

## **Outline of changes**

The following changes will be effective from Monday 9<sup>th</sup> March 2020.

### **Training Times:**

Please see attached training times. Information regarding land training will follow. L – stand for Land training.

Session times also include scheduled pre and post pool work. This should be an integral part of a swimmers training program as they progress and has therefore been included in 'normal' training times.

### **Formalized coaching structure:**

To give swimmers more consistency in training and ensure the long-term development of the club the coaching structure has been formalized. This will not change what happens now much: The Head Coach will continue to set, plan and oversee all squads as they do now. Specific **lead coaches** will be responsible for running sessions for the squad with assistant coaches working alongside the leads to ensure the swimmers get additional input and support. It is worth remembering that at Morpeth ASC we are very lucky, except for the Head Coach all coach's poolside are volunteers who hold Swim England recognized coaching qualifications. At most clubs (including the 'big clubs') there will often be 1 coach to 25-35 swimmers.

The formalized coaching structure is attached to this email.

### **Squad Criteria:**

Swimmers at Morpeth ASC keep improving and drive the direction of the club. The standard for each squad should get progressively higher demonstrating that the full club is moving forwards. Parents must remember this - the standard of each squad has moved on considerably over the last 18 months and will continue to do so. It takes a much higher standard of training and performance to get into Performance than it did 18 months ago.

Tests Sets are now included in the squad criteria documentations. This is to give coaches and swimmers more of a guide on the training level expected from swimmers in each squad. These emphasize important areas that swimmers must be strong in if they are to develop in the long term, stroke efficiency, kick ability, aerobic capacity, underwater skills.

Please read the latest squad criteria.

### **Squad Structure:**

As been arranged into 4 parts:

#### **Performance (Performance Squad)**

It is not enough to be satisfied in this squad, the level of commitment expected, and standard of swimming will continue to rise. This squad is for athlete's who's main sporting focus is swimming. The priority is supporting the top athletes, those who are or aspire to compete at National Level Meets & Junior International level are the priority in this squad. Changes to training times and scheduling are made to support this progression. This includes additional 2-hour training sessions, earlier finish times and the opportunity to train with other swimmers with similar aspirations as part of the Northumberland Development Squad.

High level 'multi-sport' athletes may be able to access training with this squad. This will be space permitting and must be beneficial to both that individual athlete and the swimmers in Performance. This will be discussed on an individual basis with the Head Coach and reviewed regularly.

### **Competitive Development (Competitive 1,2,3 & Youth)**

This is the Competitive Development part of the club. The focus here is developing swimmers' competitive skills to be successful in the long term while allowing for shorter term success as well. The names of some squad have been changed to better reflect the Head Coach's approach to coaching and long-term development.

### **Skill Development 1,2 & Minnows**

These squads act as an introduction to competitive swimming, what it means to be part of a competitive swimming club. Swimmers in these squads are still expected to compete at appropriate level competitions, e.g. Morpeth Club Championships, Junior League, Blyth Xmas Cracker.

### **Seniors**

Will continue to provide a non-competitive option for swimmers to stay part of the club, to continue to swim for fitness, social and emotional benefits.

### **Please remember:**

There are over 150 swimmers to place into squads.

**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. A 'higher' squad may not be in the best interest of your child!

**Do not compare your child to another.** Just because they have 'always' been in the same squad as such and such doesn't mean they always will be or won't be again.

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