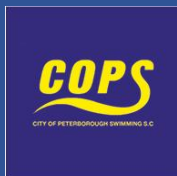




City Of Peterborough Swimming Club

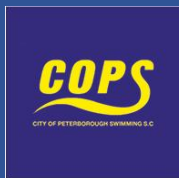


Season Handbook 2019-2020



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Team Ethos

For the 2019/20 season we will be introducing our new club ethos, abridged to –

#copsRISES

Respect

At COPS we will demonstrate respect as athletes and coaches to our teammates, officials, coaches, competitors and other clubs. On a daily basis we will acknowledge each other through friendly greetings, supporting our teammates at all times and being grateful to those that volunteer their time to our sport.

Integrity

Integrity can be defined as “honesty aligned with strong moral principles.” At COPS we encourage all swimmers to be honest with themselves in their training effort, ensuring they approach every day with consistent principles.

Standards

Following the ‘COPS Performance Standards’ all athletes will hold themselves accountable during training and competitions. To race at our best, we must train our best at every training session. The standards we set for ourselves define us, not only as swimmers but people.

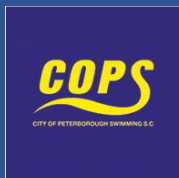
Encourage

“A team above all, above all a team”

Swimming is an individual sport that can create the closest of teams. By encouraging our team mates we can be part of a collective that builds confidence and standards, not just in Peterborough or Cambridgeshire but the Region. During training we will support each other to ensure everyone achieves their respective goals.

Smile

Success is achieved when we enjoy what we are doing. Swimmers who attend with a smile are more likely to remain in the sport in to adulthood.



World Class Performance Standards

How will we take the next step?

Trust and Respect

We have complete trust and belief in our coaches.
When a coach is talking, we will listen, give our full attention and learn.
We respect the facilities we train and compete at.
We demonstrate the same level of respect to the equipment we train with.
We will acknowledge and greet every coach, team mate, and official.
We will thank and shake hands with every coach, team mate and official following training/competitions.

Excellence and Performance

Training is undertaken with the highest of standards.
Consistency is the key to excellence. Performance is a habit.
Punctuality is a common trait in high achieving athletes.
The expectations from coaches should always be the minimum, aim for more.
Performance isn't achieved from merely turning up, it must be earned.
We will always do our best, no matter the circumstance.

Representation

It is an honour to represent COPS, we will wear our full kit with pride.
When wearing COPS kit, we will be the smartest swimmers on poolside.
We understand our behaviour reflects not only on us, but our team mates, our coaches, our parents and OUR club.
We will be humble in our wins and accept losses with pride.
We understand that if we are to be a team who are above all, we must above all be a team.

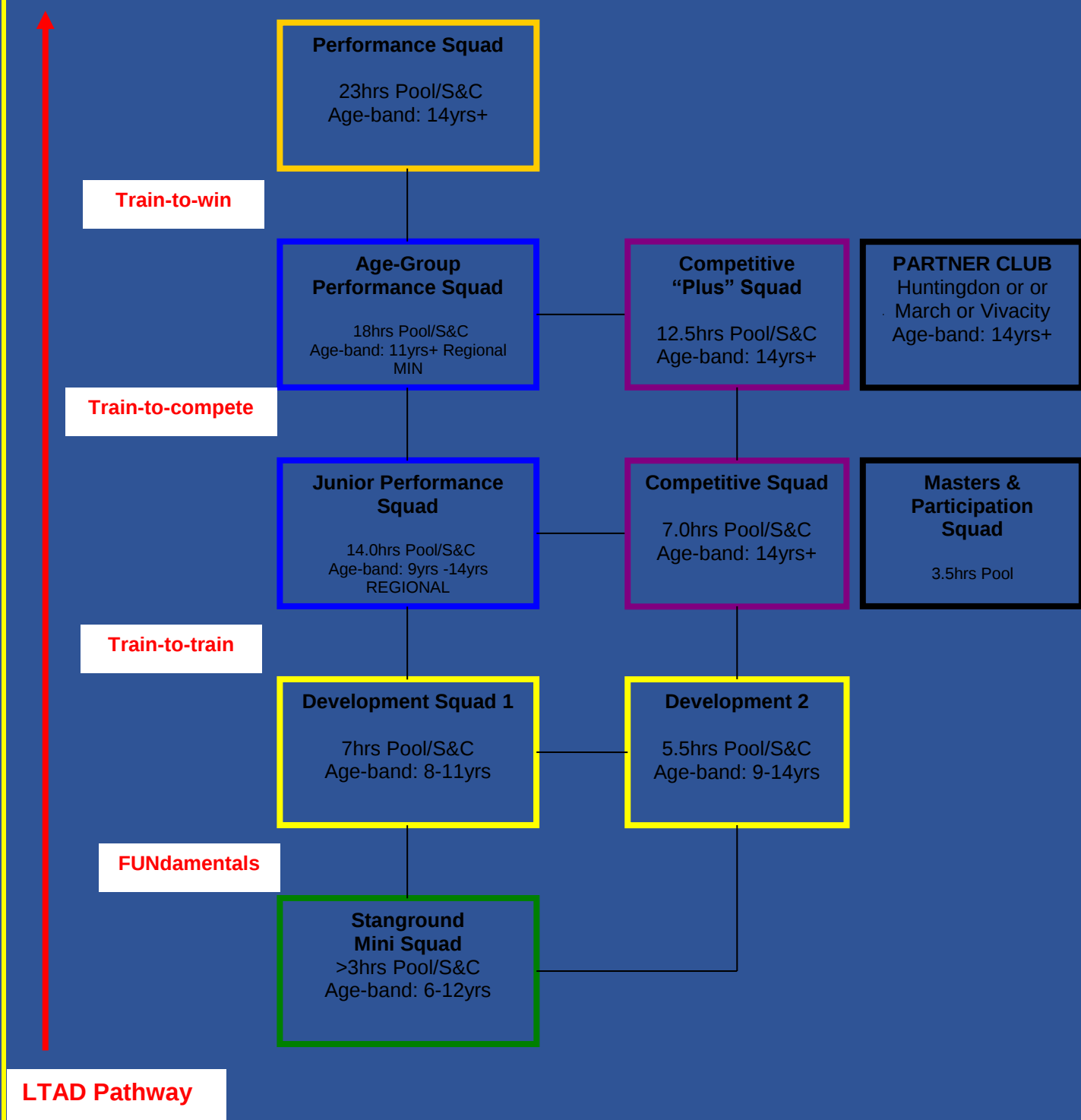
Accountability and Responsibility

Preparing our kit and carrying our equipment is our responsibility.
It is our responsibility to communicate with the coaches, not parents.
Communication pre and post race is imperative to develop race strategies.
We are ambassadors for COPS and Cambridgeshire swimming.
We take accountability when something doesn't go to plan.
When a problem presents itself, we find an appropriate solution.
We encourage our team mates to meet our high standards.

Positivity and Belief

We approach challenges with a 'can do' attitude.
We believe in ourselves all the time.
We learn and grow from mistakes; we see an educational opportunity from setbacks.
Behind the blocks we demonstrate confidence and belief in our abilities.

Squad Structure



The structure of the squads at COPS is designed to align with the Optimal Athlete Development Framework [OADF] recommend by British Swimming, with a view of Long



Term Athlete Development [LTAD]. The different pathways ensure all athletes receive the appropriate training for their developmental stage, thus allowing all swimmers a chance to reach their maximum potential.

Development Pathway

The Development Pathway consists of the two Mini Squads, based at Stanground Sports Centre and the two Development Squads based at numerous locations. The purpose of this pathway is to introduce efficient swimming through various drills and practises whilst maintaining a sense of enjoyment. We ask swimmers at this stage of their development to focus on improving their stroke technique and race skills. Young swimmers who enjoy competing whilst prioritising the perfection of their technique will see a greater chance of continued progression in to their late teens. As you move through the pathway, your skills and technique will be put under more and more scrutiny in a progressive manner.

Recent worldwide results at various Olympics and World Championships have proven that the majority of athletes who go on to perform have all had a background in multiple sports. For this reason COPS begin to introduce basic understanding of movement patterns on land through pre-training mobility routines. It is important that on top of this swimmers in the Development Pathway are participating in other sports. Other sports can provide swimmers with many transferable skills that can not as easily be obtained in the pool; such as core strength, coordination, balance, flexibility, aerobic conditioning and many more.

Performance Pathway

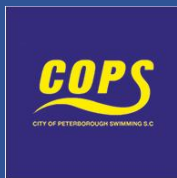
The Performance Pathway consists of three squads, Junior Performance, Age Group Performance and Youth Performance. Swimmers in these squads are expected to already have a clear understanding of consistent training methods and technical proficiency. The JP squad is designed for young aspiring swimmers age 9-12 who are looking to compete at Regionals and represent COPS at local junior competitions. AG squad are for swimmers age 11-15 with the drive and potential to reach Regional podium positions and target National qualification. YP squad is for those swimmers aged 14+ that can commit to a National level training programme.

COPS recognises that each swimmer has different needs and training requirements, for this reason Performance Pathway swimmers receive a tailored programme depending on their physical and mental development needs with a view to maximising long term potential.

Swimmers in this Pathway will be expected to commit to a 'Performance Lifestyle'.

Competitive Pathway

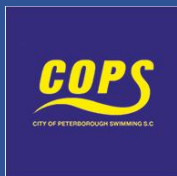
The Competitive Pathway allows an outlet for swimmers that either do not wish to commit to a 'Performance Lifestyle' or are developing later. Training will be delivered with individual goals in mind, ensuring each swimmer continues to improve whilst enjoying their sport. Commitment expectations and session availability progresses in



line with swimmer development, allowing each athlete to reach their maximum potential.

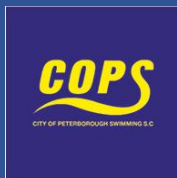
Masters and Participation

The Master and Participation squad is designed for adults and younger swimmers that would like to train for fitness and fun without the pressures of competing. This squad is also ideal for adults/youth swimmers who were formerly competitive and would like to re-join the sport in a pressure free environment.



Contact Information

Staff Name	Role	Squad	Email	DO NOT CONTACT ON -
Ben Negus	Head Coach	Performance	Ben.negus@copsclub.co.uk	Wednesday and Sunday
Peter Brystow	Age Group Performance Coach	AGP and JP	Peter.brystow@copsclub.co.uk	Tuesday and Saturday
TBC	Performance Pathway Coach	C/C+, Dev, Mini	TBC	TBC and Saturday
Jo Waller	Assistant Coach	Competitive	N/A	
Callum Henley	Head of Strength and Conditioning	Performance, AGP and JP	N/A	
Laurie Pirie	Strength and Conditioning	Dev, C/C+	N/A	
Emma Walker	Welfare	All	welfare@copsclub.co.uk	
Simon Martin/Nathan Griffin	Co-Chairman	All	TBC	



Squad Structure, Placement and Movement Considerations

The COPS squad structure is designed with the Long Term Athlete Development Model (LTAD) in mind. The model has been developed by British Swimming, who are currently reaping the rewards of the program implemented 17 years ago. We use LTAD as a guideline for the content, quantity and quality of training necessary to maintain the progress of athletes at every stage of their participation in their sport. These guidelines recognize that in a normal club like COPS there will be a fairly broad variation in age, physical strengths and weaknesses, motivation, inherent skill and future potential that will go a long way to determine the position an individual will occupy within our squads. Consequently, when we consider which squad you fit in to we have taken in to account the following:

1) Competition Performance

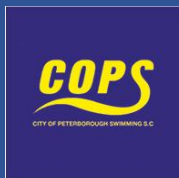
Racing performance is the normal benchmark applied by swimmers and parents when making judgments with respect to their place in the squads, this is understandable. At face value this seems the best method but is not necessarily the most important, particularly at the early stages of development. For instance, some very naturally gifted swimmers are able to swim very fast in competition, but do not cope with the physical demands of the daily training regime. We do recognise the motivational value in setting out some objective training and competitive performance standards for the swimmers to achieve. There for, we have created a series of requirements for each of the squads which, if completed, will qualify you for consideration for promotion to the next squad. In the majority of cases promotion or membership will almost certainly be achieved, but it does not give you automatic qualification.

2) Training Performance

Training performance is paramount when considering swimmers for promotion. The coaches have to be satisfied that the swimmers have the necessary skills, physical strength, application and resolve to benefit from joining the next stage of the scheme and to be able to cope with the increase in demand. Promoting a swimmer when they are not ready or equipped for the demand can have a negative effect on performance, motivation and can lead to injury.

3) Maturational Age v Chronological Age

We have all observed instances where a swimmer is ahead of others in maturational age, allowing their racing performance and their ability to cope with the training demands in advance of their peers. These swimmers' long term development may not be best served by promoting them as their social and emotional development will be quite normal for their age and from this perspective it is important that they are able to continue to engage and mix with swimmers of their own peer group and take part at a level they are comfortable with. There may also be instances when we promote younger swimmers ahead of older swimmers if we believe it would be in their interest and they show particular ability and potential. This is not a reflection on the older swimmers, but a recognition that all swimmers develop at different rates.



4) Emotional Age

Whilst some swimmers may well be physically capable of taking part in a very challenging training regime, these same swimmers may not have the required level of self-discipline, application and resolve to cope with the training. We have to be certain that swimmers have the correct level of maturity in this respect for them to benefit from being promoted.

5) A Good Attitude

A good attitude is a characteristic common to all accomplished sportsmen and sportswomen. It tends to embrace concepts such as a positive outlook, an eager and energetic approach to training, a sound work ethic, good timekeeping, fair play, team work and a willingness to cooperate and engage with their team mates and the coaching staff. Having a good attitude will become an increasingly important consideration factor for promotion as they progress through the squads.

6) Aptitude and Potential

Between the coaching staff COPS share a wealth of experience and knowledge in the sport of swimming cultivated over many years of coaching at every level of the sport. This gives them a unique appreciation of the potential of swimmers that is based on the above variables and most importantly personal observations and instincts. From time to time therefore, some swimmers may be fast tracked in spite of the normal promotions protocol. This may seem unfair but is in the best interest of the individual.

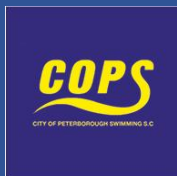
Optimum Age Limits

COPS is structured in such a way that each level of the OADF is catered for and the membership of the squads reflects this in terms of the variables explained previously. The squad structure is also designed to be progressive where the standards, level of commitment and the demands of the training program increases at every stage. Consequently, there may come a point when some of you reach the upper age limit of the squad but fall short of the qualifying standards or decide not to accept the offer of promotion and, depending on the pressure the scheme experiences in finding places for new swimmers, you may be required to relinquish your place in order to make way for others. This principle will apply at every level of the scheme and is necessary for us to manage the program effectively and to continue to promote success.

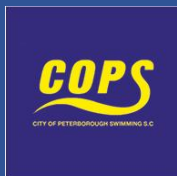
Training Attendance

There is no doubt that the most influential variable on performance is attendance at sessions. It has been accepted for a long time that there is a high correlation between good swimming performance and a consistently high level of attendance at all prescribed training sessions.

The LTAD model provides guidelines in terms of the required frequency each week and duration of workouts recommended to fulfil the potential of the athlete at every stage of their development. We have tried to ensure that these guidelines are followed by the squad structure at COPS. At the same time as this we have tried to make the sessions available as flexible as possible for each squad. Whilst we recognise that it is inevitable



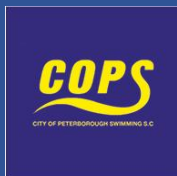
that swimmers may on occasion miss workouts for one reason or another, our position is that everyone in every squad must be aiming for 100% attendance of the sessions prescribed. We will prescribe training attendance on an individual basis, however should the attendance fall below that which is considered acceptable on a regular basis, the swimmers will find themselves challenged and at the same time encouraged to improve in order to retain their place in the squad.



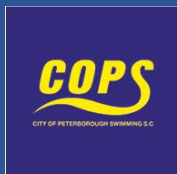
Squad Policies

The coaching team reserve the right to work with or around the expectations for each squad policy, for the benefit of COPS & the athlete.

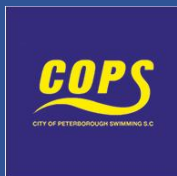
Mini Squad	
Pathway: Development	
Age Guideline: Female 6-10 years. Male 6-10 years	
Lead Coach: TBC Assistant Coach: TBC	
Squad Objective: The goal of Mini squad is to introduce and train at the FUNdamentals level of the COPS LTAD and learn commitment, attitude and training/competition skills to make Development 1 or Development 2 Squad.	
Squad Expectations: • Arrive 10 minutes early for all sessions to allow time for pre-pool mobility. • Athletes must be able to streamline in underwater transition. • Athletes must achieve efficient technique on all four strokes with strong kick support. • Athletes must learn to read the clock without assistance from the coach. • Athletes must not attend external swim camps/clinics without permission from the squad coach. • Behaviour must be in line with the COPS Policies and Procedures. • Athletes must have all squad required equipment every session.	
Target Competitions:	
Mandatory Meets: Mini Meets, Club Championships, Club Meets and County Development Championships	
Squad Commitment	
6-10 years Female	2 swim sessions
6-10 years Male	2 swim sessions
Training Kit required	
Swim Bag, Fins, <u>small</u> kick board, pull buoy, snorkel, drinks bottle, spare COPS hat and goggles.	



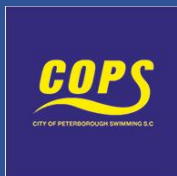
Development 1 Squad	
Pathway: Development	
Age Guideline: Female 7-9years. Male 8-10years	
Lead Coach: TBC Strength and Conditioning: Laurie Pirie	
Squad Objective: The goal of Development 1 squad is to train at the FUNdamentals stage of the COPS LTAD and deliver optimal commitment, attitude and training/competition skills to make Junior Performance (JP) or Development 2 Squad. Swimmers in Development 1 must increase their attendance commitment as their age and physiological stature grow.	
Squad Expectations: - Athletes must arrive on poolside 10 minutes before the start of all training sessions to allow time for pre-pool mobility and finish all pm swim sessions with 10 minutes stretching. - Athletes must be able to perform Streamline underwater phase and transition on all 4 strokes and practise feet past flags off every push off. - Athletes must achieve efficient technique consistency on all four strokes with a strong leg kick. - Athletes must be able to kick 12x50m on a time of 1minute 15seconds. - Athletes must be able to achieve under 4minutes 20seconds for a 200m timed kick. - Athletes must be able to demonstrate 3x200m Freestyle/Backstroke with a consistent stroke count of 36 strokes per 50m. - Athletes must be able to demonstrate 3x100m Breaststroke with a consistent stroke count of 20 strokes per 50m. - Athletes must be able to demonstrate 8x25m Butterfly with a consistent stroke count of 10 strokes per 25m. - Athletes must be able to use the pace clock for set interval times. - Athletes must not attend external swim camps/clinics without permission from the squad coach. - Athletes must have all squad required equipment every session and ensure they carry their own bags, in and out of the sessions. - Behaviour must be in line with the COPS Policies and Procedures - COPS recommend at this stage for athletes to maintain participation in at least one other sport. This will increase transferable skills and aid long term development.	
Target Competitions: County Championships	
Mandatory Meets: Mini Meets, Club Championships, Club Meets, County Development and County Championships and designated level 2 and 3 meets identified by coaching team for squad	
Squad Commitment	
Female <8 years and Male <9 years	3 swim sessions per week + 1 S+C sessions
Female 9 years and Male 10 years	4 sessions + 2 S+C sessions
Training Kit required: Swim Bag, Fins, <u>small</u> kick board, pull buoy, fingerpaddles, snorkel, drinks bottle and spare COPS hat and goggles.	Strength and Conditioning kit Required: Trainers, COPS shirt, COPS shorts, COPS hoodie, mat and drinks bottle.



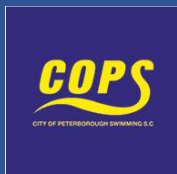
Development 2 Squad	
Pathway: Development	
Age Guideline: 10-12 years	
Lead Coach: TBC Strength and Conditioning: Laurie Pirie	
Squad Objective: The goal of Development 2 squad is to train at the FUNdamentals and Learn-to-Train level of the COPS LTAD and deliver optimal commitment, attitude and training/competition skills to make the next step on the COPS pathway.	
Squad expectation: - Athletes must arrive on poolside 10 minutes before the start of all training sessions to allow time for pre-pool mobility and finish all pm swim sessions with 10 minutes stretching. - Athletes must be able to perform Streamline underwater phase and transition on all 4 strokes and practise feet past flags off every turn and start. - Athletes must achieve efficient technique consistency on all four strokes with a strong leg kick. - Athletes must be able to kick 12x50m on a time of 1minute 15seconds. - Athletes must be able to achieve under 4minutes 20seconds for a 200m timed kick. - Athletes must be able to demonstrate 3x200m Freestyle/Backstroke with a consistent stroke count of 36 strokes per 50m. - Athletes must be able to demonstrate 3x100m Breaststroke with a consistent stroke count of 20 strokes per 50m. - Athletes must be able to demonstrate 8x25m Butterfly with a consistent stroke count of 10 strokes per 25m. - Athletes must be able to use the pace clock for set pace intervals. - Athletes must not attend external swim camps/clinics without permission from the squad coach. - Athletes must have all squad required equipment every session and ensure they carry their own bags, in and out of the sessions. - Behaviour must be in line with the COPS Policies and Procedures - COPS recommend at this stage for athletes to maintain participation in at least one other sport. This will increase transferable skills and aid long term development	
Target Competitions: County Development Champs, County Champs	
Mandatory Meets: Mini Meets, Club Championships, Club Meets, County Development Championships and designated licensed open meets selected for the squad,	
Squad Commitment	
10-12years	3 swim sessions per week + 1 S+C session
Training Kit required: Swim Bag, Fins, <u>small</u> kick board, pull buoy, finger paddles, snorkel, drinks bottle, spare COPS hat and goggles.	Strength and Conditioning kit: Trainers, COPS shirt, COPS shorts, COPS hoodie, mat and drinks bottle.



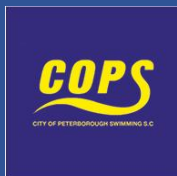
Competitive	
Pathway: Competitive	
Age Guideline: Female and Male 12 years and over	
Lead Coach: TBC Assistant Coach: Jo Waller Strength and Conditioning: Laurie Pirie	
Squad Objective: Provide a quality training environment for swimmers competing at County or Regional level and are unable to make the training commitment or training standards of the Performance Squads.	
Squad expectations: - Athletes must ensure that stroke skills and drills are executed to an efficient standard. - Athletes must be able to achieve race pace target times with stroke efficiency. - Athletes must aim to deliver 6 underwater kicks off every wall on Fly, Bk and Fr. - Arrive 10 minutes early for all sessions to allow time for pre-pool mobility and activation.	
Target Competitions: County Development Champs, County Champs	
Mandatory Meets:: Mini Meets, Club Championships, Club Meets and County Development Championships and designated licensed open meets selected for the squad	
Squad Commitment	
All Athletes	3 sessions + all S&C Prior to swim sessions
Training Kit required: Swim Bag: Fins, snorkel, kick board, pull buoy, band, finger paddles, hand paddles, water bottle.	S&C Kit: Mats, Trainers, skipping, COPS shirt, COPS shorts, COPS hoodie.



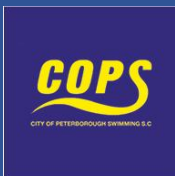
Masters and Participation
Pathway: Participation
Age Guideline: Female and Male 15 years and over
Lead Coach: TBC
Squad Objective: Provide a quality training environment for swimmers who want to advance their fitness and enjoy the sport
Squad Expectations: • Athletes commit to the delivery of the set as requested • Arrive early for all sessions to allow time for pre-pool mobility and activation.
Training Kit required Swim Bag: Fins, snorkel (optional), kick board, pull buoy, water bottle.



Junior Performance [JP]			
Pathway: Performance			
Age Guideline: Female 9-11years. Male 10-12 years			
Lead Coach: Peter Brystow		Assistant Coach: PPC	Strength and Conditioning: Callum Henley
Squad Objective: The goal of Junior Performance squad is to train at the Learn-To-Train level of the COPS LTAD and deliver the ideal commitment, attitude and training/competition skills to make Age Group Performance squad. To develop consistent technical skills under incremental stressors. Athletes in JP must increase their attendance commitment as their age and physiological stature grow.			
Squad Expectations: County finalist/Regional qualifier.			
• Drills and stroke skills should be delivered to the most efficient standard in training and competition environments. • Athletes must arrive on poolside 10 minutes before the start of all training sessions to allow time for pre-pool mobility and finish all pm swim sessions with 10 minutes mobility. • Athletes must be able to stroke count and time each stroke effectively with the goal of reducing time whilst holding stroke counts. • For sets of 100/200/400m repetitions athletes must achieve and control pacing (even or negative splits) with effective race skills. This includes; Feet past flags & 1st stroke no breathing & stroke counting. • Athletes must be able to complete a set of 12 x 50 Kick on 1 minute 5 seconds. • Athletes must be able to perform a one off 200 kick in under 3:40 minutes • Athletes must be able to demonstrate 20 x 100m on 2minutes Freestyle/Backstroke with a consistent stroke count [see above table]. • Athletes must be able to demonstrate 3 x 200m Breaststroke with a consistent stroke count [see below table]. • Athletes must be able to demonstrate 16 x 25m Butterfly with a consistent stroke count of 8-10 strokes per 25m [dependent on age]. • Attend training camps to which selected (on agreement with the squad coach). • Swimmers must not attend external swim camps/clinics without permission from the Head Coach			
Efficiency Guidelines:	Stroke	Goal Stroke Count (per 50m)	
8-9 years	Freestyle & Backstroke	36	Training Kit
	Breaststroke & Butterfly	20	Pool Kit: Swim Bag: Fins, snorkel, SMALL kick board, pull buoy, band, finger paddles, agility paddles, water bottle (x2 for 2hour sessions).
10-11 years	Freestyle & Backstroke	32	
	Breaststroke & Butterfly	18	Trainers, COPS shirt, COPS shorts, COPS hoodie, mat, skipping ropes.
12 years	Freestyle & Backstroke	28	
	Breaststroke & Butterfly	16	
Target Competitions: Regional Championships, County Championships, Putteridge July Open Meet			
Mandatory Meets: Arena National League, Eastern Junior League, Junior Fenland League,			
Squad Commitment			
8years Female		4 swim sessions per week + Monday strength and conditioning session	
9 - 10years Female 10-11years Male		5 sessions + 2 S+C sessions	
11years Female 12years Male		6 swim sessions per week + 3 S+C sessions	

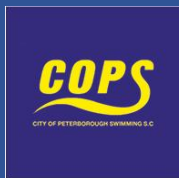


Competitive Plus Squad	
Pathway: Competitive	
Age Guideline: Female and Male 12 years and over	
Lead Coach: TBC Assistant Coach: Jo Waller Strength and Conditioning: Laurie Pirie	
Squad Objective: Provide a quality training environment for swimmers competing at County or Regional level and are unable to make the training commitment or training standards of the Performance Squads.	
Squad Expectations: - Athletes must ensure that stroke skills and drills are executed to an efficient standard. - Athletes must be able to achieve race pace target times with stroke efficiency. - Athletes must be able to manage the morning training requirements with stroke efficiency and skill. - Athletes must aim to deliver 6 underwater kicks off every wall on Fly, Bk and Fr. - Arrive 10 minutes early for all sessions to allow time for pre-pool mobility and activation.	
Target Competitions: Represent the club at County Championships and East Region Championships.	
Mandatory Meets: Attend all COPS Open Meets, compete at all team galas or league meets selected for.	
Squad Commitment	
All Athletes	Min 5 swim sessions a week
All Athletes	Attend all Strength & Conditioning sessions prior to the swim session.
Training Kit required Swim Bag: Fins, snorkel, kick board, pull buoy, band, finger paddles, hand paddles, water bottle.	S&C Kit: Mats, skipping, Trainers, COPS shirt, COPS shorts, COPS hoodie.



Age Group Performance [AGP]			
Pathway: Performance			
Age Guideline: Female 11-14years. Male 12-15years			
Lead Coach: Peter Brystow		Assistant Coach: PPC	Strength and Conditioning: Callum Henley
Squad Objective: The goal of Age Group Performance squad is to perform at the ‘train to train’ and ‘train-to-compete’ level of the COPS LTAD. Athletes in Age Group Performance Squad should either be striving for or have the potential to make Performance Squad.			
Squad Expectations:			
• The minimum commitment to strength and conditioning is 2 hours per week. Should an athlete not be able to do this in AGE-GROUP PERFORMANCE squad’s normal training hours they must find additional time in their own personal time. • Drills and stroke skills should be delivered to the highest efficient standard in training and competition environments. • Athletes must arrive on poolside 10 minutes before the start of all training sessions to allow time for pre-pool mobility and finish all pm swim sessions with 10 minutes mobility. • Athletes must be able to complete a set of 12 x 100s Kick on 1:50. • Athletes must be able to perform a one off 200 Kick in under 3:10. • Athletes must be able to demonstrate 12 x 200s Freestyle/Backstroke on 3:30 with a consistent stroke count [see table above]. • Athletes must be able to demonstrate 5 x 200m Breaststroke with a consistent stroke count [see above table]. • Athletes must be able to demonstrate 20 x 25m Butterfly on 40 seconds with a consistent stroke count of 7/8 strokes per 25m [dependent on age]. • Attend training camps in which selected (on agreement with the Squad Coach). • All athletes in AGE-GROUP PERFORMANCE squad must volunteer on at least one occasion per season with a club activity e.g. JFL			
Efficiency Guidelines:	Stroke	Goal Stroke Count (per 50m)	
11-12 years	Freestyle & Backstroke	28	Training Kit
	Breaststroke & Butterfly	16	
13 years	Freestyle & Backstroke	26	Pool Kit: Swim Bag: Fins, snorkel, SMALL kick board, pull buoy, band, finger paddles, hand paddles, water bottle (x2 for 2hour sessions).
	Breaststroke & Butterfly	15	
14 years	Freestyle & Backstroke	24	Strength and Conditioning Kit: Trainers, COPS shirt, COPS shorts, COPS hoodie, mat, skipping ropes.
	Breaststroke & Butterfly	14	
Target Competitions: National Summer Champs/Alternative End of Season Meet, Regional Championships, County Championships			
Mandatory Meets: Arena National League, Eastern Junior League, Junior Fenland League,			
Squad Commitment			
11-13years		6 swim sessions per week + 2 S+C sessions	
14+ years		7 sessions + 2 S+C sessions	

Performance		
Pathway: Performance		
Age Guideline: Female 13+ years. Male 14+ years		
Lead Coach: Ben Negus Assistant Coach: PPC Strength and Conditioning: Callum Henley		
Squad Objective: The goal of Performance squad is to perform at the 'train-to-compete' and "compete to perform" level of the COPS LTAD. Athletes in Performance Squad should either be striving for or have National final potential.		
- P1 – Performance 1 – core group of Performance squad that is capable of achieving training and competition standards set out below. - P2 – Performance 2- group of Performance squad athletes that have been in the squad for 8 months or less. After 6-8 months athletes must achieve P1 standards of training, competition standards have more flexibility - Drills and stroke skills should be delivered to the highest efficient standard in training and competition environments. - Athletes must arrive on poolside 10 minutes before the start of all training sessions to allow time for pre-pool mobility and finish all pm swim sessions with 10 minutes mobility. - Athletes must be able to kick 1 x 200 No1 max at below 3 minutes, aiming to achieve below 2.50. - Athletes must be able to complete any aerobic recovery, aerobic maintenance or threshold set at "aerobic stroke count". Increase in stroke count can only occur through race pace or race speed sets - Athletes in Performance squad must be able to achieve the following stroke efficiency standards at aerobic intensity: - Athletes must be able to demonstrate 12 x 200s Freestyle/Backstroke on P1 @ 2.40/P2 2.50 with a consistent stroke count [see table below]. - Athletes must be able to demonstrate?? x 200m Breaststroke with a consistent aerobic stroke count [see above table]. - Athletes must be able to demonstrate 20 x 50m Butterfly on P1 @ 50/P2 60 seconds with aerobic stroke count [see above table]. - Achieve respective goal race pace times by 24th week of each season. Sprint, 200m and 400m group goals must be attained in training by this stage for those starting each season in September. - Attend training camps in which selected (on agreement with the Head Coach). - All athletes in Performance squad must volunteer on at least one occasion per season with a club activity e.g. Camp, Mini Meet, Junior Fenland League gala, Development club champs , coaching junior squads to support team development		
Efficiency Guidelines:	Stroke	Goal Stroke Count (per 50m)
MALE	Freestyle & Backstroke	18-22(24 age group)
	Breaststroke & Butterfly	10-12 & 16-18
FEMALE	Freestyle & Backstroke	24-28
	Breaststroke & Butterfly	12-14 & 16-20
Target Competitions: Winter Regional Champs, Youth Regional Champs, British Summer Champs		
Mandatory Meets: All Regional, National and International meets qualified for. County Championships: age-group – all events, Youth selected in agreement with HC. All National window selected meets. Minimum of 1 COPS meet per season.		
Squad Commitment		
13-14years		7 swim sessions per week + 3 S+C sessions
15+ years		8+ sessions + 3 S+C sessions
Training Kit required Swim Bag: fins, snorkel, kick board, pull buoy, ankle band, finger paddles, hand paddles and parachute.		Strength and Conditioning Kit: Trainers, COPS shirt, COPS shorts, COPS hoodie, skipping ropes, theraband, and mat.



Competition Policy

The following guidelines apply to all COPS members when racing at any competition.

- Athletes must represent COPS by arriving and leaving in full team kit, wearing it in a smart and professional manner.
- Athletes must not enter open meets that are not on the COPS Competition Calendar. Any athlete wishing to do so must seek permission from the head coach.
- Ensure that you arrive to all meets 20 minutes prior to the advertised start time.
- For all sessions ensure that you arrive on poolside 15 minutes before the advertised start time of warm-up to undertake pre-pool mobility.
- Athletes must report to the coach prior to each event race for the pre-race talk. This must be time-lined once the length of the programme of events for that session is clear.
- Athletes must report to the coach on poolside for feedback immediately after they have finished a race.
- Where and when possible fulfil the full pre-race warm ups and post-race swim downs. Should swim down facilities be unavailable then swimmers must do 15+ minutes land based activities.
- Athletes will be the last to leave poolside following a team gala and congratulate all other competitors/teams.
- Athletes will follow any other advice communicated by COPS Coaches that may be additional to this policy.