

Swim Ireland Regional Programme 2021-2022

(July 2021)

Introduction

Our sport has been significantly affected by the COVID-19 pandemic with access to training being restricted for the best part of 18 months and athletes not having had a chance to race in a long course Benchmark Meet since July 2019. Competitions have been suspended since March 2020 with only a limited number of athletes with dispensation to train and compete having the opportunity to race in onshore meets. Ongoing restrictions continue to impact the ability of Regions and Swim Ireland to deliver inclusive racing opportunities through the rest of the 2020-2021 season.

For the athletes only returning to training in May or June 2021 the emphasis should be on a gradual progression of training, enjoyment and building back better (technically, psychologically, physically). Without patience and a slow return athletes may miss an opportunity to make technical changes when volume is low, intensity is low and motivation is high. Rushing back too soon may lead to injury and frustration.

With this in mind our intention is to deliver the Regional Programme in two phases in 2021-2022:

1. Phase 1 will be delivered (in the main) virtually between October 2021 and March 2022 and we will offer these learning opportunities to Swim Ireland registered competitive athletes who meet the criteria outlined below
2. Phase 2 will be delivered face to face between May and July 2022, and selections will be based on long course performances achieved between 1st January and 30th April 2022. **As things stand this will only apply to athletes born 2008 and older.**

Selection Criteria & Application Process

The selection criteria is outlined in the table below:

1. Regional Skills Academy, Regional Development Stage 1 and Stage 2 cohorts
 - a. Athletes should register via the Swim Ireland membership database and registration will be accepted on a first come first served basis. Links to register will be circulated to clubs and via the Swim Ireland social media platforms at the end of July. When a programme reaches capacity, further sign ups will be added to a waiting list.
 - b. Following registration athletes will receive an automated email from the membership database with payment details and documents for completion. If payments are not received by the deadline notified within the email, invites will go to athletes on the waiting list.

Applications will be accepted from registered competitive and non-competitive athletes in the 2020-2021 season however athletes must be registered as competitive members for the 2021-2022 season by the 31st October 2021.

Registration links for each Region will be opened on separate days and will remain open for 3 weeks.

2. Regional Pathway Cohort – Athletes under consideration for selection will be asked to submit a Statement of Intent outlining their current and future swimming/academic goals and plans, their ability to contribute to a Regional team environment, and their current level of support verses the required level of support. Coaches will be asked to submit a Recommendation Form to cover the same areas. Selections will be confirmed in writing week beginning 6th September 2021.

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SELECTION CRITERIA	
SKILLS ACADEMY (100 per Region)	Open invite to registered competitive athletes born 2009 and 2010 for phase 1 of the programme. There will be no phase 2 delivery for this cohort.
REGIONAL DEVELOPMENT SQUAD STAGE 1 (50 per Region)	Open invite to registered competitive athletes born 2007 and 2008 for phase 1 of the programme. Separate selection criteria will be published for phase 2 of the programme and attendance at phase 1 activities will form part of the criteria.
REGIONAL DEVELOPMENT SQUAD STAGE 2 (50 per Region)	Open invite to registered competitive athletes born 2005 and 2006 for phase 1 of the programme. Separate selection criteria will be published for phase 2 of the programme and attendance at phase 1 activities will form part of the criteria.
REGIONAL PATHWAY SQUAD (20 total)	<p>The use of National Performance Pathway Manager discretionary selections (in association with Regional Pathway Development Coaches) will be activated to select male athletes born 1999 to 2004 and female athletes born 2000 to 2004. When making discretionary selections, the following criteria will be considered:</p> <ul style="list-style-type: none"> • Performance profile between 2017 and 2020 tracking towards National Squad • If offered a place on the 2020-2021 Programme athletes must have attended all of the sessions offered unless for exceptional circumstances that were communicated in advance • Current level of support verses the required level of support • Potential to positively contribute to the overall team environment • Commitment, attitude and work ethic

Annual Membership Fee

Athletes will be required to pay the following annual membership fee that will contribute to the cost of the Phase 1 Programme:

- **€50.00 (or the sterling equivalent) for Skills Academy and Regional Development Stage 1 and 2 cohorts**
- **€100.00 (or the sterling equivalent) for the Pathway cohort**

There will be additional costs associated with Phase 2 of the programme and these will be confirmed when details are published.

Provisional Dates

All dates are subject to change and dates for each Region will be confirmed at the time of selection with each Virtual Day lasting 2-3 hours maximum.

Regional Skills Academy

- Orientation Day – 16th or 17th October 2021
- Virtual Day 1 – 20th or 21st November 2021
- Virtual Day 2 – 8th or 9th January 2022

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- Virtual Day 3 – 19th or 20th February 2022

Regional Development Stage 1

- Orientation Day – 2nd or 3rd October 2021
- Virtual Day 1 – 4th or 5th December 2021
- Virtual Day 2 – 29th or 30th January 2022
- Virtual Day 3 – 12th or 13th March 2022

Regional Development Stage 2

- Orientation Day – 2nd or 3rd October 2021
- Virtual Day 1 – 4th or 5th December 2021
- Virtual Day 2 – 29th or 30th January 2022
- Virtual Day 3 – 12th or 13th March 2022

Regional Pathway Squad

- Orientation Day – 2nd or 3rd October 2021
- Programme dates to be confirmed on an individual basis

Phase 1 Annual Curriculum

The Virtual Programme will deliver multiple webinars across the course of the season with an emphasis on holistic development out of the pool. The planned curriculum for 2021-2022 builds on the programme delivered in 2020-2021 and is as follows:

	Skills Academy	Regional Development Squad Stage 1	Regional Development Squad Stage 2	Regional Pathway Squad
Strength & Conditioning	Preparation & Restoration	Race Priming	Targeted pre & post pool	Bespoke Programme
Psychological	Self-Reflection – goal setting & performance evaluation Mental Wellbeing	Effective Imagery Mental Wellbeing	Performing When it Matters Mental Wellbeing	
Nutrition	Basic Sports Nutrition	Fuelling Competition	Preparing for Travel	
Lifestyle	Athlete & Parent Journey Anti-Doping	Performance Lifestyle Anti-Doping	Preparing for life after school Anti-Doping	

Enquires

Any enquiries from coaches or athletes who require clarity on any of the information within this document should be directed to the National Performance Pathway Manager via andrewreid@swimireland.ie

Andrew Reid

National Performance Pathway Manager