



**Background**

The Swim Ireland Performance Team have identified within the Performance V-MOST that a progressive and targeted Regional Squad programme is a key tactic in achieving the Performance objectives for Tokyo 2020 and through to Paris 2024 and Los Angeles 2028. The programme will be aligned to the ‘On Track’ system and will evolve as such. The Regional Squad programme will sit directly below the National Programme and will display alignment to the National programme in terms of principles and content and will not operate as standalone programmes. For the Regional Squad programme, it is recognised that:

- Athletes should be a particular percentage outside of the ‘On Track’ system in regards to either the 2020 or the 2024 Olympic Games and should be differentiated as such
- Subject to individual athlete age, all Regional Squad members must be fully committed to an uncompromised and comprehensive training/coaching programme in preparation for peak performance in the relevant annual Swim Ireland International or National benchmark competition/s and the Irish Open Championships acting as the sole Trials for such events
- Through staff observation at previous Regional Squad, National Squad and/or National Team selections, athletes will have displayed behaviours and standards that are fully aligned with the Athlete Charter

## Regional Squad Programme 2018-2019 (Ulster)

### Programme 2018-2019

Swim Ireland Performance will operate a three tiered Regional Squad Programme encompassing a Skills Academy cohort for Age Group athletes, a Development Squad cohort for Youth athletes and a Pathway Squad cohort for Senior athletes. A Regional Squad athlete can potentially be a member of the Skills Academy for three years before progressing to the Development Squad which provides support to athletes as they aim to achieve international selection within a one to four year period. Consideration will also be made in regards to older athletes with a Regional Pathway Squad, providing motivation and encouragement to athletes targeting events with an older age profile identified via the 'On Track' system. The Programme aims to support athletes as they aim to reach their full potential at senior national and/or international level. Athletes do not have to have been members of the one particular cohort in previous seasons before achieving selection to another cohort.

In addition to the annual Regional Squad Programme, the Regional Pathway Development Coaches will work in partnership with home programme coaches to ensure identified athletes are supported in achieving 'Trainability' (a frequency of training based on their stage of development) on a weekly basis via a combination of increased appropriate pool and gym access.

Athletes selected for the National Squad Programme will not be eligible for selection for their respective Regional Squad Programme in that season

### Staff Structure

In collaboration with the Regional Technical Committees and the Regional Pathway Development Coaches, the Swim Ireland National Performance Pathway Manager will oversee the implementation of the Regional Squad Programme. With Regional support, the National Performance Pathway Manager will nominate a Lead Coach for the Development Squad and Pathway Squad, and the Regional Pathway Development Coach will lead the Skills Academy and support the delivery of the Development and Pathway Squad Programme. All coaches with athletes on the squads will be asked to submit an Availability Form at the start of the season and coaches selected to lead or support the Programme will be entitled to CPD points in doing so and will have their expenses covered by the Region.

### Benchmark Meets 2018-2019

1. In all circumstances, both the 2018 Irish Open Championships (Dublin) and the 2018 Commonwealth Games (Gold Coast) will be considered to be benchmark meet 'A'
  - For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
2. For athletes selected to compete in the 2018 LEN European Junior Championships (Helsinki), ONLY this meet will be considered to be benchmark meet 'B'
  - For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
  - Where an athlete competes in a relay event only, the 2018 Irish Summer National Championships (Dublin) will be considered as an additional benchmark meet 'B'
3. For athletes selected to compete in the 2018 LEN European LC Championships (Glasgow), other than those selected to compete in the 2018 LEN European Junior Championships (Helsinki), ONLY this meet will be considered to be benchmark meet 'B'

## Regional Squad Programme 2018-2019 (Ulster)

- For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
- Where an athlete competes in a relay event only, the 2018 Irish Summer National Championships (Dublin) will be considered as an additional benchmark meet 'B'
- 4. For athletes not selected to compete in the 2018 LEN European LC Championships (Glasgow) and/or the 2018 LEN European Junior Championships (Helsinki), ONLY the 2018 Irish Summer National Championships (Dublin) will be considered to be benchmark meet 'B'
- For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
- 5. No other meets will be considered as a benchmark meet

### Annual Membership Fee

Athletes will be asked for an annual membership fee that will contribute to the overall cost of the programme and this fee will be agreed annually. The fee in the 2018-2019 season will be £110.00/€125.00 for the Skills Academy and £400.00/€460.00 for the Development Squad and the Pathway Squad. There may be other costs associated with athletes requiring additional services.

### Enquires

All enquiries where coaches or athletes require clarity on any of the information within this document should direct these to the National Performance Pathway Manager via [nationalpathway@swimireland.ie](mailto:nationalpathway@swimireland.ie)

## Regional Squad Programme 2018-2019 (Ulster)

### Regional Skills Academy

<b>Age Groups:</b>	Male 11-13 years	Female 11-12 years
<b>Maximum Athlete Quota:</b>	Up to 40 per Region	
<b>Athlete Selection:</b>	National Performance Pathway Manager & Regional Pathway Development Coach/s	

### Selection Criteria:

1. Athletes ranked Top 6 in the 200m I.M. per age group in each Region as of 31<sup>st</sup> August 2018
2. Athletes ranked Top 3 per age group in each Region in a minimum of two Olympic events as of 31<sup>st</sup> August 2018
3. In the case where more than 40 athletes within a Region achieve the above criteria, selection will be based on the National Rankings in the Olympic events from which the athlete has been considered

### Regional Skills Academy Programme Expectations:

- 100% attendance to the mandatory activities detailed within the Core Programme
- Participation in the respective 2018 Regional SC Championships (unless international selection prevents this from occurring)
- Participation in the 2018 Irish National SC Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the respective 2019 Regional Age Group LC Championships (unless international selection prevents this from occurring)
- Participation in the 2019 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the 2019 Irish National Division 2 Competition (unless qualification for the 2019 Irish Summer National Championships prevents this from occurring)
- For athletes who have an illness or an injury which, (in the NPPM's opinion) justifies non-attendance at a particular Regional Squad activity, they may seek to be excused (at the NPPM's discretion) subject to the receipt of a satisfactory doctor's note/certificate (illness) or chartered physiotherapist's note/certificate (injury) prior to the request

### Regional Skills Academy Annual Programme:

1. Two 'Skill Testing' Days
2. Four training days – a focus on one stroke and associated race skills per day, plus an introduction to Performance swimming expectations through educational workshops
3. Priority booking on one holiday Skills Camp if such a camp runs within the season

### Core Programme Key Dates:

- Orientation and Skills Testing – 7<sup>th</sup> October 2018
- Day 1 – 2<sup>nd</sup> December 2018
- Day 2 – 5<sup>th</sup> January 2019
- Day 3 – 23<sup>rd</sup> March 2019 (includes Skills Re-Test)
- Day 4 – 11<sup>th</sup> May 2019
- Day 5 – 9<sup>th</sup> June 2019

### Regional Development Squad

<b>Age Groups:</b>	Male 14-18 years	Female 13-17 years
<b>Maximum Athlete Quota:</b>	Up to 20 per Region	
<b>Athlete Selection:</b>	National Performance Pathway Manager & Regional Pathway Development Coach/s	

#### Selection Criteria:

1. Athletes to achieve one or more of the published Consideration Standards (see page 8 & 9)
2. Consideration Standards are to be achieved in the period 1<sup>st</sup> April 2018 – 31<sup>st</sup> August 2018 and from Benchmark Meets 'A' and/or 'B' only
3. In the case where more than 20 athletes within a Region achieve one of the standards, the athletes will be ranked as a percentage inside of the standard, to the maximum squad size of 20
4. In the case where less than 20 athletes within a Region achieve a Consideration Standard, additional athletes from the Region may be added at the discretion of the selectors, ranked as a percentage outside of the Consideration standards (across both genders, all ages and all Olympic events), to the maximum squad size of 20

### Regional Pathway Squad

<b>Age Groups:</b>	Male 19 years & over	Female 18 years & over
<b>Maximum Athlete Quota:</b>	Up to 6 per Region	
<b>Athlete Selection:</b>	National Performance Pathway Manager & Regional Pathway Development Coach/s	

#### Selection Criteria:

1. Athletes to achieve one or more of the published Consideration Standards (see page 8 & 9)
2. Consideration Standards are to be achieved in the period 1<sup>st</sup> April 2018 – 31<sup>st</sup> August 2018 and from Benchmark Meets 'A' and/or 'B' only
3. In the case where more than 6 athletes within a Region achieve one of the standards, the athletes will be ranked as a percentage inside of the standard, to the maximum squad size of 6

## Regional Squad Programme 2018-2019 (Ulster)

### Development Squad & Pathway Squad Expectations:

- 100% attendance to the mandatory activities detailed within the Core programme
- Participation in the respective 2018 Regional SC Championships (unless international selection prevents this from occurring)
- Participation in the 2018 Irish National SC Championships (unless international selection prevents this from occurring)
- Participation in the 2019 Irish Open Championships
- Participation in the respective 2019 Regional Youth/Senior or Age Group LC Championships (unless international selection prevents this from occurring)
- Participation in the 2019 Irish Summer National Championships (unless international selection prevents this from occurring)
- Participation in the 2019 Irish National Division 2 Competition (unless qualification for the 2019 Irish Summer National Championships prevents this from occurring)
- Submission of test set results three times per year: September 2018 – December 2018 ; January 2019 – April 2019 ; May 2019 – July 2019
- Considerations will be made in relation to key academic/examination periods and selected athletes wishing to be excused from part of the Programme must write to the National Performance Pathway Manager ([nationalpathway@swimireland.ie](mailto:nationalpathway@swimireland.ie)) no less than three full calendar months in advance of such a request around a particular date/s
- For athletes who have an illness or an injury which, (in the NPPM's opinion) justifies non-attendance at a particular National Squad activity, they may seek to be excused (at the NPPM's discretion) subject to the receipt of a satisfactory doctor's note/certificate (illness) or chartered physiotherapist's note/certificate (injury) prior to the request

### Development Squad & Pathway Squad Annual Programme:

- Orientation & Skills Testing - 22<sup>nd</sup> September 2018
- Event Camp - 27<sup>th</sup> to 30<sup>th</sup> December 2018
- Training Day - 16<sup>th</sup> February 2019
- Stroke Camp - 23<sup>rd</sup> to 25<sup>th</sup> April 2019
- International Competition Exposure – dates to be confirmed

## Regional Squad Programme 2018-2019 (Ulster)

### Retention

Retention in the programme will be based on the following criteria:

- Suitability of the Daily Performance Environment (DPE) and/or willingness to participate in a 'top-up' programme to achieve Trainability
- Training attendance and commitment in the home programme
- Regional and National competition attendance
- Submission of online monitoring and submission of test set results
- Positive engagement with staff
- Attitude, positivity and performance behaviours displayed on National Teams, previous National/Regional Squad periods and National Centre 'In-Touch' sessions
- Technical assessment and improvement
- Resilience
- Work ethic
- Openness to learning
- Personal Accountability
- Athlete Charter and 'sham-R-O-C-K' buy in

### Coach Development Programme

- Ensure that coaches have access to the National Centres to develop and refine their performance knowledge
- Targeted coaches to be invited to Swim Ireland education events
- A home programme coach to be offered attendance and observation opportunity at all onshore Regional Squad activities
- Breakaway identified coach development opportunities during certain Regional Squad activities

### Parent Support Programme (athletes under 18 years)

Regular communication with parents/families to cover:

- General updates
- Long Term Athlete Development
- 'sham-R-O-C-K'
- Anti-Doping
- Lifestyle (nutrition, education, social)
- Scenario's Workshop
- Parents Eye View of the Programmes
- Performance and Performance Pathway parenting

## Regional Squad Programme 2018-2019 (Ulster)

### MALE CONSIDERATION TIMES (LONG COURSE) 2018-2019

Event	Born 1994 & Earlier	Born 1995	Born 1996	Born 1997	Born 1998	Born 1999	Born 2000	Born 2001	Born 2002	Born 2003	Born 2004
50m Freestyle	00:22.94	00:22.98	00:23.03	00:23.25	00:23.57	00:23.90	00:24.48	00:24.82	00:25.17	00:25.77	00:26.13
100m Freestyle	00:50.50	00:50.60	00:50.70	00:51.25	00:52.02	00:52.80	00:54.12	00:54.93	00:55.76	00:57.14	00:58.00
200m Freestyle	01:50.62	01:50.84	01:51.05	01:51.63	01:52.97	01:54.33	01:56.83	01:58.24	01:59.66	02:02.27	02:03.73
400m Freestyle	03:55.44	03:55.90	03:56.36	03:56.82	03:57.28	03:57.59	04:02.32	04:04.74	04:07.19	04:12.08	04:14.60
800m Freestyle	08:09.93	08:10.89	08:11.85	08:12.81	08:13.77	08:17.27	08:30.18	08:38.34	08:46.64	09:00.26	09:08.90
1500m Freestyle	15:35.73	15:37.56	15:39.40	15:41.23	15:43.07	15:50.69	16:15.37	16:30.97	16:46.83	17:12.87	17:29.39
100m Backstroke	00:55.74	00:55.85	00:55.96	00:56.07	00:56.18	00:56.29	00:56.89	00:57.80	00:58.73	01:00.25	01:01.21
200m Backstroke	02:01.94	02:02.18	02:02.42	02:02.66	02:02.90	02:03.14	02:04.77	02:06.64	02:08.54	02:11.73	02:13.71
100m Breaststroke	01:02.36	01:02.49	01:02.61	01:02.73	01:02.87	01:03.06	01:04.38	01:05.09	01:05.81	01:07.18	01:07.91
200m Breaststroke	02:16.06	02:16.32	02:16.79	02:18.84	02:20.93	02:23.04	02:26.61	02:28.81	02:31.04	02:34.80	02:37.12
100m Butterfly	00:54.01	00:54.63	00:55.45	00:56.28	00:57.12	00:57.98	00:59.43	01:00.32	01:01.22	01:02.74	01:03.69
200m Butterfly	02:00.99	02:01.23	02:01.47	02:01.70	02:02.42	02:03.89	02:06.60	02:08.12	02:09.66	02:12.49	02:14.08
200m I.M.	02:03.89	02:04.86	02:05.13	02:06.75	02:08.40	02:10.07	02:13.05	02:14.78	02:16.53	02:19.65	02:21.47
400m I.M.	04:27.39	04:27.92	04:28.44	04:28.97	04:31.26	04:35.33	04:42.20	04:46.43	04:50.73	04:57.96	05:02.42



## Regional Squad Programme 2018-2019 (Ulster)

FEMALE CONSIDERATION TIMES (LONG COURSE) 2018-2019									
Event	Born 1997 & Earlier	Born 1998	Born 1999	Born 2000	Born 2001	Born 2002	Born 2003	Born 2004	Born 2005
50m Freestyle	00:25.73	00:25.84	00:26.10	00:26.36	00:26.88	00:27.15	00:27.42	00:27.97	00:28.25
100m Freestyle	00:56.40	00:57.11	00:57.91	00:58.72	01:00.13	01:01.06	01:01.91	01:03.39	01:04.28
200m Freestyle	02:02.25	02:02.49	02:02.73	02:03.98	02:06.95	02:08.72	02:10.52	02:13.64	02:15.51
400m Freestyle	04:17.39	04:17.89	04:18.40	04:20.98	04:27.23	04:30.97	04:34.76	04:41.31	04:45.25
800m Freestyle	08:51.31	08:52.35	08:53.39	08:54.43	09:02.52	09:09.03	09:15.62	09:27.74	09:34.55
1500m Freestyle	16:53.24	16:55.22	16:57.21	16:59.20	17:27.85	17:40.43	17:53.15	18:16.57	18:29.73
100m Backstroke	01:03.33	01:03.46	01:03.58	01:03.73	01:05.45	01:06.57	01:07.70	01:09.52	01:10.70
200m Backstroke	02:15.76	02:16.83	02:17.47	02:19.39	02:22.73	02:24.73	02:26.75	02:30.25	02:32.35
100m Breaststroke	01:09.29	01:09.42	01:09.56	01:10.15	01:11.13	01:12.12	01:13.13	01:14.88	01:15.93
200m Breaststroke	02:32.26	02:32.85	02:33.50	02:35.49	02:39.06	02:41.13	02:43.22	02:46.95	02:49.12
100m Butterfly	01:00.38	01:00.86	01:01.04	01:01.90	01:03.38	01:04.26	01:05.16	01:06.72	01:07.65
200m Butterfly	02:13.92	02:14.97	02:15.79	02:17.69	02:20.98	02:22.96	02:24.96	02:28.41	02:30.49
200m I.M.	02:17.72	02:18.26	02:18.83	02:20.64	02:23.86	02:25.73	02:27.63	02:31.00	02:32.96
400m I.M.	04:50.15	04:50.72	04:51.29	04:53.86	05:00.60	05:04.51	05:08.47	05:15.51	05:19.61