

Junior Performance



Pathway: Performance

Age Guideline: Female 8-11 years, male 9-12 years

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

Squad Objective: County Champs finalist, with an aim to qualify for Regional Championships

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
- Learning 'Arena Skills'
- Good learner

Training

- 16 x 25 Butterfly - holding a SC of 8-10
- 20 x 100 Free/Back on 2, holding SC from efficiency table
- 3 x 200 Breast holding SC from efficiency table
- 12 x 50 Kick on 1:05
- 1 x 200 Kick in under 3:40
- Underwater target ranging from 5 to 10m, dependent on training set
- Drills and skills delivered to highest efficiency standards
- **Weekly Commitment:** 8 years – 4 sessions; female 9-10 years, male 10-11 years – 5 sessions; female 11 years, male 12 years – 6 Sessions

Strength and conditioning

- Perform 10 controlled zombie squats
- Perform 5 split squats on each leg, under control
- Perform 5 incline press ups under control
- 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
- Build an efficient 200 I.M. with evidence of a successful race plan

Kit required

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

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

Efficiency Guidelines	Stroke	Stroke Count [Per 50m]
8-9 years	Freestyle and Backstroke	36
	Butterfly and Breaststroke	20
10-11 years	Freestyle and Backstroke	32
	Butterfly and Breaststroke	18
12 years	Freestyle and Backstroke	28
	Butterfly and Breaststroke	16

