

Masters and Participation



Pathway: Participation

Age Guideline: Male and female 15 years and over

Lead Coach: Paul Stanley **Assistant Coach:** Jo Waller

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

Psychological

- Enjoys the journey and process
- Engages with coaching team by questioning, as well as listening
- Good team supporter and team mate
- Coachable
- Delivers COPS RISES in every session
- Good learner

Training

- Arrive early for all sessions for mobility and activation
- Athletes commit to delivery of set as requested
- **Weekly Commitment:** Everyone: optional

Strength and conditioning

- Complete 15 minutes mobility progression before every training session
- Attention to detail and focus on the coaching points given

Competition

- Uphold professional standards expected
- Prioritise COPS team competitions over non-swimming events
- Wear team kit with pride
- Support team mates

Kit required

Pool: fins, snorkel, SMALL kick board, pull buoy, finger paddles, agility paddles, water bottle

S&C: mat, COPS t-shirt, COPS shorts, skipping rope, indoor trainers

Efficiency Guidelines	Stroke	Stroke Count [Per 50m]
15+ years	Freestyle and Backstroke	
	Butterfly and Breaststroke	

