**Squad objective**

Provide a quality training environment for swimmers who want to advance their fitness and enjoy the sport

**Squad minimum standard**

Can swim at least 200m on at least 2 strokes

**Squad age range**

Female and Male 15yrs and over

**Squad minimum commitment**

**Minimum Training expectations and commitment**

* Athletes commit to the delivery of the set as requested
* Arrive early for all sessions to allow time for pre-pool mobility and activation.

**Available Competitions**

* All COPS competitions
* Happy for Masters to attend Masters competitions of their own choice

**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 (optional), kick board, pull buoy, water bottle..

POLICY REVIEWED JUNE 2019 COPS COACHING TEAM