

Development 1



Pathway: Development

Age Guideline: Female 7-9 years, male 8-10 years

Lead Coach: Joe Middleton **Assistant Coach:** Katherine Braybrook **S&C:** Callum Henley

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

Psychological

- Enjoys the training process
- Engages with coaching team
- Good team supporter and team mate
- Driven
- Coachable
- Delivers COPS RISES in every session
- Learning to cope and persevere with challenges
- Good learner

Training

- Athletes must hold 12x50 kick on 1:15
- Athletes must be able to complete a 200m timed kick in under 4:20
- 3x200 fc or bc with a consistent stroke count of 36 or less per 50m
- 3x100 Breaststroke with a stroke count of 20 or less per 50m
- Underwater minimum of feet past the flags and correct transition for all 4 strokes
- **Weekly Commitment:** female < 8 years and male < 9 years: 3 sessions; female < 9 years and male < 10 years: 4 sessions

Strength and conditioning

- Introduction to the Level 1 body weight movements
- Perform 5 zombie squats under control
- Crawls, Rolls, Extensive/non "programmed" jumping & landing
- Complete 15 minutes mobility progression before every training session
- Attention to detail and focus on the coaching points given
- **Weekly Commitment:** Pre pool 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
- On advice of the coach, enter events up to and including 200 IM and 400 free; whilst practising efficiency and race skills

Kit required

Pool: fins, snorkel, SMALL kick board, pull buoy, water bottle, spare COPS hat and goggles

S&C: Mat, COPS t-shirt, COPS shorts, indoor trainers

Efficiency Guidelines	Stroke	Stroke Count [Per 50m]
7-8 years	Freestyle and Backstroke	
	Breaststroke	
9-10 years	Freestyle and Backstroke	36
	Butterfly and Breaststroke	20
11-12 years	Freestyle and Backstroke	28
	Butterfly and Breaststroke	16

