

# Development 2



**Pathway:** Development

**Age Guideline:** Male and female 10-12 years

**Lead Coach:** Paul Stanley    **Assistant Coach:** Katherine Braybrook    **S&C:** Laurie Pirie

**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

## Psychological

- Enjoys the training process
- Engages with coaching team
- Good team supporter and team mate
- Driven
- Coachable
- Delivers COPS RISES in every session
- Learning to cope and persevere with challenges
- Good learner
- Athletes must pack and carry their own kit to and from every training session

## Training

- Athletes must hold 12x50 kick on 1:15
- Athletes must be able to complete a 200m timed kick in under 4:20
- 3x200 fc or bc with a consistent stroke count of 36 or less per 50m
- 3x100 Breaststroke with a stroke count of 20 or less per 50m
- 8x25 fly maintaining stroke count
- Underwater minimum of feet past the flags and correct transition for all 4 strokes
- **Weekly Commitment:** minimum 3 sessions

## Strength and conditioning

- Introduction to the Level 1 body weight movements
- Perform 5 zombie squats under control
- Crawls, Rolls, Extensive/non "programmed" jumping & landing
- Complete 15 minutes mobility progression before every training session
- Attention to detail and focus on the coaching points given
- **Weekly Commitment:** 1 session

## 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
- On advice of the coach, enter events up to and including 200 IM and 400 free; whilst practising efficiency and race skills

## Kit required

**Pool:** fins, snorkel, SMALL kick board, pull buoy, water bottle, spare COPS hat and goggles

**S&C:** Mat, COPS t-shirt, COPS shorts, indoor trainers

Efficiency Guidelines	Stroke	Stroke Count [Per 50m]
10 years	Freestyle and Backstroke	36
	Butterfly and Breaststroke	20
11-12 years	Freestyle and Backstroke	28
	Butterfly and Breaststroke	16

