**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 minimum standard**

County qualifier or Regional Qualifier.

**Squad age range**

Female and Male 12yrs and over

**Squad minimum commitment**

* Athletes should aim to attend no less than 5 sessions per week.
* Athletes must attend all Strength & Conditioning sessions prior to the swim session.
* Aim to attend 2 morning sessions per week.

**Minimum Training expectations and commitment**

* 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.

**Competition Expectations & Commitment**

* Represent the club at County Championships and East Region Championships.
* Attend all COPS Open Meets.
* Compete at all team galas or league meets selected for.
* 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 squad coach.
* Ensure that you arrive to all meets 20 minutes prior to the advertised start time.
* For morning sessions ensure that you arrive on poolside 15 minutes before the advertised start time of warm-up to undertake pre-pool mobility.
* For afternoon and evening sessions ensure that you arrive on poolside 10 minutes before the advertised start time of warm-up to undertake pre-pool.
* Athletes must ensure they seek the coaching team for a pre-race briefing before every race at competition, unless otherwise directed.
* 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.

**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, band, finger paddles, hand paddles, water bottle.

S&C Kit: Mats, skipping, Trainers, COPS shirt, COPS shorts, COPS hoodie.

POLICY REVIEWED JUNE 2019 COPS COACHING TEAM