**COPS Training Plan for Lock-down 2**

Dear Team Member,

It could be with a heavy heart that we come to you with changed training plans as we move to ‘lock-down 2’ that the Prime Minister announced on Saturday evening, due to start this Thursday 5th November 2020.

However, as a coaching team we are so pleased with the work you did in the first lock-down, and the positive impact and actions you have made in the pool in the first 9 weeks back, that the coaching team have complete faith in your energy, direction and passion to repeat that lock-down success, and do it better!

We have taken our time to ensure that we bring together a structured home training programme that will adapt to the fact that all students are still in school or college and planned around the weekly academic time-table.

We will be looking at 3 points for growth in home learning

* Multiple Home Strength & Conditioning work-out over ZOOM to aid mobility, co-ordination and strength focus
* Cardiovascular growth for members to do on their own or with a family member. Recorded on Strava to show each other who is attaining, striving and improving. This will also show independence.
* 1 Weekly education piece to aid growth in understanding of our sport

**How will your week look?**

Please refer to the training timetable that accompanies this email before reading on. This outlines what the coaching team will be delivering and are proposing as the basic outline to ensure our team comes back to the water, in great condition physically and mentally.

***Additional Time-table Alterations***

If you are a member on an Age-group Performance Trial you are invited to attend 1 or both of the Age-group Performance S&C sessions in the evening, as opposed to the Junior Performance session advertised. If you are unsure, please speak to your squad coach.

If you are a member on a Junior Performance Trial, you are invited to attend 1 AM mobility session with Junior Performance on either Tuesday or Thursday morning. Please contact your squad coach to confirm which session you will be attending.

***Training conditions***

Could all members please ensure that they are wearing and using appropriate equipment during online zoom calls and taking the following actions:

* Wearing good quality trainers. No bare feet, flip flops or slippers
* Use an exercise mat, Thera-band and towel/yoga-band
* Have a 500ml drinks bottle minimum during the session and consume contents
* ARE ON SCREEN AT ALL TIMES. No screen, no practise.
* Have suitable space around them for safe practise

Practise will be observed by a Covid Liaison Officer (CLO) to ensure safe practise.

For your own personal runs/bike rides/spins/rows/walks please join and use our Strava team account and register those work outs:

<https://www.strava.com/clubs/copsclub>

**Contacting the coaching team during Isolation**

The coaching team are happy to take email enquiries. Due to potential furlough the coaching team will respond to members queries within 48 hours of a working week. A time slot will be arranged for your response. Please be patient, as we aim to work as effectively as possible in this lock-down.

During lock-down, Coaches Jo Waller, Tracy Nicholls and Katherine Braybrook will not be attainable for contact.

**Contact Details**

|  |  |  |
| --- | --- | --- |
| **Personnel** | **Responsibility** | **Email** |
| Ben Negus | Performance, Age-Group Performance Squad, Competitive Plus & club matters | [ben.negus@copsclub.co.uk](mailto:ben.negus@copsclub.co.uk) |
| Paul Stanley | Mini, Development, Competitive & Junior Performance Squads | [paul.stanley@copsclub.co.uk](mailto:paul.stanley@copsclub.co.uk) |

**Communications**

We would love to bring the same kind of buzz about our isolated training as we got from the previous lock-down. It would be great to see our members use our social media platforms and Strava to share their workouts, personal efforts and learning.

We will post all weekly communications through our CCWU, on the website and directly via email. All home zoom session links can be found attached on the following page for your use. Links will not be changed in the first 4 weeks.

If you are struggling with comms, please contact your squad coach directly via email or phone, not social media, and we will gladly help direct you.

Please ensure your contact details are up to date in our TeamUnify system for further contact.

Kind Regards

COPS Coaching Team

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Time** | **Squad** | **Coach** | **Link** | **Password** |
| Monday | 06.15-07.00 | Performance, Age-Group Performance, Competitive+ | Ben Negus | <https://us02web.zoom.us/j/87551379051?pwd=b0ZqQXZRa1JxeEVSRkVhZDZVRGQ3UT09> | S&Clive |
|  | 17.00-18.00 | , Development, Mini | Paul Stanley | <https://us02web.zoom.us/j/82189997121?pwd=SHIvbXFQMzhOU1FhVU1GUDdGcDRSQT09> | S&Cmonday |
|  | 18.15-19.15 | Junior Performance, Competitive, Masters & Participation | Paul Stanley | <https://us02web.zoom.us/j/81596100052?pwd=MC9sQllEVzFrRnZvbkRTb3NRRS90QT09> | S&Cmonday |
| Tuesday | 06.15-07.00 | Junior Performance & Trialists | Paul Stanley | <https://us02web.zoom.us/j/86246569860?pwd=bWpZSGRHcXpNRE5ZQk5zeXUwQnd0UT09> | S&Ctuesday |
|  | 17.00-18.15 | Performance | Ben Negus | <https://us02web.zoom.us/j/85061312224?pwd=UUVPZjFGakhoaC9MMXQ2SDh3TDVWQT09> | 734162 |
|  | 18.30-19.30 | Age-Group Performance, Competitive+ | Ben Negus | <https://us02web.zoom.us/j/85238895215?pwd=QysvR3NvNzFtQ1dFS0JEWjh1L2xRdz09> | 675625 |
| Wednesday | 06.15-07.00 | Performance, Age-Group Performance, Competitive+ | Ben Negus | SAME AS MONDAY AM | S&Clive |
|  | 17.00-18.00 | Development, Mini | Paul Stanley | <https://us02web.zoom.us/j/87448924159?pwd=TG16M0N0dngxMU5hTllNVitPeWw1UT09> | S&Cwed |
|  | 18.15-19.15 | Junior Performance, Competitive, Masters & Participation | Paul Stanley | <https://us02web.zoom.us/j/83676579248?pwd=bXNuZ1dqeFhtU3NTalVZbTFUZSsxdz09> | S&Cwed |
| Thursday | 06.15-07.00 | Junior Performance & Trialists | Paul Stanley | <https://us02web.zoom.us/j/82742215584?pwd=Mkl1bHNyVjg3Z0E0UW9DR2tSTHNWUT09> | S&Cthurs |
|  | 17.00-18.15 | Performance | Ben Negus | <https://us02web.zoom.us/j/85373423935?pwd=L2d1V1JpTUptbVV2a0FLeVlLNmwxUT09> | THURSDAY |
|  | 18.30-19.30 | Age-Group Performance, Competitive+ | Ben Negus | <https://us02web.zoom.us/j/84680488782?pwd=cEgyL3JITFV2NzlOaVBoSldlM0pUUT09> | 563326 |
| Friday | 06.15-07.00 | Performance, Age-Group Performance, Competitive+ | Ben Negus | SAME AS MONDAY AM | S&Clive |
| Saturday | 09.30-10.30 | Perf, AGP, Junior Performance, Competitive+, Competitive, M&P | Callum Henley | <https://us02web.zoom.us/j/87551379051?pwd=b0ZqQXZRa1JxeEVSRkVhZDZVRGQ3UT09> | S&Clive |
|  | 09.30-10.30 | Development 1 & 2 | Paul Stanley | <https://us02web.zoom.us/j/87352994297?pwd=T2xYM0YvdUp5NjlZdVRReFZ5bjRlUT09> | S&Csat |

**S&C & Education ZOOM links table**

**All links and passwords are valid until the 5th December and will be changed at that point.**