

Competitive



Pathway: Competitive

Age Guideline: Male and female 12 years and over

Lead Coach: Jo Waller

Assistant Coach: Paul Stanley

S&C: Laurie Pirie

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

Psychological

- Enjoys the training process
- Engage with coaching team
- Good team supporter and team mate
- Coachable
- Good learner
- Delivers COPS RISES in every session

Training

- Maintain kick average of 1:15 - 1 minute
- Underwater target: 6 fly kicks off every wall into 1 stroke no breathing
- Drills and skills delivered to highest efficiency standards
- **Weekly Commitment:** Everyone: 3 sessions

Strength and conditioning

- Complete COPS L2 BW movement stream
- Complete 15 minutes mobility progression before every training session
- Attention to detail and focus on the coaching points given
- **Weekly Commitment:** All S&C prior to swim 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

Kit required

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

S&C: mat, COPS t-shirt, COPS shorts, skipping rope, indoor trainers

Efficiency Guidelines	Stroke	Stroke Count [Per 50m]
12-13 years	Freestyle and Backstroke	32
	Butterfly and Breaststroke	17
14+ years	Freestyle and Backstroke	28
	Butterfly and Breaststroke	16

