**COPS New training timetable – April 2023**

**Age-Group Performance Squad – The changes explained…**

Due to the insurmountable increases in pool hire COPS executive and coaching team have had to look at best available practise for all squads to ensure that each squad still receives full support in the programme, but we now do this within a more cost effective structure to offer best value high performance swimming support for our members. This has had impactful changes for all squads, but actually led to what we believe is a better programme for all.

As of Monday 3rd April COPS training timetable for Age-Group Performance Squad will switch to the following:

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| **Age-Group Performance** |
|   | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** |   | 5.30-7.30amSwimRFSC |   | 5.30-7.30amSwimRFSC |   | 7.00-8.30amSwim9.00-10.00amS&COUN |   |
| **PM** | 615.-7.00pmS&C7.00-8.00pmJHSP | 6.30-8.00pmSwimSTAN |   | 4.30-6.30pmSwim6.40-7.15pmS&CSTAN | 5.00-7.00pmSwimWMLC |   | 5.30-7.00pmSwimRFSC |

RFSC – Regional Fitness and Swimming Centre

JHSP – Jack Hunt School Pool

STAN – Stanground Sports Centre

WMLC – Whittlesey Manor Leisure Centre

OUN – Oundle School Sports Centre

Key changes

* Monday AM has been replaced by Saturday AM. This means that Saturday morning will now combine Swim and S&C to maximise efficiency of programme.
* Saturday AM S&C will move to 9.00-10.00am to allow an earlier finish and offer more opportunity for other activity over the course of the day.
* Tuesday evening moves to 6.30-8.00pm at Stanground Sports Centre.
* Thursday evening moves to 4.30-6.30pm at Stanground Sports Centre.
* Thursday evening S&C will be in the Stanground sports hall following swim, to allow the session to finish at 7.15pm, as opposed to 8.30pm.
* Benefits to our members:
	+ AM sessions now spread to allow, 1 morning in, 1 morning off to encourage increased use of AM sessions.
	+ More sessions are Peterborough town centric
	+ More time at the side of Performance squads for observed standards
	+ Ben Negus to now lead Tuesday evening swim sessions
	+ Time post Thursday evening for individual or team meetings

We are excited to be able to offer you these improved changes but understand changes can have implicated challenges for some members. Should you have any issues with the changes in timetable that you need support with please do not hesitate to communicate with our coaching team.