

Morpeth ASC



Performance

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 2022 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