

## **Morpeth ASC**



## **Competitive Youth**

### **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**