**COPS New training timetable – April 2023**

**Competitive 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 Squad will switch to the following:

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

* Tuesday PM at Whittlesey, for 1.5hrs. We will split this in to 1hrs conditioning and then 0.5hr 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..
* Benefits to our members:
  + Opportunity for technical and skills development every week on Tuesday evening with visual aid feedback
  + Increased pool access and hour for Competitive squad
  + More options to attend for flexible 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.