



Competitive 3

Entry Criteria

- Attendance of 80%+ in C2 (training & competition)
- Typically aged 11-13 (Girls) 12-14 (Boys)
- Show a positive attitude to training, competition Body
- Have achieved or show the potential to achieve N&D & NER qualifying times in the next 12-18 months
- Able to follow sets and use the pace clock effectively
- Completion of Swim England Club Award 4, 5 & 6
- Ability to cope with the volume and intensity of all training required. Test Set Data will be used as a guideline to progression
- Head coach discretion based on training ability and long-term competitive potential

Commitment Criteria

- Minimum attendance at training 80%. Swimmers will be advised on number of sessions they should be attending each week
- Swimmers who wish to progress to Performance will need to have over 90% attendance in C3 before any consideration is given
- Enter and attend the correct competitions outlined by the Head Coach This includes regular attendance at 2 day meets
- Attend Friday PM training prior to competitions and Monday AM training post competitions unless advised by the Head Coach otherwise
- Show a positive attitude towards training and competitions and demonstrate an excellent ability to take on and use feedback
- Be a positive role model & team player - represent Morpeth in ALL TEAM EVENTS when selected
- Achieve minimum standard of N&D/NER qualifying times by end of 2019/2020 season
- 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 and train at the required standard may be moved to the following squad
- Performance
- Swimmers who are unable to maintain the listed commitment criteria and train at the required standard may be moved to the following squads.
- Seniors
- Competitive Youth
- Competitive 2