**Squad Objective**

The goal of Development 2 squad is to train at the FUNdamentals and Learn-to-Train level of the COPS LTAD and deliver optimal commitment, attitude and training/competition skills to make the next step on the COPS pathway.

**Squad age range**

10-12years. Once an athlete is 13years of age they must earn a place in Junior Performance (JP) or Youth squad to stay within the club programme. After the age of 13years should an athlete not meet JP or Competitive squad criteria, we will offer a place in one of our partnership schemes.

S**quad minimum commitment**

Athletes must be able to commit to a minimum of 3 pool sessions + 1 S&C session a week.

**Squad 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 turn and start.
* 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 pace intervals.
* 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 and Eastern Junior League
  + Mandatory open meet competitions (if age eligible): Mini Meets, Club Championships, Club Meets, County Development Championships and designated licensed open meets selected for the 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, 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