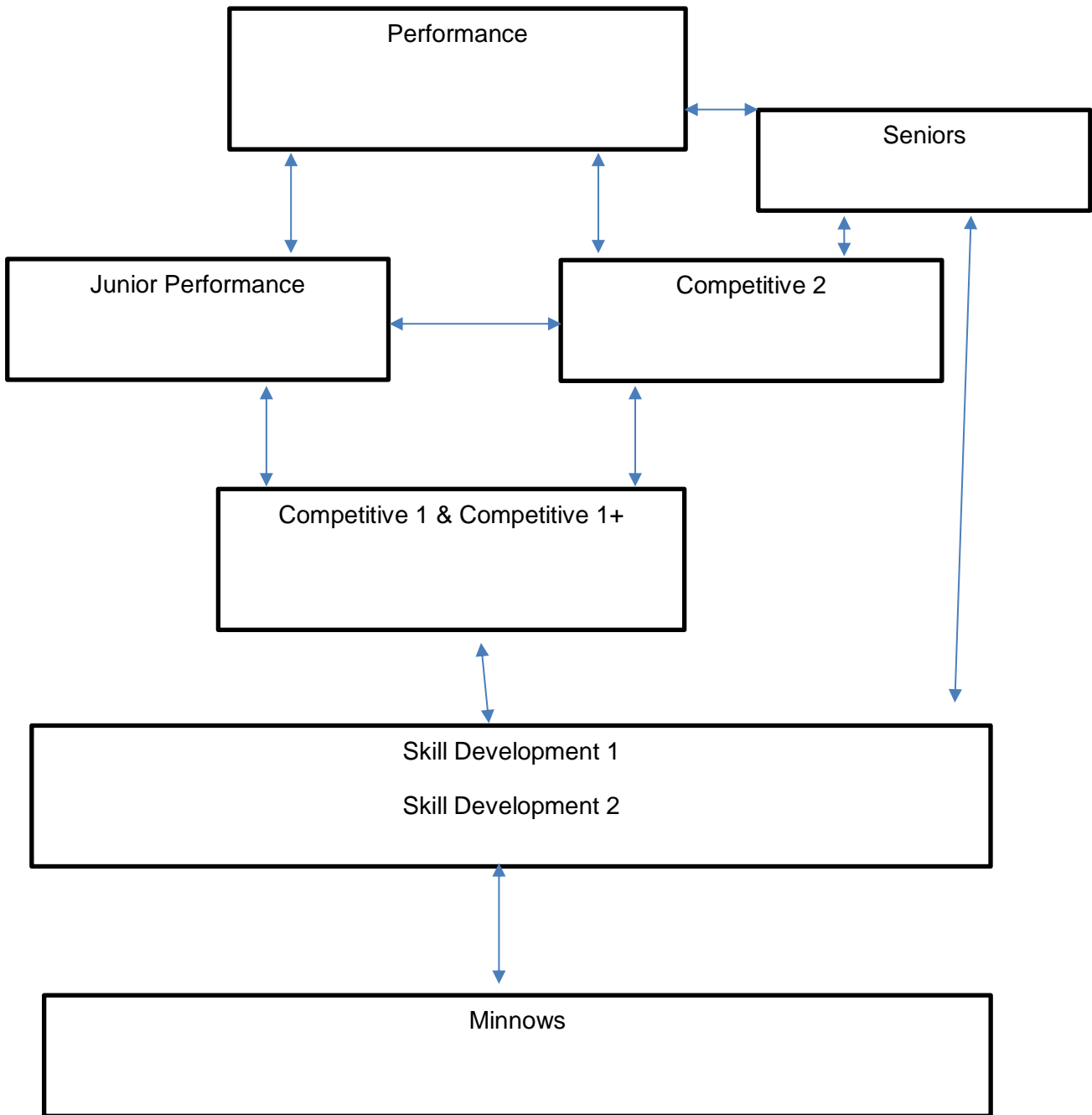
Other

The emotional and physical maturity of each swimmer will be taken into account.

Swimmers who show the commitment to meet the training and competitive requirements to make continuous progress will be given priority in squad movements.

The number of spaces in each squad is limited, swimmers may not be moved automatically when they meet all of the entry criteria.

Squad Structure



Squad Criteria – Competitive Squads

Performance

Aims & Objectives:

- Increase the number of swimmers qualifying for N&D, NER and National competitions
- Increase the number of swimmers making finals and winning medals at N&D, NER and National competitions
- Prepare swimmers to successfully go onto swim at University programmes
- Continue to develop highly skilled swimmers building on the progress made in Competitive 2 and Junior Performance
- Implement Parent Education Programme around areas outside of the pool and how to best support swimmers
- Develop a squad of swimmers who take ownership and responsibility for their own swimming performance
- Educate swimmers about their training programme, training zones and introduce more individualised training programme when and where suitable
- To continue to promote a higher level of performance at Morpeth ASC
- Provide swimmers with Long Course training opportunities

Entry criteria:

- Typically swimmers aged 12+ (Girls) 13 + (Boys) (Space permitting Swimmers may be 'fast-tracked' prior to turning 13 at the Head Coaches discretion)
- Minimum of North Easy Regional (NER) qualifier or shows the potential to achieve this in the next 12 months
- Attendance of 75% + in Competitive 2 or Junior Performance
- Ability to cope with the volume and intensity of all training required
- Show a commitment to early morning sessions, including week days in C2 and JP
- Be technically efficient across all 4 strokes and all competitive starts turns and finishes
- Performance in training, test Sets and competition will be considered

Maintaining their place:

To maintain their place in this squad swimmers will be required to:

- Swimmer and Parents MUST agree and commit to individual training agreement with the Head Coach
- Maintain a minimum attendance level 85% of sessions agreed in individual training agreement

- Attend Friday PM training prior to competitions and Monday AM training post competitions unless advised by the Head Coach otherwise
- Follow the correct competition programme. Enter competitions and events as directed by the Head Coach, agreed in individual training agreement
- Take responsibility for own swimming with ability to take on board technical and tactical feedback and advice to improve own performance given by coaching team
- Maintain an up to date log book of Personal Best times (short course and long course recorded separately), race plans and training/competition feedback
- Be a team player, represent Morpeth if and when selected
- Be a good role model to other swimmers in the club
- Maintain performance level (NER qualifier and above)
- On time for sessions, on poolside/waiting at the 'gate' 10 minutes prior to start time to complete pre pool work
- Arrive with correct equipment at every session (see equipment list)

Exit Criteria:

- Swimmers are unable to meet elements of the 'Entry Criteria' and/or 'Maintaining their place'
- Swimmers no longer wish to commit to elements of 'Maintaining their place'

Swimmer Progression:

Swimmers in Performance should be looking to move onto to suitable university programmes aged 18+

Swimmers in Performance can be moved to the following squads within the club structure:

- University programme
- Seniors
- Competitive 2
- Junior Performance

Junior Performance

Aims & Objectives:

- 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
- Progress within Division 2 Junior (Diddy) League, ultimately win and gain promotion to Division 1
- Develop highly skilled swimmers across all 4 strokes, including starts, turns and finishes
- Implement Parent Education Programme around areas outside of the pool and how to best support swimmers
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport
- To continue to promote a higher level of performance at Morpeth ASC
- Provide swimmers with Long Course training opportunities if and when appropriate

Entry Criteria:

- Regularly attend 4 sessions per week in Competitive 1
- Attend morning training regularly in Competitive 1
- Typically aged 9-12 (Girls) 10-13 (Boys)
- Show the ability, attitude and attendance to achieve N&D qualifying times in the next 12-18 months
- Be able to compete under ASA Laws successfully in all 4 strokes (50-100m) and 100/200 Individual Medley
- Ability to follow sets and use pace clock effectively
- Completed Club awards 4 - 6 in Competitive 1 (more information to follow)
- Performance in training, test Sets and competition will be considered

Maintaining Their Place:

To maintain their place in this squad swimmers will be required to:

- Have an average attendance of 70% + (reviewed monthly)
- Average attendance must include regular attendance at week day AM training
- Attend Friday PM training prior to competitions and Monday AM training post competitions unless advised by the Head Coach otherwise
- Follow the correct competition programme. Enter the competitions and events as directed by the Head Coach

- Excellent ability to take on board technical and tactical feedback and use this to improve own performance
- Be a team player, represent Morpeth if and when selected
- Be a good role model for other swimmers
- Achieve N&D qualifying times over the next 12-18 months
- On time for sessions, on poolside/waiting at the 'gate' 10 minutes prior to start time
- Arrive with correct equipment (see equipment list)

Exit Criteria:

- Swimmers progress and performance level reaches that to be considered for Performance/Junior Performance
- Swimmers are no longer able to meet elements of the 'Entry Criteria and/or 'Maintaining Their Place'.
- Swimmers no longer wish to commit to elements of 'Maintaining Their Place'

Swimmer Progression:

Swimmers in Junior Performance can be moved to the following squads within the club structure:

- Performance
- Competitive 2
- Competitive 1
- Seniors

Competitive 2

Aims and Objectives:

- Increase the number of Morpeth ASC swimmers attending Licensed Competitions
- Develop highly skilled swimmers across all 4 strokes, including starts, turns and finishes
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport
- Provide opportunities for swimmers who have not yet met the criteria for Performance or Junior Performance, to continue to progress at their own pace, improving their own performance level
- Provide training opportunities for athletes who's 'main' sport is Triathlon, Biathlon, Pentathlon etc
- Implement Parent Education Programme around areas outside of the pool and how to best support swimmers

Entry Criteria:

- Compete at Licensed meets in Competitive 1 regularly, as directed by the Head Coach
- Typically aged 13-17
- Be able to compete under ASA Laws successfully in all 4 strokes (50m) and 100/200 Individual Medley
- Performance in training, test sets and competition will be considered
- Completed Club awards 4-6 in Competitive 1 (more information to follow)
- Ability to follow sets and use pace clock effectively
- Maturity to cope with the increased volume and intensity of training required

Maintaining Their Place:

To maintain their place in C2 the swimmers will be required to:

- Have a minimum attendance of 50% (reviewed monthly)
- Attend a minimum of 4 Licensed competitions over the season (September 2018 –July 2019) as directed by the Head Coach
- Attend Morpeth ASC Club Championships and Time Trial events as directed by the Head Coach
- Be a team player, represent Morpeth if and when selected
- On time for sessions, on poolside/waiting at the ‘gate’ 5 minutes prior to start time
- Be a good role model for younger swimmers
- Arrive with correct equipment (see equipment list)

Exit Criteria:

- Swimmers progress and performance level reaches a level to be considered for Performance/Junior Performance
- Swimmers are no longer able to meet elements of the ‘Entry Criteria and/or ‘Maintaining Their Place’
- Swimmers no longer wish to commit to elements of ‘Maintaining Their place’

Swimmer Progression:

Swimmers in Competitive 2 can be moved to the following squads within the club structure:

- Performance
- Junior Performance
- Competitive 1
- Seniors

Competitive 1 & Competitive 1 +

Squad Aims and Objectives:

- Increase the number of Morpeth ASC swimmers attending ASA licensed competitions.
- Progress within Division 2 Junior (Diddy) League, ultimately win and gain promotion to Division 1
- Develop swimmers who are technically legal and proficient in all 4 strokes, starts, turns and finishes.
- Complete Club Awards 4,5 and 6 (more information to follow)
- Complete Competitive Start Award (more information to follow)
- Educate swimmers around training etiquette and how to follow basic sets/session using pace clock

Entry Criteria:

- Attend 2 sessions per week regularly in Skills Development 1 or 2
- Compete at Morpeth Club Championships, Time Trials or other internal competitions in Skills Development
- Be a member of or willing to compete for Morpeth ASC Junior League Team (age dependent)
- Typically aged 8-11 (Girls) 9-12 (Boys)
- Completion of Club Award 1, 2 and 3 (more information to follow) in Minnows and Skills Development
- Performance in training, test sets and competition will be considered

Maintaining Their Place:

To maintain their place in this squad the swimmers will be required to:

- Have a minimum attendance of 60% (reviewed each month)
- Show a commitment to regular morning training (Thursday AM)
- Attend a minimum of 2 Licensed competitions over the season (September 2018 – July 2019) as directed by the Head Coach

- Attend Morpeth ASC Club Championships and Time Trial events as directed by the Head Coach
- Be a team player, represent Morpeth if and when selected
- Be able to respond to technical feedback during training and competitions
- Be on time for sessions, on poolside/waiting at the 'gate' 5 minutes prior to start time
- Arrive with correct equipment (see equipment list)

Exit Criteria:

- Swimmers progress and performance level reaches a level to be considered for Junior Performance or Competitive 2
- Swimmers are no longer able to meet elements of the 'Entry Criteria and/or Maintaining Their Place'
- Swimmers no longer wish to commit to elements of 'Maintaining Their Place'

Swimmer Progression:

Swimmers in C1 can progress to the following squads:

- Junior Performance
- Competitive 2
- Skills Development
- Seniors

Skill Development 1

Squad Aims and Objectives:

- Introduce swimmers to 'competing' internal Morpeth Competitions, Time Trials and Junior (Diddy) League
- Progress within Division 2 Junior (Diddy) League, ultimately win and gain promotion to Division 1
- Develop swimmers to be technically legal in all 4 strokes and have a good understating of 'rules' around starts, turns and finishes on each stroke and individual medley swimming
- Complete club Awards 1,2 and 3 (more information to follow)

Entry Criteria:

- Typically aged 6-10
- Have 4 recognizable strokes

- Be able to demonstrate a strong push and glide in streamline (Front and Back underwater) into 5m underwater dolphin kick

Maintaining their place:

To maintain their place in this squad the swimmers will be required to:

- Attend 2 sessions each week, regularly
- Attend Morpeth ASC Club Championships and Time Trial events as directed by the Head Coach
- Attend Junior (Diddy) League competitions if selected for the team
- Show a willingness to improve all aspects of technique and swimming skills (not just swim up and down)
- Be on time for sessions, on poolside/waiting at the 'gate' 5 minutes prior to start time
- Arrive with correct equipment (see equipment list)

Exit Criteria:

- Swimmers progress and performance level reaches a level to be considered for Competitive 1
- Swimmers are no longer able to meet elements of the 'Entry Criteria and/or Maintaining your place
- Swimmers no longer wish to commit to elements of Maintaining your place

Swimmer Progression

Swimmers in Skill

Development 1 can progress to the following squads

- Competitive 1
- Skill Development 2
- Seniors
- Minnows

Squad Criteria – 'Non Competitive' Squads

Described as 'Non Competitive' squads however swimmers in Minnows, SD2, and Seniors are still able to and strongly encouraged to take part in Morpeth ASC Club Championships/Time Trial events and external galas if appropriate.

Skill Development 2

Squad Aims and Objectives:

- Develop swimmers to be technically legal in all 4 strokes and have a good understanding of 'rules' around starts, turns and finishes on each stroke and individual medley swimming
- Provide training opportunities for swimmers have not yet met the criteria to be promoted into Competitive 1 but don't meet the 'age' guidelines for Skill Development 1
- Provide swimmers with a squad to continue to progress at their own pace
- Provide training opportunities for swimmers who may or may do not to pursue swimming as a competitive sport
- Complete club Awards 1,2 and 3 (more information to follow)

Entry Criteria:

- Typically aged 11-14
- Have 4 recognizable strokes
- Be able to demonstrate a strong push and glide in streamline (Front and Back underwater) into 5m underwater dolphin kick

Maintaining their place:

To maintain their place in this squad the swimmers will be required to:

- Attend 2 sessions each week, regularly
- Swimmers are encouraged to attend Morpeth ASC Club Championships and Time Trial events as directed by the Head Coach but this is optional in Skill Development 2
- Show a willingness to improve all aspects of technique and swimming skills (not just swim up and down)
- Be on time for sessions, on poolside/waiting at the 'gate' 5 minutes prior to start time
- Arrive with correct equipment (see equipment list)

Exit Criteria:

- Swimmers progress and performance level reaches a level to be considered for Competitive 1, including a strong willingness to pursue swimming as a competitive sport
- Swimmers are no longer able to meet elements of the 'Entry Criteria and/or Maintaining your place
- Swimmers no longer wish to commit to elements of Maintaining your place

Swimmer Progression

Swimmers in Skill

Development 2 can progress to the following squads

- Competitive 1
- Skill Development 1
- Seniors

- Minnows

Minnows

Squad Aims and Objectives:

- Introduce swimmers to being a member of Morpeth ASC
- Teach swimmers correct lane etiquette
- Improve technique across all 4 strokes
- Introduce swimmers to competitive starts, turn and finishes in all strokes
- Introduce swimmers to 'competing' at internal Morpeth Club championships, time trials and Junior League

Entry Criteria:

- Have an understating of each of the 4 strokes
- Completed Stage 6 of the Swim England Learn to swim scheme
- Be able to swim a minimum of 100m comfortably and confidently (25m pool)
- Typically Aged 5-10

Maintaining their place:

To maintain their place in this squad the swimmers will be required to:

- Attend Sunday sessions, regularly
- Show a willingness to improve all aspects of their technique and swimming skills (not just swim up and down)

- Be on time for sessions, on poolside/waiting at the 'gate' 5 minutes prior to start time

Exit Criteria:

- Swimmers progress and performance level reaches a level to be considered for Skill Development 1 or Skill Development 2
- Swimmers are no longer able to meet elements of the 'Entry Criteria' and/or Maintaining your place.
- Swimmers no longer wish to commit to elements of Maintaining your place.

Swimmer Progression

Swimmers in Minnows can progress to the following squads/paths

- Skill Development 1
- Skill Development 2
- Learn to Swim Programmes (e.g. Morpeth swim school)
- Other Aquatic sports e.g. Rookie Lifesaving

Seniors

Squad Aims and Objectives:

- To keep swimmers involved in the sport in some capacity
- Promote a healthy and active lifestyle beyond competitive sport
- To encourage swimmers to go onto complete Swim England Aquatic Helpers/Teacher/Coaching and Lifeguard qualifications
- To support swimmers who are unable or do not currently wish to commit to the training and or competition requirements in the competitive squads

Entry Criteria:

- Be technically proficient in 4 strokes
- Ability to follow sets and use pace clock effectively
- Typically aged 13+

Maintaining their Place:

To Maintain their place swimmers in this squad will be required to:

- Be good role models for younger swimmers training alongside them
- Complete sets to the best of their ability

- Be on time for sessions, on poolside/waiting at the 'gate' 5 minutes prior to start time

Exit Criteria:

- A swimmer wishes to move into the Competitive club structure and space is available to do so
- Swimmers are no longer able to meet elements of the 'Entry Criteria' and/or Maintaining your place.
- Swimmers who no longer wish to commit to elements of Maintaining your place.

Swimmers Progression:

Swimmers in Seniors can progress to

- Performance
- Competitive 2
- Junior Performance
- University programme