**Squad Objective**

The goal of JUNIOR PERFORMANCE squad is to train at the Learn-To-Train level of the COPS LTAD and deliver the ideal commitment, attitude and training/competition skills to make AGE-GROUP PERFORMANCE squad. To develop consistent technical skills under incremental stressors. Athletes in JUNIOR PERFORMANCE must increase their attendance commitment as their age and physiological stature grow.

**Squad minimum standard**

County qualifier/finalist to Regional Finalist

**Squad age range**

Female 8-11years and Male 9-12years and by the age of 12 or 13years respectively, an athlete must earn a place in AGE-GROUP PERFORMANCE or youth squad.

**Squad minimum commitment**

|  |  |
| --- | --- |
| 8years Female | 4 swim sessions per week + Monday strength and conditioning session |
| 9 - 10years Female | 5 sessions + 2 strength and conditioning sessions |
| 10 - 12years Female/Male  | 6 swim sessions per week + 3 strength and conditioning sessions |

**Squad training expectations and commitment**

* Drills and stroke skills should be delivered to the most efficient standard in training and competition environments.
* 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 mobility.
* Athletes must be able to stroke count and time each stroke effectively with the goal of reducing time whilst holding stroke counts.
* Stroke efficiency goal standards are:

|  |  |  |
| --- | --- | --- |
|  | **Stroke** | **Goal Stroke Count (per 50m)** |
| **8-9 years** | Freestyle & Backstroke | 36 |
| Breaststroke & Butterfly | 20 |
| **10-11 years** | Freestyle & Backstroke | 32 |
| Breaststroke & Butterfly | 18 |
| **12 years** | Freestyle & Backstroke | 28 |
| Breaststroke & Butterfly | 16 |

* For sets of 100/200/400m repetitions athletes must achieve and control pacing (even or negative splits) with effective race skills. This includes; Feet past flags & 1st stroke no breathing & stroke counting.
* Athletes must be able to complete a set of 12 x 50 Kick on 1 minute 5 seconds.
* Athletes must be able to perform a one off 200 kick in under 3:40 minutes
* Athletes must be able to demonstrate 20 x 100m on 2minutes Freestyle/Backstroke with a consistent stroke count [see above table].
* Athletes must be able to demonstrate 3 x 200m Breaststroke with a consistent stroke count [see above table].
* Athletes must be able to demonstrate 16 x 25m Butterfly with a consistent stroke count of 8-10 strokes per 25m [dependent on age].
* Attend training camps to which selected (on agreement with the squad coach).
* Swimmers must not attend external swim camps/clinics without permission from the Head Coach

**Competition Expectations and Commitment**

* Compete TBA
* Compete TBA
* All athletes should aim to achieve an East Region qualifying time by the end of each season.
* Athletes should compete in a wide range of events building up to 200 IM with an introduction to the 400 IM and 800m 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 squad coach. .
* Swimmers are expected to compete in the club championships, unless directed otherwise by the squad coach and those that are 12 years and under in the Mini meets to improve race process skills.
* 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.
* 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 after each race.
* All JUNIOR PERFORMANCE members must swim in COPS selected “End of Season” Meet to prepare their long term aim for competing at National events.

**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, snorkel**, SMALL** kick board, pull buoy, band, finger paddles, agility paddles.

Strength and Conditioning Kit: Trainers, COPS shirt, COPS shorts, COPS hoodie, mat, skipping ropes and water bottle (x2 for 2hour sessions).

**POLICY REVIEWED JUNE 2019 COPS COACHING TEAM**