**COPS New training timetable – April 2023**

**Competitive Plus 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 Competitive Plus Squad will switch to the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Competitive Plus** | | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** |  |  | 5.30-7.30am Swim RFSC |  | 5.30-7.30am Swim RFSC | 7.00-8.30am Swim 9.00-10.00am S&C OUN |  |
| **PM** | 4.15-5.00pm S&C JHSH | 6.00-8.00pm Swim WMLC |  |  | 8.00-9.00pm Swim RFSC |  | 7.00-8.30pm Swim RFSC |

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 PM – no swim session. S&C with Callum Henley and Performance Squad available to aid athletic development and is Peterborough based to reduce travel for S&C focussed session.
* Friday AM session has been put in place of Monday AM session to give more training space for the squad and allow Competitive Plus to work alongside Performance for another session in the week.
* Thursday is now completely off for membership as a day of rest to allow more time for homework and extra-curricular practise.
* Tuesday PM now at Whittlesey, but for 2 hours. We will split this in to 1-1.15hrs conditioning and then 0.45-1hr of filming, skill development and individual stroke development work. GoPro cameras and iPad’s will be used in this session to develop technical and skill excellence.
* Saturday AM session at Oundle will now be short course to allow AGP and JP squads to attend and have the 4 performance pathway squads under one roof.
* Benefits to our members:
  + Opportunity for technical and skills development every week on Tuesday evening with visual aid feedback
  + AM working alongside Performance squad more than previously
  + More space on Friday AM to allow more individual delivery of programme
  + Easier access to quality S&C practise with Callum Henley
  + More evening time for education or extra-curricular practise

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.