Morpeth ASC

Competitive 2

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 who are able to maintain the listed commitment criteria and train at the required standard can be moved to the following squads:

• Competitive 3

Swimmers who are unable to maintain the listed commitment criteria and train at the required standard can be moved to the following squads:

• Competitive Youth

• Seniors

• Competitive 1