**Squad Objective**

The goal of Performance squad is to perform at the ‘train-to-compete’ and “compete to perform” level of the COPS LTAD. Athletes in Performance Squad should either be striving for or have National final potential.

**Squad age range**

Females 13+ years, males 14+ years. Exceptional cases will be considered

**Squad minimum commitment**

|  |  |  |  |
| --- | --- | --- | --- |
| 13-14yrs | 7 Swim Sessions per week | 3 Strength & Conditioning PW | Over a 4 week period |
| 15yrs+ | 8+ Swim Sessions per week | 3 Strength & Conditioning PW | Over a 4 week period |

Performance squad athletes have the expectation to attend up to 3 gym sessions per week. This will be directed by the Head Coach and Strength and Conditioning Coach. Athletes must refer to the coaching team before choosing the number of gym sessions to use.

Commitment and standards are continually assessed; athletes failing to meet expectations will be offered a space in a more appropriate squad.

**Squad training expectations and commitment**

* P1 – Performance 1 – core group of Performance squad that is capable of achieving training and competition standards set out below.
* P2 – Performance 2- group of Performance squad athletes that have been in the squad for 8 months or less. After 6-8 months athletes must achieve P1 standards of training, competition standards have more flexibility
* The minimum commitment to strength and conditioning is 3 hours per week. Should an athlete not be able to do this in Performance squad’s normal training hours they must use the gym to cover additional hours.
* Drills and stroke skills should be delivered to the highest efficient standard in training and competition environments.
* Athletes must arrive on poolside 10 minutes before the start of all training sessions to allow time for pre-pool mobility and finish all pm swim sessions with 10 minutes mobility.
* Athletes must be able to kick 1 x 200 No1 max at below 3 minutes, aiming to achieve below 2.50.
* Athletes must be able to complete any aerobic recovery, aerobic maintenance or threshold set at “aerobic stroke count”. Increase in stroke count can only occur through race pace or race speed sets
* Athletes in Performance squad must be able to achieve the following stroke efficiency standards at aerobic intensity:

|  |  |  |
| --- | --- | --- |
|  | **Stroke** | **Goal Stroke Count (per 50m)** |
| **MALE** | Freestyle & Backstroke | 18-22 (24 age-group) |
| Breaststroke & Butterfly | 10-12 & 16-18 |
| **FEMALE** | Freestyle & Backstroke | 24-28 |
| Breaststroke & Butterfly | 12-14 & 16-20 |

* Athletes must be able to demonstrate 12 x 200s Freestyle/Backstroke on P1 @ 2.40/P2 2.50 with a consistent stroke count [see table above].
* Athletes must be able to demonstrate?? x 200m Breaststroke with a consistent aerobic stroke count [see above table].
* Athletes must be able to demonstrate 20 x 50m Butterfly on P1 @ 50/P2 60 seconds with aerobic stroke count [see above table].
* Achieve respective goal race pace times by 24th week of each season. Sprint, 200m and 400m group goals must be attained in training by this stage for those starting each season in September.
* Attend training camps in which selected (on agreement with the Head Coach).
* All athletes in Performance squad must volunteer on at least one occasion per season with a club activity e.g. Camp, Mini Meet, Junior Fenland League gala, Development club champs , coaching junior squads to support team development

**Competition Expectations and Commitment**

* Mandatory club galas: National Arena League (if selected)
* Mandatory Open Meet Competitions: All Regional, National and International meets qualified for. County Championships: age-group – all events, Youth selected in agreement with HC. All National window selected meets. Minimum of 1 COPS meet per season.
* Basic rule of thumb for competition commitment – 3 above your standard, 6 at your standard, 3 below your standard.
	+ Athletes must achieve a top 44 ranking by the end of each season in their main events and attend the Summer National Championships in year 1 of squad membership. In year 2 athletes must achieve a top 30 ranking, looking to qualify for British Summer Championships.
		- Athletes must not enter open meets that are not on the COPS Competition Calendar. Any athlete wishing to do so must seek permission from the head coach.
* Ensure that you arrive to all meets 20 minutes prior to the advertised start time.
* For all sessions ensure that you arrive on poolside 15 minutes before the advertised start time of warm-up to undertake pre-pool mobility.
* Athletes must report to the coach prior to each event race for the pre-race talk. This must be time-lined once the length of the programme of events for that session is clear.
	+ Athletes must report to the coach on poolside for feedback immediately after they have finished a race.
	+ Where and when possible fulfil the full pre-race warm ups and post-race swim downs. Should swim down facilities be unavailable then swimmers must do 15+ minutes land based activities.
	+ Should an athlete not make national summer qualification or a national relay team they must enter the end of season meet to set an example to the age-group and development sections of the club.

**The coaching team reserve the right to work with or around the expectations for the benefit of COPS & the athlete**

**Training Kit required**

Swim Bag: fins, snorkel, kick board, pull buoy, ankle band, finger paddles, hand paddles and parachute.

Strength and Conditioning Kit: Trainers, COPS shirt, COPS shorts, COPS hoodie, skipping ropes, theraband, and mat.

POLICY REVIEWED JUNE 2019 COPS COACHING TEAM