

## Morpeth ASC – Restructure – FAQ's

### *Why is the Squad structure being changed?*

To move the club forwards. The current club structure Minnows-Development – B – A – AB - AA does not offer clear enough guidelines on how swimmers progress from one squad to the next. The age, ability (physical & technical), attendance and goals of the swimmers in each squad vary significantly. This has and will continue to make planning and implementing any training programme very difficult. It also makes it difficult for swimmers in each squad to work towards their individual goals. Many of the squads are also overcrowded with too many swimmers in each lane.

### *Will the age guidelines be stuck to?*

The Age groups are to be used as a guide only, swimmers may be moved up before they meet the minimum age requirement if they are physically and emotionally mature enough to handle the training. Swimmers who are older than the Age group guidelines will stay in their allocated squad if they are meeting all other criteria and continuing to make progress. Older swimmers will be moved when the squad no longer meets their needs as a swimmer.

### *What if swimmers can't hit the minimum attendance criteria?*

Swimmers will be expected to meet the minimum number of sessions each week. Swimming is a sport which requires a commitment to training. As swimmers progress through the club structure the number of sessions they will need to commit to will increase. If swimmers expect to make progress they should commit to the minimum number of sessions which fall in line with Long Term Athlete Development Plan.

### *Do Swimmers have to attend morning training?*

To continue progressing swimmers at Morpeth ASC will need to commit to morning training in the higher groups. This is the same at most swimming clubs. The club has access to 6 mornings a week now, most clubs start between 5 and 5:30am, Morpeth ASC are in a good position of not starting training until 7am.

### *What if swimmers are ill will they still have to attend the minimum sessions each week?*

No, if swimmers are unwell or injured and not able to swim the Head Coach should be informed. If the illness or injury is long term swimmers may be moved into lower squad when they return if they are unable to keep up with the intensity of a higher squad.

### *Will swimmers fees increase?*

The committee will review the fee structure for each squad based on the new allocated water time. Details regarding this will be released in due course.

### *What if swimmers do not wish to compete?*

All Morpeth ASC swimmers will be encouraged to compete initially. If swimmers decide this is not for them they will be offered a place in a non-competitive squad (space permitting).

### *Will swimmers be expected to attend training during busy exam periods?*

Swimmers in either their GCSE or A level year should speak to the Head coach regarding their attendance. Swimmers will be encouraged to continue training and competing but

there will be some flexibility around the minimum number sessions and competitions. Swimmers need to address this with the Head Coach.

*When will swimmers be moved squads?*

Squad movements will mainly happen 3 times per year - September, January and April or occasionally if the Head Coach deems a swimmer should be moved between these times.

*Will swimmers be automatically moved when they meet all of the Squad Criteria for the next squad?*

No, most squad movement will be dependent on space being available in the Squad above with most happening in September, January and April. When spaces are limited in the higher squads, swimmers who not only meet the criteria but show the most long term potential will be prioritised for movement.

*What If swimmers can't attend a competition, will they be moved squads?*

Morpeth ASC offers a competitive programme and a non-competitive squad. Each competitive squad will have target competitions that they will be expected to attend. Swimmers who regularly miss competitions and do not meet the minimum number of competitions will be moved squads. Movement is necessary to allow swimmers in lower squads who are competing regularly to progress through the squad structure.

*What if Swimmers are not registered as ASA category 2 members?*

Swimmers in Competitive Squads (C1, C2, Junior Performance + Performance) will need to be ASA Category 2 members as part of the Squad criteria 'maintaining your place' and in order to take part in ASA licensed competitions. Swimmers in SD1 and SD2 are also encouraged to become ASA Category 2 members to allow them to compete in ASA licensed competitions when deemed appropriate.

*Can squad allocations/movements be appealed?*

The Head Coach will use the provided squad criteria and their knowledge and experience to allocate swimmers to appropriate squads. The Head Coaches decision is final. Squad allocation will be reviewed at minimum 3 times per year (September, January, April).

*Can swimmers be 'moved down' squads?*

Yes, but this will be a rare event for swimmers who no longer meet their current squads criteria or the squad no longer meets their needs/goals. If this is a possibility for a swimmer the Head Coach will discuss with the swimmers squad allocation with themselves and parents at the earliest opportunity before a final decision is made.