

Competitive Plus



Pathway: Competitive

Age Guideline: Male and female 12 years and over

Lead Coach: Jo Waller

Assistant Coach: Joe Middleton

S&C: Laurie Pirie

Squad Objective: Provide a quality training environment for swimmers competing at County or Regional level and are unable to make the training commitment or training standards of the Performance Squads

Psychological

- Enjoys the journey and process
- Engages with coaching team by questioning, as well as listening
- Good team supporter and team mate
- Coachable - also interested in developing themselves as an athlete
- Driven
- Good learner, including independent learning
- Resilient
- Have Arena skills - able to deliver process in all race conditions - especially regional and national
- Delivers COPS RISES in every session

Training

- Understand what it feels like to swim comfortably at a range of times and intensities
- Underwater target ranging from 7.5m to 10m, dependent on training set
- Drills and skills delivered to highest efficiency standards
- Achieve race pace target times with efficiency
- **Weekly Commitment:** Everyone: 5+ 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, COPS t-shirt, COPS shorts, skipping rope, indoor trainers

Efficiency Guidelines	Stroke	Stroke Count [Per 50m]
12-13 years	Freestyle and Backstroke	32
	Butterfly and Breaststroke	17
14-15 years	Freestyle and Backstroke	28
	Butterfly and Breaststroke	16
16+ years	Freestyle and Backstroke	26
	Butterfly and Breaststroke	15

