**COPS New training timetable – April 2023**

**Junior 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 Junior Performance Squad will switch to the following:

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| **Junior Performance** | | | | | | | |
|  | **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** | 6.15-7.00pm S&C JHSH | 6.30-8.00pm Swim STAN |  | 7.00-7.30pm S&C 7.30-8.30pm RFSC | 5.30-6.45pm Swim REG |  | 5.30-7.00pm 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 AGP available to aid athletic development and is Peterborough based to reduce travel for S&C focussed session
* Monday AM session has been put in place of Friday AM session to give space between Wednesday AM and the new Saturday AM swim & S&C session made available to members
* Junior Performance members will train alongside AGP on Tuesday PM session to increase the exposure to the next tier of our Performance Pathway and give more opportunity for the Head Coach to observe squad practise.
* Thursday evening has moved to the Regional Pool and will now include 30 minutes of strength and conditioning.
* An early Friday PM session at RFSC has been put in place to replace a later Monday PM session.
* Saturday AM session at Oundle put in place to have all Performance pathway squads and coaches in one pool, at one time. This will be a short course session, alongside Performance, Competitive Plus and Age-Group Performance and include strength and conditioning with AGP.
* Benefits to our members:
  + More earlier evening finishes to allow for more free time and sleep
  + AM sessions now spread to allow, 1 morning in, 1 morning off to encourage increased use of AM sessions.
  + More time at the side of Performance squads for observed standards
  + Ben Negus to now lead Tuesday evening swim sessions once per month and invest in pathway development
  + Easier access to quality S&C practise 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.