**Squad Objective**

The goal of Mini squad is to introduce and train at the FUNdamentals level of the COPS LTAD and learn commitment, attitude and training/competition skills to make Development 1 or Development 2 Squad.

**Squad minimum standard**

Based upon entry assessment or selection by lead Mini Squad Coach.

**Squad age range**

6-10 years. Once an athlete is 10 years of age they must earn a place in Development 1 or 2 squad’s to stay within the club programme. After the age of 10 years should an athlete not meet Development 1 or 2 squad criteria we will offer a place in one of our partnership schemes.

S**quad minimum commitment**

Athletes must be able to commit to the 2 sessions available.

**Squad training expectations and commitment**

* Arrive 10 minutes early for all sessions to allow time for pre-pool mobility.
* Athletes must be able to streamline in underwater transition.
* Athletes must achieve efficient technique on all four strokes with strong kick support.
* Athletes must learn to read the clock without assistance from the coach.
* Athletes must not attend external swim camps/clinics without permission from the squad coach.
* Behaviour must be in line with the COPS Policies and Procedures.
* Athletes must have all squad required equipment every session.

**Competition Expectations and Commitment**

* + Mandatory club galas (if selected): Junior Fenland League and Eastern Junior League
  + Mandatory open meet competitions (if age eligible): Mini Meets, Club Championships, Club Meets and County Development Championships
  + Athletes must not enter open meets that are not on the COPS competition calendar.
  + Athletes should enter competition events by referring to the Squad Competition Directive.
  + Ensure that you arrive to all meets 20 minutes prior to the advertised start time.
  + For morning sessions ensure that you arrive on poolside 15 minutes before the advertised start time of the warm-up to undertake pre-pool mobility.
  + For afternoon and evening sessions ensure that you arrive on poolside 10 minutes before the advertised start time of warm-up to undertake blood flow.
  + Athletes must report to the coach on poolside for feedback immediately after they have finished a race.
  + 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.
  + Behaviour must be in line with the COPS Policies and Procedures.
  + COPS Kit must be worn at all times whilst on poolside. If you are yet to purchase COPS kit then please wear a blue t-shirt and shorts.

**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**, small** kick board, pull buoy, snorkel, drinks bottle, spare COPS hat and goggles.

POLICY REVIEWED MARCH 2019 COPS COACHING TEAM