

Age Group Performance



Pathway: Performance

Age Guideline: Female 11-14 years, male 12-15 years

Lead Coach: Ben Negus **Assistant Coach:** Jo Waller **S&C:** Callum Henley

Squad Objective: Long Course Regional finalist, with a view of achieving Summer National qualification

Psychological

- Enjoys the journey and process
- Engages with coaching team by asking questions and listening
- Good team supporter
- Driven
- Coachable
- Delivers COPS RISES in every session
- Resilient
- Possess 'Arena Skills'
- Good learner

Training

- 20 x 25 Butterfly off 40s - holding a SC of 7/8
- 12 x 200 Free/Back on 3:30 holding SC from efficiency table
- 5 x 200 Breast holding SC from efficiency table
- 12 x 100 Kick on 1:50
- 1 x 200 Kick in under 3:10
- Underwater target ranging from 7.5m to 10m, dependent on training set
- Drills and skills delivered to highest efficiency standards
- **Weekly Commitment:** 11-13 years – 6 sessions; 14 years+ - 7 sessions

Strength and conditioning

- Complete COPS L3 BW movement stream
- Show some competencies at level 4 of the COPS BW movement stream
- Introduce intensive plyometric drills and ballistic throws
- Complete 15 minutes mobility progression before every training session
- Attention to detail and focus on the coaching points given
- **Weekly Commitment:** Minimum 2 sessions

Competition

- Uphold professional standards expected
- Understand and implement the process aims, as directed by the coaching team
- Prioritise COPS team competitions over non-swimming events
- Wear team kit with pride
- Support team mates
- Compete in a multi stroke/multi distance competition programme

Kit required

Pool: fins, snorkel, SMALL kick board, pull buoy, finger paddles, agility paddles, water bottle

S&C: Mat, t-shirt, shorts, indoor trainers, skipping rope, yoga strap

Efficiency Guidelines	Stroke	Stroke Count [Per 50m]
11-12 years	Freestyle and Backstroke	28
	Butterfly and Breaststroke	16
13 years	Freestyle and Backstroke	26
	Butterfly and Breaststroke	15
14+ years	Freestyle and Backstroke	24
	Butterfly and Breaststroke	14

