**COPS New training timetable – April 2023**

**Development 2 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 Development 2 Squad will switch to the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Development 2** | | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** |  |  |  |  |  | 8.00-9.00am S&C OUN |  |
| **PM** | 4.00-5.00pm Swim 5.15-6.00pm  S&C JHSP |  |  | 4.30-5.30pm Swim RFSC | 6.45-8.00pm Swim RFSC |  | 4.00-5.30pm 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 evening with Development 1 added in to offer more quality time with Joe Middleton and Strength and Conditioning with Callum Henley
* Monday evening S&C with Callum Henley means that Saturday S&C is now supported for those that can’t make it.
* No Tuesday evening at Stanground now.
* Earlier start to Monday and Thursday evening to allow more evening time for social, homework and earlier bed-time.
* Thursday evening session now starts earlier. No S&C on Thursday now, as we have transferred this to Monday evening with Callum.
* Benefits to our members:
  + More earlier evening finishes to allow for more free time and sleep
  + 3 sessions per week with Development 2 by the side of Development 1 to allow a more suitable training environment away from senior members
  + Increased access to the highest quality of strength and conditioning with Callum Henley

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.