



CITY OF PETERBOROUGH SWIMMING CLUB

COPS CLUB PARTNERSHIP POLICY: OPTIONS

COPS are a SwimMark Performance swim programme. The goal of our programme is solely to develop swimmers to the best of their ability; county, regional, national or international.

In order to assist clubs and swimmers within the vicinity of 30 minutes commute to Peterborough COPS is willing to support their development with any of the following policies.

1. **Swimmer support.** Swimmers showing potential talent at regional or national level that may struggle with making enough training hours at their home club may use either COPS age-group or youth squads to access up to 3 sessions per week on agreement and trial under COPS head coach. This will only be done under the support of the “home club” and must be agreed by both parties.
2. **Swimmer support & education.** Club swimmers access one or more of our training/education camps/schemes within a season. COPS generally holds two development camps per annum; 1 development day in October and 1 two day development camp in Easter. Both camps are stroke and race skills focus with demonstrations from an international athlete and lectures from professionals. COPS also hold an annual (mostly over-sea’s) training camp in February half-term in which selected swimmers will attend a full week training and activity week with ideal preparation for Regional’s. Home club swimmers have been invited in the past and are welcome to attend should the home club committee/coaching staff agree it is in the best interests of their members.
3. **Coach/Swimmer education.** COPS Head Coach Ben Negus, has been Head Coach of the English National Talent Development programmes at Phase 1, 2 and 3. He is also a Level 4 Coach and a trained tutor. COPS currently have produced over 13 international capped swimmers in the last 10 years and a further 20 national swimmers to host within the squads too. COPS is willing to support home clubs coaching staff or swimmers by attending sessions or performing educational sessions for either/both swimmers and coaches. The costs of using these services are very small in comparison to getting in an athlete agency.

It is not in the interests of COPS to upset or interfere with a home clubs future talent. COPS wants to be a part of the big process in producing the very best for British Swimming. If that is assisting a swimmer from a home club or assisting their coaching staff and they are willing to allow us to help, we will go to any lengths you require. The 3 policies above are base guidelines of what we can provide. If you have any other ideas we welcome them.

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Athlete – Parent Club – COPS Club Understanding of Practise

If you are a member of one of our partner clubs that wishes to join on a part-time membership, as per point 1, Swimmer Support, the following guidelines are set in place to ensure that both Athlete and parent club benefit from the relationship long term.

Our part-time membership is termed a 'trial'. This is because COPS wish to ensure that the relationship is only ever fixed by agreement of all 3 parties.

On initial agreement of a trial new members can access 2 sessions per week. Sessions can be defined as a swim session and strength and conditioning session together. For example, Monday evening Age-Group Performance is a S&C and Swim session together. Tuesday evening is just swim session only.

If the partnership is progressing the trial can lead to up to 3 sessions per week if required/requested with COPS.

It's really important to us that you maintain membership with the parent club and maintain a minimum of 5 sessions per week for 10-12yr olds, 6 sessions per week for 13yrs and 7 sessions per week for 14yrs+ with both clubs as part of the agreement. For example, for a 12yr old that could look like 3 sessions per week with the parent club and 2 sessions per week with COPS. If requested and agreed that could move to 3 sessions per week with COPS and 2 with the parent club.

The partnership requires a monthly fee of £54 for COPS for 2 sessions per week. Which covers all training costs. This cost increases for 3 sessions per week.

For competitions, as part of the agreement, COPS expect trial members to continue to compete for their parent club at:

- All selected galas
- Junior Fenland league
- Selected open meets
- County Championships
- Regional Championships

This will only change if the trial member wishes to become a full-time member of COPS in future. Trial members can attend open meets with COPS that parent clubs might choose not to do. However, they must seek permission from their parent club head coach. There will be up to 4 meets a season in which COPS expects a trial member to compete for COPS to assess their arena skills, process delivery and race execution.

Trial continuation is decided by the coaching team and reviewed in the same way all other members are reviewed in January, April and September of each season. It is COPS coaching teams right to withdraw the trial partnership is deemed right. COPS will not offer a full-time members to its team without co-ordinating with the parent club head coach.

Any queries about a trial membership will go through COPS Head Coach.