



Morpeth ASC

Skill Development

Entry Criteria

- Regular attendance in SD1
- Typically aged 7-10 (Girls) 7-10 (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)
- Have 4 strong recognizable strokes
- Be willing to compete for Morpeth ASC at appropriate level competitions
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria

- Minimum attendance at training 65% (reviewed monthly)
- Attend Morpeth ASC Club Championships and Time Trial events as directed by the Head Coach
- Show a positive attitude towards training and competitions and demonstrate the ability to take on and use feedback
- Be a team player - represent Morpeth in ALL TEAM EVENTS when selected
- 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 or train at the required standards can be moved to the following squads:

- Competitive 1

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

- Skill Development 1