**Squad Objective**

The goal of Development 1 squad is to train at the FUNdamentals stage of the COPS LTAD and deliver optimal commitment, attitude and training/competition skills to make Junior Performance (JP) or Development 2 Squad. Swimmers in Development 1 must increase their attendance commitment as their age and physiological stature grow.

**Squad minimum standard**

County qualifier (9 years+)

8yrs and under Swimming Award

**Squad age range**

Male 8 years to 10 years.

Female 7 years to 9 years

If at the age of 9 or 10 years respectively athletes do not meet JP or Development 2 squad criteria, we will offer a place in one of our partnership schemes.

**Squad minimum commitment**

Female 8 years and under and Male 9 years and under, a minimum of 3 swim sessions and 1 Strength and Conditioning session per week. The coach will advise when to increase commitment.

Female 9 years and Male 10 years, 4 swim sessions a week and 2 Strength and conditioning sessions per week.

**Minimum Training expectations and commitment**

* 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 stretching.
* Athletes must be able to perform Streamline underwater phase and transition on all 4 strokes and practise feet past flags off every push off.
* Athletes must achieve efficient technique consistency on all four strokes with a strong leg kick.
* Athletes must be able to kick 12x50m on a time of 1minute 15seconds.
* Athletes must be able to achieve under 4minutes 20seconds for a 200m timed kick.
* Athletes must be able to demonstrate 3x200m Freestyle/Backstroke with a consistent stroke count of 36 strokes per 50m.
* Athletes must be able to demonstrate 3x100m Breaststroke with a consistent stroke count of 20 strokes per 50m.
* Athletes must be able to demonstrate 8x25m Butterfly with a consistent stroke count of 10 strokes per 25m.
* Athletes must be able to use the pace clock for set interval times.
* Athletes must not attend external swim camps/clinics without permission from the squad coach.
* Athletes must have all squad required equipment every session and ensure they carry their own bags, in and out of the sessions.
* Behaviour must be in line with the COPS Policies and Procedures
* COPS recommend at this stage for athletes to maintain participation in at least one other sport. This will increase transferable skills and aid long term development.

**Competition expectations and commitment**

* + Mandatory club galas (if selected): Junior Fenland League, Eastern Junior League and National Arena Swimming League, Mini Team Gala
  + Mandatory open meet competitions (if age eligible): Mini Meets, Club Championships, Club Meets, County Development and County Championships and designated level 2 and 3 meets identified by coaching team for squad
  + Athletes should compete in a wide range of events building up to 200 IM and 400m Freestyle
  + 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..
  + Athletes must use competitions to learn race process education in a fun environment.
  + Ensure that you arrive to all meets 20 minutes prior to the advertised start time.
  + For morning sessions ensure that you arrive on deck 15 minutes before the advertised start time for pre-pool mobility.
  + For afternoon and evening sessions ensure that you arrive on deck 10 minutes before the advertised start time for pre-pool mobility..
  + 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.
  + Behaviour must be in line with the COPS Policies and Procedures.
  + COPS Kit must be worn at all times whilst on pool side. If you are yet to purchase COPS kit then please wear a blue t-shirt and shorts.

**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**, small** kick board, pull buoy, finger paddles, snorkel, drinks bottle and spare COPS hat and goggles.

Strength and Conditioning kit: Trainers, COPS shirt, COPS shorts, COPS hoodie, mat and drinks bottle.

**POLICY REVIEWED JUNE 2019 COPS COACHING TEAM**