

Morpeth ASC



Skill Development

Aims & Objectives

- Introduce swimmers to competitive swimming through internal Morpeth Competitions & Junior League
- Introduce swimmers to level 4 'licensed' competitions when appropriate
- Develop swimmers to be technically legal in all 4 strokes and have a good understanding of 'rules' around starts, turns and finishes on each stroke and individual medley swimming
- 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 1 & 2
- Develop a squad of swimmers who are enthusiastic and committed to swimming as a competitive sport