



Morpeth Amateur Swimming Club

Squad Criteria - March 2020

Club Statement

Our mission is to promote and encourage the sport of competitive swimming in Northumberland, through the coaching, development and practice of swimming for its members. To help swimmers enjoy the sport and to remain swimmers for life. We aim to achieve this through aiming for the visions & values below:

Values

1. Enrich swimmers' lives through the structure, organisation and commitment to the sport, developing them as swimmers but also socially and emotionally
2. The club is committed to developing technically excellent swimmers who can succeed at their own level
3. The club aims to develop swimmers in the sport at a rate according to their individual ability and rate of development, to maximize their long term potential and likelihood to achieve their individual goals and aspirations.
4. The club will ensure that all volunteers working within the club are nurtured, progressed and valued in both 'professional' and 'voluntary' roles

Introduction

Morpeth ASC is the top swimming club in Northumberland. It is vital we have a clear squad structure and criteria for each squad to continue and build on the club's recent success and improvements. Allowing swimmers to progress towards their true potential and aspirations.

The squad criteria clearly outlines the expectations for each squad.

The squad structure and criteria has been developed in line with the Athlete Development Support Pathway (ADSP). The ADSP is a tool used for planning, targeting and achieving optimal training, competition and recovery throughout an athlete's career. The criteria also recognise the important role of British Swimming's new 'Optimal Athlete Development Framework' (OADF) in developing 'future performance potential'

As a swimmer moves through the squad structure, it is important that training programme on both land and in the pool is progressive ensuring a long-term approach to training is taken. This is particularly important in relation to the growth and development years and skill development. For example, Technique and Aerobic (endurance) Development of swimmers is vital for achieving success. Both should be implemented early in a swimmer's development and progressively built upon. Consistent attendance at training is the best way to progress both areas therefore attendance is one of the key markers of a swimmer's long-term potential and part of our squad criteria.

Each squad has its own:

- **Aims and Objectives** - Provides information about what the swimmers can expect to achieve and the 'training' they will be undertaking
- **Entry Criteria** – Used by the coaching team to help select new swimmers for each squad
- **Commitment Criteria** – Training and Competition requirements that swimmers should fulfil to maintain their place in each squad
- **Exit Criteria** - Circumstances that result in a swimmer being moved to a different squad

Other important points to note include:

Entry Criteria: Swimmers will not be moved automatically if they meet the entry criteria. Space & numbers in each squad are limited

Training Attendance: Minimum attendance is just that a minimum. All swimmers should aim to attend all the sessions available to them unless advised otherwise. The minimum attendance is set to ensure the progressive development of all swimmers and that squad spaces are fully utilised. If swimmers consistently fall short of this requirement, **they are unlikely to fulfil their long-term potential and maintain their place in the squad**

Competition Attendance: Swimmers are expected to compete regularly at competitions (except for Seniors). These competitions form part of the planned training programme and are also progressive. Please ensure swimmers enter the correct competitions and events

Age Guidelines: These are guidelines. Swimmers may be moved up prior to the minimum age or may stay in a squad once they have exceeded the upper age. This is to allow for the development of early and later developers

No Movement = No Problem: Not being moved squads does not indicate a problem or suggest that swimmers are doing anything wrong. It is also not a reflection of their long-term potential in the sport – squad allocation is simply based on what we feel is best in the present moment, in the time & space available

Head Coach: The Head Coach is a professional swimming coach. Their knowledge, experience, expertise and discretion will be used. The Head Coaches **decision is final**

Performance (P)

Aims & Objectives:

- Promote a higher level of performance at Morpeth ASC
- Increase the number of swimmers qualifying for Swim England National Summer Meet, British Summer Championships & British Championships (trials)
 - Increase the number of swimmers making finals & winning medals at N&D, NER, Swim England National Summer Meet & British Summer Championships
- Qualify Relay teams for British Summer Championships from 2020 onwards
- Place swimmers on Junior International Teams
- Prepare swimmers to successfully go onto swim at University programmes
- Continue to develop highly skilled swimmers in all areas building on the progress made in C3 & CY
 - Make significant improvements to aerobic capacity through increased training frequency and volume
 - Educate and develop around tactical skills and optimal race plans
 - Develop a squad of swimmers who take ownership and responsibility for their own swimming performance
 - Implement Education Programme
 - Provide swimmers with Long Course training opportunities
 - Provide 'out of area' competitive experiences while travelling as a team
 - Educate swimmers about their training programme, training zones and introduce more individualised training programme when and where appropriate

Entry Criteria:

- Swimmers have committed to swimming as their 'main' sport. High level multi-sport athletes (e.g. Tri) may be accommodated within some squad sessions, space permitting
- Typically, Girls aged 13 + and Boys 14+
- Highly skilled across all 4 strokes, including starts, turns, finishes & relay takeovers
- Ability to cope with the volume and intensity of all training required. Test Set Data will be used as a guideline to progression
- Minimum of North East Regional (NER) Qualifier demonstrating the ability to progress to Swim England Summer Meet level or above
- Attendance of 90% + in C3 (training & competitions)
- Demonstrates excellent commitment to the competition schedule in C3 and a positive attitude towards training and racing
- Ability to cope with the volume and intensity of all training required
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria:

- **Swimmers to take responsibility for their own swimming. Swimmers to communicate** with the Head Coach of any reasons that may affect attendance at training and competition
- Agree to attend set number of sessions per week. To be agreed with Head Coach
- **Agree to be part of and attend sessions with the Northumberland Development Squad (if selected)**
- Agree to compete in all meets and in events as directed by the Head Coach
- Attend Friday PM training prior to competitions and Monday AM training post competitions unless advised by the Head Coach otherwise

- Performance level – Swimmers to progress to minimum level of Swim England Summer Meet qualifier by Summer 2020/2021. Swimmers MUST show a commitment to training and competition to reach this standard
- Show a positive attitude towards training and competitions and demonstrate an excellent ability to take on & implement feedback
- Keep a record of Personal Best times (short course and long course recorded separately)
- Be a positive role model and team player and 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 are unable to maintain the listed commitment criteria or train at the required standard
- Swimmers do not adhere to the Morpeth ASC Code of Conduct

Swimmers in Performance can be moved to the following squads:

- University programme
- Seniors
- Competitive Youth

Competitive 3 (C3)

Aims & Objectives:

- Develop swimmers to be highly skilled across all 4 strokes, including starts, turns, finishes & relay takeovers
- Progression in a wide range of events and distances, developing swimmers to be strong in Individual Medley (IM)
- Emphasise the correct technique and skills at all intensities
- Educate on stroke efficiency
- Introduce more aerobic (endurance) training as & when appropriate, with focus on stroke efficiency
- 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
- Implement Parent/Swimmer Education Programme
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport
- Provide swimmers with Long Course training opportunities, when appropriate
 - Provide 'out of area' competitive experiences while travelling as a team, when appropriate

Entry Criteria:

- Attendance of 80%+ in C2 (training & competition)
- Typically aged 11-13 (Girls) 12-14 (Boys)
- Show a positive attitude to training, competition

- Have achieved or show the potential to achieve N&D & NER qualifying times in the next 12-18 months
- Able to follow sets and use the pace clock effectively
- Completion of Swim England Club Award 4, 5 & 6
- Ability to cope with the volume and intensity of all training required. Test Set Data will be used as a guideline to progression
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria:

- Minimum attendance at training 80%. Swimmers will be advised on number of sessions they should be attending each week
- Swimmers who wish to progress to Performance will need to have over 90% attendance in C3 before any consideration is given
- Enter and attend the correct competitions outlined by the Head Coach
This includes regular attendance at 2 day meets
- Attend Friday PM training prior to competitions and Monday AM training post competitions unless advised by the Head Coach otherwise
- Show a positive attitude towards training and competitions and demonstrate an excellent ability to take on and use feedback
- Be a positive role model & team player - represent Morpeth in ALL TEAM EVENTS when selected
- Achieve minimum standard of N&D/NER qualifying times by end of 2019/2020 season
- 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 are unable to maintain the listed commitment criteria or train at the required standard
- Swimmers do not adhere to the Morpeth ASC Code of Conduct

Swimmers in Competitive 3 can be moved to the following squads:

- Performance
- Seniors
- Competitive Youth
- Competitive 2

Competitive Youth (CY)

Aims & Objectives:

- Develop swimmers to be highly skilled across all 4 strokes, including starts, turns, finishes & relay takeovers
- Progression in a wide range of events and distances, developing swimmers to be strong in Individual Medley (IM)
- Emphasise the correct technique and skills at all intensities
- Educate on stroke efficiency
- Introduce more aerobic (endurance) training as & when appropriate, with focus on efficiency
- Increase the number of swimmers attending licensed competitions on a regular basis
- Implement Parent/Swimmer Education Programme
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport
- Provide training opportunities for swimmers whose main sport is not swimming
- Completion of Club Awards 5 & 6

Entry Criteria:

- Typically aged 12+ (Girls) 13+ (Boys)
- Compete in licensed competitions while in Competitive 1/Competitive 2
- Show a positive attitude to training, competition
- Demonstrate a strong willingness to listen & learn during training sessions
- Able to follow sets and use the pace clock effectively
- Completion of Swim England Club Award 1-4
- Ability to cope with the training required. Test Set Data will be used as a guideline to progression
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria:

- Minimum attendance at training 50% (reviewed monthly)
- Enter and attend a minimum of 4 **Licensed** competitions over the season (September – July) & Morpeth Club Championships, as directed by the Head Coach
- Attend Friday PM training prior to competitions unless advised by the Head Coach otherwise
- Show a positive attitude towards training and competitions and demonstrate an excellent ability to take on and use feedback
- Be a positive role model & 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 are unable to maintain the listed commitment criteria or train at the required standard
- Swimmers do not adhere to the Morpeth ASC Code of Conduct

Swimmers in Competitive Youth can be moved to the following squads:

- Competitive 3
- Seniors

Competitive 2 (C2)

Aims & Objectives:

- Develop swimmers to be highly skilled across all 4 strokes, including starts, turns, finishes & relay takeovers
- Progression in a wide range of events and distances, developing swimmers to be strong in Individual Medley (IM)
- Emphasise the correct technique and skills at all intensities
- Educate on stroke efficiency
- Introduce more aerobic (endurance) training as & when appropriate, with focus on efficiency
- Increase the number of swimmers attending licensed competitions on a regular basis.
- Progress swimmers towards qualifying for N&D Championships
- Implement Parent/Swimmer Education Programme
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport
- Provide swimmers with Long Course training opportunities, when appropriate
 - Provide 'out of area' competitive experiences while travelling as a team, when appropriate
- Completion of Club Awards 5 & 6

Entry Criteria:

- Attendance of 75%+ in C1 (training & competitions)
- Typically aged 9-11 (Girls) 10-12 (Boys)
- 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
- Completion of Swim England Club Award 1-4
- 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:

- Minimum attendance at training 80% - 4 out of 5 sessions weekly
 - Enter and attend the correct competitions outlined by the Head Coach
- This will include regular attendance at 2 day meets**
- Attend Friday PM training prior to competitions unless advised by the Head Coach otherwise
 - Show a positive attitude towards training and competitions and demonstrate an excellent ability to take on and use feedback

- Be a positive role model & team player - represent Morpeth in ALL TEAM EVENTS when selected
- Make progress towards N&D qualifying standards
- 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 are unable to maintain the listed commitment criteria or train at the required standard
- Swimmers do not adhere to the Morpeth ASC Code of Conduct

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

- Competitive 3
- Competitive Youth
- Seniors
- Competitive 1

Competitive 1 (C1)

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
- Completion of Swim England Club Award 3 & 4
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport

Entry Criteria:

- Regular attendance in SD2
- Typically aged 8-10 (Girls) 8-11 (Boys)
- 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
- Completion of Swim England Club Award 1 & 2
- 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:

- Minimum attendance at training 75% - 3 out of 4 sessions weekly
- Enter and attend a minimum of 3 **Licensed** competitions over the season (September – July) as directed by the Head Coach
- Attend Morpeth ASC Club Championships and Time Trial events as directed by the Head Coach
- 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 are unable to maintain the listed commitment criteria or train at the required standard
- Swimmers do not adhere to the Morpeth ASC Code of Conduct

Swimmers in Competitive 1 can be moved to the following squads:

- Competitive 2
- Skill Development 2

Skill Development 2 (SD2)

Aims & Objectives:

- Introduce swimmers to competitive swimming through internal Morpeth Competitions & Junior League
- Introduce swimmers to level 4 'licensed' competitions when appropriate
- 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
- Educate swimmers around training etiquette, including how to follow basic sets, sessions & using pace clock
- Introduce a basic Parent Education program
- Completion of Swim England Club Award 1 & 2
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport

Entry Criteria:

- Regular attendance in SD1
- Typically aged 7-10 (Girls) 7-10 (Boys)
- 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)
- Have 4 strong recognizable strokes
- Be willing to compete for Morpeth ASC at appropriate level competitions
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria:

- Minimum attendance at training 65% (reviewed monthly)
- Attend Morpeth ASC Club Championships and Time Trial events as directed by the Head Coach
- 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 are unable to maintain the listed commitment criteria or train at the required standard
- Swimmers do not adhere to the Morpeth ASC Code of Conduct

Swimmers in Skill Development 2 can be moved to the following squads:

- Competitive 1
- Skill Development 1

Skill Development 1 (SD1)

Aims & Objectives:

- Introduce swimmers to competitive swimming through internal Morpeth Competitions, Junior League
- Develop swimmers to be technically effective in all 4 strokes and have a good understating of 'rules' around starts, turns and finishes on each stroke and individual medley swimming
- Educate swimmers around training etiquette, including how to follow basic sets & using pace clock
- Introduce a basic Parent Education program
- Completion of Swim England Club Award 1 & 2
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport

Entry Criteria:

- Regular attendance in Minnows
- Typically aged 7-9 (Girls) 7-9 (Boys)
- 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)
- Have 4 recognizable strokes
- Be willing to compete at Morpeth ASC internal competitions
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria:

- Minimum attendance at training 65% (reviewed monthly)
- Attend Morpeth ASC Club Championships and Time Trial events as directed by the Head Coach
- 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 are unable to maintain the listed commitment criteria or train at the required standard
- Swimmers do not adhere to the Morpeth ASC Code of Conduct

Swimmers in Skill Development 1 can be moved to the following squads:

- Minnows
- Skill Development 2

Minnows (MIN)**Aims & Objectives:**

- Introduce swimmers to being part of a swimming club environment
- Introduce competitive swimming through internal Morpeth Competitions & Junior League if appropriate
- Improve technique & skills in all 4 strokes, following completion of learn to swim Stage 6/7
- Educate swimmers around basic training etiquette e.g. 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 Minnows
- Typically aged 6-8 (Girls) 6-8 (Boys)
- Show a positive attitude to swimming
- Demonstrate an ability to listen & learn during training sessions
- Be a member of or willing to compete for Morpeth ASC Junior League Team (age dependent)
- Have knowledge of the 4 different swimming strokes
- Completed Stage 6/7 of National Teaching Plan
- Be confident swimming 200m – in a 25m pool
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria:

- Attend Sunday sessions regularly, **if swimmers miss 4 consecutive weeks without informing the Lead Coach their place may be given to another swimmer**

- Attend Internal Morpeth ASC Club Championships and Time Trial events as directed by the Head Coach
- Show a positive attitude towards swimming 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 are unable to maintain the listed commitment criteria or train at the required standard
- Swimmers do not adhere to the Morpeth ASC Code of Conduct

Swimmers in Minnows can be moved to the following squads:

- Learn to swim programmes or other aquatic sport/sessions e.g. Rookie lifesaving
- Skill Development 1

Seniors (SEN)

Aims & Objectives:

- Keep swimmers involved in the sport of swimming, promoting a healthy and active lifestyle beyond competitive sport
- Encourage swimmers to complete Swim England Aquatic Helpers/Teacher/Coaching and Lifeguard qualifications

Entry Criteria:

- Be technically proficient in 4 strokes
- Ability to follow sets and use pace clock effectively
- Typically aged 12+

Commitment Criteria:

- Attend regularly to make good use of pool time and space available
- Be a positive role model for younger swimmer in the club
- Complete sets to best of your ability
- 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 are unable to maintain the listed commitment criteria or train at the required standard
- Swimmers do not adhere to the Morpeth ASC Code of Conduct

Swimmers in Seniors can be moved to the following squads:

- Most appropriate competitive squad