**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 age range**

Females 11-13 years, males 12-14 years. By the ages of 14 and 15 respectively an athlete must have earned a place in either Performance Squad or Competitive Squad.

**Squad minimum commitment**

|  |  |  |  |
| --- | --- | --- | --- |
| 11-13yrs | 6 Swim Sessions per week | 2 Strength & Conditioning | Over a 4 week period |
| 14yrs+ | 7+ Swim Sessions per week | 2 Strength & Conditioning | Over a 4 week period |

Commitment and standards are continually assessed, athletes failing to meet expectations will be offered a space in a more appropriate squad.

**Squad training expectations and commitment**

* 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 in AGE-GROUP PERFORMANCE squad must be able to achieve the following stroke efficiency standards:

|  |  |  |
| --- | --- | --- |
|  | **Stroke** | **Goal Stroke Count (per 50m)** |
| **11-12 years** | Freestyle & Backstroke | 28 |
| Breaststroke & Butterfly | 16 |
| **13 years** | Freestyle & Backstroke | 26 |
| Breaststroke & Butterfly | 15 |
| **14 years** | Freestyle & Backstroke | 24 |
| Breaststroke & Butterfly | 14 |

* 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. Camp, Mini Meet, Junior Fenland League gala, Development club champs , coaching junior squads.

**Competition Expectations and Commitment**

* Athletes should achieve a minimum of 3 regional qualifications by the end of every season.
* Athletes with the desire to move into Performance Squad, should achieve 5 East region qualifying times and qualify for East Region championship finals as a minimum.
  + Athletes aged 13+ to achieve a GB top 50 ranking in at least one event.
  + Swimmers aged 13 years must compete at selected designated level one meets within the qualifying window for home nations and GB championships and a minimum of four outside the window.
  + Compete TBA
  + Compete TBA
    - 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.
* Competing at Club championships is highly recommended for athletes to improve racing skills and provide more opportunities to qualify for level one meets.
* 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 10 minutes land based activities.
  + Should an athlete not make national time qualification or a national relay team they must enter the end of season meet to set an example to the age-group and development sections of the club.

**The coaching team reserve the right to work with or around the expectations for the benefit of COPS & the athlete**

**Training Kit required**

Swim Bag: fins, snorkel, kick board, pull buoy, ankle band, finger paddles and hand paddles.

Strength and Conditioning Kit: Trainers, COPS shirt, COPS shorts, COPS hoodie, skipping ropes, theraband, and mat.

POLICY REVIEWED JUNE 2019 COPS COACHING TEAM