

## Morpeth ASC



### Competitive 3

#### 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 stroke efficiency
- Increase the number of swimmers qualifying for N&D and NER competitions
- Increase the number of swimmers making finals and winning medals at N&D and NER competitions
- Implement Parent/Swimmer Education Programme
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport
- Provide swimmers with Long Course training opportunities, when appropriate
- Provide 'out of area' competitive experiences while travelling as a team, when appropriate