



# Performance

## Entry Criteria

- Swimmers have committed to swimming as their 'main' sport. High level multi-sport athletes (e.g. Tri) may be accommodated within some squad sessions, space permitting
- Typically, Girls aged 13 + and Boys 14+
- Highly skilled across all 4 strokes, including starts, turns, finishes & relay takeovers
- Ability to cope with the volume and intensity of all training required. Test Set Data will be used as a guideline to progression
- Minimum of North East Regional (NER) Qualifier demonstrating the ability to progress to Swim England Summer Meet level or above
- Attendance of 90% + in C3 (training & competitions)
- Demonstrates excellent commitment to the competition schedule in C3 and a positive attitude towards training and racing
- Ability to cope with the volume and intensity of all training required
- Head coach discretion based on training ability and long-term competitive potential

## Commitment Criteria

- Swimmers to take responsibility for their own swimming. Swimmers to communicate with the Head Coach of any reasons that may affect attendance at training and competition
- Agree to attend set number of sessions per week. To be agreed with Head Coach
- Agree to be part of and attend sessions with the Northumberland Development Squad (if selected)
- Agree to compete in all meets and in events as directed by the Head Coach
- Attend Friday PM training prior to competitions and Monday AM training post competitions unless advised by the Head Coach otherwise
- Performance level – Swimmers to progress to minimum level of Swim England Summer Meet qualifier by Summer 2020/2021. Swimmers MUST show a commitment to training and competition to reach this standard
- Show a positive attitude towards training and competitions and demonstrate an excellent ability to take on & implement feedback
- Keep a record of Personal Best times (short course and long course recorded separately)
- Be a positive role model and team player and 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)



**Morpeth ASC**

## **Exit Criteria**

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

- University programme
- Seniors
- Competitive Youth