**COPS New training timetable – April 2023**

**Masters 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 Masters Squad will switch to the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Masters** | | | | | | | |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **AM** |  |  | 5.30-7.00am For ***FLEX*** use only |  |  |  |  |
| **PM** |  |  | 8.00-9.00pm Swim JHSP |  | 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

* Great news! Session times for Masters have remained the same. The difference is we can now offer Masters the ‘FLEX’ to attend a Wednesday AM at the side of Competitive Plus, should members not be able to make 1 or more of their normal evening sessions