

Performance



Pathway: Performance

Age Guideline: Female 13+ years, male 14+ years

Lead Coach: Ben Negus

Assistant Coach: Matthew Newton

S&C: Callum Henley

Squad Objective: National Top 44 ranking, with a view of achieving Summer National Finals/Podium/International Junior Team selection and British Championships representation

Psychological

- Enjoys the journey and process
- Engage with coaching team by asking questions, listening and reflecting
- Evolve from good team supporter to team leader
- Driven

- Coachable
- Be a good learner and encourage independent learning
- Delivers COPS RISES in every session
- Resilient and robust
- Possess 'Arena Skills'
- Growth mind-set

Training

- 20 x 50 Butterfly off 60s - holding a Squad SC
- 12 x 200 Free/Back on 2.40-3.00 holding Squad SC
- 5-8 x 200 Breast holding Squad SC
- 24th week of season – hit sprint/200/400+ R/P Time/SC

- 1 x 200 Kick in under 3:00
- Underwater target ranging from 7.5m to 15m, dependent on training set
- Drills and skills delivered to highest efficiency standards
- **Weekly Commitment:** 13-14 years – 7 sessions; 15 years+ - 8+ sessions

Strength and conditioning

- Complete COPS L4 BW movement stream, showing some competencies at L5
- Introduction to gym based/externally loaded movement patterns
- Develop the skill requirements necessary for university/further athletic development

- programmes
- Complete 15 minutes mobility progression before every training session
- Gym logs to be kept every session to track progress
- **Weekly Commitment:** Minimum 2 S&S sessions, minimum 2 gym 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

- Be accustomed to meet preparation by January of every season; nutrition, rest, race schedule, pre & post pool prep and pre-race warm up
- Compete in a multi stroke/multi distance competition programme early season. Specify in later season with coaching team

Kit required

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

S&C: mat, t-shirt, shorts, indoor trainers, yoga strap, thera-band and power band rope

	Stroke	Goal Stroke Count [Per 50m]
Male	Freestyle and Backstroke	18-22 (24 age-group)
	Butterfly and Breaststroke	10-12 & 16-18
Female	Freestyle and Backstroke	24-28
	Butterfly and Breaststroke	12-14 & 16-20

