**COPS New training timetable – April 2023**

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

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| **Mini 2** |
|   | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** |   |   |   |   |   |   |   |
| **PM** | 5.15-6.00pmS&CJHSP - INVITE ONLY | 5.30-6.30pmSwimSTAN |   | 6.30-7.30pmSwimRFSC |   |   |   |

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 invitation only strength and conditioning (S&C) session with Development 1 & 2 to increase exposure to S&C for those Mini 2 members preparing to enter Development squads
* Thursday evening session moved to 6.30-7.30pm to allow Mini 1 and Min 2 to train side by side, rather than separated. Allowing more opportunity for Mini squad education for members and parents
* Benefits to our members:
	+ Opportunity to access strength and conditioning for those that earn the opportunity
	+ More education opportunities for members on Thursday evening
	+ More education opportunities for parents of Mini squad parents on Thursday evening

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.