

Morpeth Amateur Swimming Club

Squad Aims and Objectives

Introduction

As a Club it is essential that we have in place a training structure that is suitable for all of our swimmers and cost effective.

As such I have reviewed Morpeth ASC current squad structure Minnows to AA, and the swimmers currently in each squad. The current structure does not offer clear guidelines on the aims and objectives of each squad or how swimmers progress through the pathway (i.e.. What is the criteria to move up from one squad to the next). The age range, technical ability, attendance level and goals of swimmers in the current squads vary immensely. This has, and will continue to, lead to difficulty designing and implementing appropriate training programmes into each squad. It is hoped that the structure will provide an opportunity for all swimmers to progress and develop their skills and improve on their overall performance.

Guiding Principles

- Long term athlete development framework – this is based on human growth and development and contains five stages:
 - Stage 1: FUNdametals – basic movement literacy - **Minnows**
 - Stage 2: SwimSkills – building technique **SD1/2 + C1 + C2 + Jnr Performance**
 - Stage 3: Training to train – building the engine - **C2 + Jnr Performance + Performance**
 - Stage 4: Training to compete – optimising the engine – **Performance**
 - Stage 5: Training to win – maximising the engine – **N/A currently**. This stage is for swimmers normally aged 16+ Female 18+ Male who's physical, technical, tactical, mental, and ancillary capacities are fully established.

While individual swimmers move through the club's pathway the club should also continue to develop. The majority of the swimmers are currently in Stages 2 + 3. As swimmers and the club progress, more swimmers should be reaching the last two stages including "Training to win" in the next couple of seasons.

Squad allocation is based on the previous season's performance and observations made by the head coach over the last 4 months. Squads will be age appropriate. (Based on the swimmers age at **31 December 2016 for 2015/16 season**).

- Swimmers must be able to meet the training and competitive commitment required to make continued progress.
- The emotional and physical maturity of each swimmer will be taken into account.
- There will be flexibility of movement between squads – at Head Coaches discretion
- Clear pathways for competitive and non-competitive swimmers.

The Competitive Squads

Performance

Aims & Objectives:

1. Increase the number of swimmers qualifying for N&D, NER and National competitions
2. Increase the number of swimmers making finals and winning medals at N&D, NER and National competitions
3. Prepare swimmers to go onto swim at suitable University programmes
4. Continue to develop highly skilled swimmers building on the progress made in C2 and Jnr Performance.
5. Educate swimmers and parents around areas outside of the pool that effect performance (e.g. Nutrition and sleep)
6. Continue to educate swimmers about their training programme and introduce more individualised training programme when and where suitable.
7. Develop swimmers who are committed to their swimming
8. To continue to promote a higher level of swimming at Morpeth ASC
9. Provide swimmers with Long Course training opportunities

Entry criteria:

1. Typically swimmers age 13+ (Some swimmers may be fast-tracked prior to turning 13)
2. Minimum of Northumberland and Durham (N&D) qualifier or shows the potential to achieve this in the next 12 months
3. Attendance of 70% + in Competitive 2 or Junior Performance
4. Ability to cope with the amount and intensity of all training required
5. Committed to attending early morning session, including week days

6. Be technically proficient across all 4 strokes
7. Perform 15m Underwater Streamline Fly Kick (Front, Back and side) from turns and starts

Maintaining their place:

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

- Have an average attendance of 65% - (reviewed every 6 weeks)
- Attend and enter events appropriately at competitions as directed by the Head Coach
- Ability to commit mentally and physically to the training programme
- Ability to take on board technical and tactical feedback and advice to use to improve performance
- Be a team player, represent Morpeth if and when selected.
- Be a role model to younger swimmers
- Maintain performance level (N&D or above)
- 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 who 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.

Swimmer Progression:

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

1. Seniors
2. Competitive 2
3. Junior Performance

Junior Performance

1. Increase the number of swimmers qualifying for N&D, NER and National competitions
2. Increase the number of swimmers making finals and winning medals at N&D and NER competitions
3. Win Division 3 Diddy League and gain promotion to Division 2

4. Develop highly skilled swimmers across all 4 strokes, including starts, turns and finishes
5. Educate swimmers and parents around areas outside of the pool that effect performance (e.g. Nutrition and sleep).
6. Develop swimmers who are committed to their swimming
7. To continue to promote higher level swimming at Morpeth ASC
8. Provide swimmers with Long Course training opportunities when appropriate

Entry criteria:

1. Attend morning training regularly in C2
2. Typically aged 10-13
3. Competing at Northumberland and Durham level or have the ability to achieve this standard in the next 12-18 months.
4. Have the ability and attitude to go on to compete at Regional and National level in the next 3-5 Years.
5. Member of Morpeth ASC Diddy League Team
6. Ability to cope with the amount and intensity of training required.
7. All 4 strokes legal and efficient. Including starts turns and finishes.
8. Perform 15m Underwater Streamline Fly Kick (Front and Back side)

Maintaining Their Place

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

- Have an average attendance of 60% (reviewed every 6 weeks)
- Attend and enter events appropriately at competitions as directed by the Head Coach
- Attend morning training sessions
- Ability to take on board technical and tactical feedback and advice to use to improve performance
- Be a team player, represent Morpeth if and when selected and be a role model to other swimmers
- Maintain performance level (N&D level or potential to achieve this)
- 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 who 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.

Swimmer Progression

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

1. Competitive 1
2. Competitive 2
3. Performance
4. Seniors

Competitive 2

Squad Aims and Objectives

- Increase the number of Morpeth ASC swimmers attending ASA licensed competitions.
- Win Division 3 Diddy League and gain promotion to Division 2
- Develop highly skilled swimmers across all 4 strokes, including starts, turns and finishes
- Develop swimmers to be highly skilled 'around walls' (Starts, turns, Finishes)
- Develop swimmers who can follow more complex sets and sessions

Entry Criteria

- Compete at ASA licensed meets in C1 regularly
- Typically aged 12-15
- Be able to complete a 200 Individual Medley using legal turns and technique
- Perform 10m Underwater Streamline Fly Kick (Front and Back)
- Be able to follow a simple Freestyle and Individual medley (IM) Sets
- Ability and maturity to cope with the amount 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 every 6 weeks)
- Attend at least 1 morning session per week
- Attend a minimum of 4 ASA licensed competitions over the next 12 months as directed by the Head Coach
- Compete at all Team events selected for (e.g. Diddy League)
- 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 who 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.

Swimmer Progression

Swimmers in C2 can progress to the following squads

- Performance
- Junior Performance
- Competitive 1
- Seniors

Competitive 1

Squad Aims and Objectives

- Increase the number of Morpeth ASC swimmers attending ASA licensed competitions.
- Win Division 3 Diddy League and gain promotion to Division 2
- Develop swimmers who are technically legal in all 4 strokes
- Develop swimmers to have legal and starts, turns and finishes in all 4 strokes
- Develop swimmers who can follow basic sets/sessions

Entry Criteria

- Attend a minimum of 2 sessions per week regularly in SD1/2
- Compete at Mini Time Trials regularly in SD1/SD2
- Be a member of or willing to compete for Morpeth ASC Diddy Team (age dependent)
- Typically aged 9-12
- Be able to 100 meter individual medley using legal turns and technique
- Perform 5m Underwater Streamline Fly Kick (Front and Back)

Maintaining their place

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

- Have a minimum attendance of 50% (reviewed every 6 weeks)
- Begin to show a commitment to morning training
- Attend a minimum of 2 ASA licensed competitions over the next 12 months, as directed by the Head Coach
- Attend Mini Time Trials regularly
- Compete at all Team events selected for (e.g. Diddy League)
- 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 who 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.

Swimmer Progression

Swimmers in C1 can progress to the following squads

- Junior Performance
- C2
- SD1/2
- Seniors

Skill Development 1

Skill Development 2

Squad Aims and Objectives

- Introduce swimmers to 'competing' through Mini Time Trial events and Diddy league
- Win Division 3 Diddy League and gain promotion to Division 2
- Develop swimmers skills in all 4 strokes to
- Develop swimmers to be technically legal in all 4 strokes and have an understating of 'rules' around starts, turns and finishes

Entry Criteria

- Be a Morpeth ASC member
- Typically aged 7-10 SD1
- Typically aged 10-12 SD2
- Have 4 recognisable strokes
- Be able to demonstrate a strong push and glide in streamline (Front and Back underwater)
- Have tried Mini Trials whilst in Minnows

Maintaining their place

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

- Try to attend 2 sessions per week regularly
- Attend Mini Time Trials at least twice per year
- Attend Diddy League competitions if selected for the team
- Show a willingness to improve all aspects of their technique and skills (and not just swim up and down)
- Be on time for sessions
- Arrive with correct equipment (see equipment list)

Exit Criteria:

Swimmers who 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.

Swimmer Progression

Swimmers in

SD1/2 can progress to the following squads

- SD1/2
- C1
- Minnows

Minnows

Squad Aims and Objectives

- Introduce swimmers to being part of a swimming club
- Teach swimmers correct lane etiquette
- Introduce swimmers to competitive swimming through Mini Time Trials
- Improve swimmers technique across all 4 strokes
- Introduce swimmers to competitive starts, turn and finishes in all strokes

Entry Criteria

- Have some understating of each of the 4 competitive strokes
- Completed Stage 6 of the Swim England Learn to swim scheme and possibly working towards Stage 7 currently
- Be able to swim a minimum of 100m comfortably and confidently
- Typically Aged 6+

Maintaining their place

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

- Try to attend their session each week regularly
- Show a willingness to improve all aspects of their technique and skills (not just swim up and down)
- Be on time for sessions

Exit Criteria:

Swimmers who 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.

Swimmer Progression

Swimmers in SD1 can progress to the following squads/paths

- SD2
- SD1
- Learn to Swim Programmes (e.g. Morpeth swim school)
- Other Aquatic sports e.g. Rookie Lifesaving (at Morpeth Leisure centre)

The Non Competitive Squads

Seniors

Squad Aims and Objectives:

1. To keep swimmers involved in the sport in some capacity
2. To encourage swimmers to go onto complete ASA teacher and coaching awards and Lifeguard qualifications
3. To support swimmers who are unable or do not currently wish to commit to training in the higher squads

Entry Criteria:

1. Be technically proficient in 4 strokes
2. Have basic understanding of how to follow sets
3. Typically aged 13+
4. Be mature enough to work through some aspects of sets independently or in small groups

Maintaining their Place

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

1. No attendance criteria
2. Be good role models for younger swimmers training alongside them
3. Complete sets to the best of their ability
4. Be on time – arrive 5 minutes before the session is due to start

Exit Criteria:

Swimmers who 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
- University
- Adults

Adults

Swimmers in Adults must only be a Morpeth ASC member and aged 18+ and wish to swim for fitness only.