**Morpeth ASC**

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**Competitive 1**

**Aims & Objectives**

• Increase the number of Morpeth ASC swimmers attending licensed competitions

• Develop swimmers who are technically legal & efficient in all 4 strokes, starts, turns and finishes and relay takeovers

• Teach basic stroke efficiency in all 4 strokes

• Complete a very small amount of ‘endurance training’ that is technique and skill focused; often to be completed as ‘kick set’

• Complete Competitive Start Award

• Educate swimmers around training etiquette, including how to follow basic sets, sessions & using pace clock

• Introduce a basic Parent Education program • Completion of Swim England Club Award 3 & 4

• Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport