NAC PERFORMANCE CENTRE

The Swim Ireland Performance Centre at the NAC's goal is to support athletes to fulfil their potential in international competition. The Performance Centre is designed to raise the level of training opportunities for Irish swimmers and to provide the structures and programmes to allow our top swimmers achieve success at the European, World and Olympic level while based in Ireland.

In order for this to happen, by the time swimmers are 16 (female) and 18 (male) years old, we believe they need to be training at a World Class level. To reach optimum performance levels this training load needs to be applied consistently for 2-3 years. Therefore female athletes need to be beginning this training load by age 12-13 and males by age 14-15. In order for this training load to be consistently achieved we recommend coaches start the athletes on a programme of continual progression 3 years prior to the commencement of full time training. The NAC Performance Centre strives to support coaches and athletes on their own individual journeys by offering two squads (Elite and Development), with access to both being based on stage of development and commitment to the programme.

ELITE SQUAD:

As a member of the Swim Ireland Performance Centre at the NAC you will benefit from;

- Full time, professional coaching support
- Pool access – up to 11 sessions per week
- Strength & Conditioning expertise and individual training programmes
- Access to gym and weights room
- Lifestyle and Educational support

What an athlete does in the water is only part of the story! The Swim Ireland Performance Centre at the NAC recognises our responsibility in supporting athletes committed to the programme with the necessary structures to ensure that all their development needs are catered for, in the water, in the classroom and away from both. This includes:

- Links with academic institutions
- Support with third level scholarship applications
- Support with third level accommodation requests
- Sourcing local accommodation
- Support with course duration and exam timing
- Career advice
- Time table planning and management of time

MEMBERSHIP FEE:
Membership to the Elite Squad is €1,000 per season

DEVELOPMENT SQUAD:

The goal of the Development Squad at the NAC is to offer clubs the chance to provide their members the opportunity to increase their training load (time at task) above what is available to them in their clubs. Membership is open to athletes at the National, Regional & Club level who are interested in putting in the extra work to reach the next stage of their individual development.

The Development programme is a way for athletes and their coaches to supplement their club's training plans to assist in enhancing their development. It is also a stepping stone for athletes who have aspirations to train with the Performance Centre's Elite Squad on a full time basis in the future.

The NAC Performance Centre Development Squad is designed as a training group with the focus being on improving the athletes conditioning in the water. Basic skills (streamlining, breathing patterns etc.) will consistently be developed with an additional emphasis on educating swimmers on the personal skills required to support elite level performance.

GENERAL SESSION OUTLINE:

- 6km working towards 7km+
- 50min+/-10min of a main set emphasising aerobic base training
- Secondary emphasis on 20-30min Kick

TRAINING SCHEDULE:

- Monday 05.00 – 07.00 AM
- Wednesday 05.00 – 07.00 AM
- Friday 05.00 – 07.00 AM

MEMBERSHIP FEES:
The cost for membership to the squad can be found in the *NAC PC Application Form,* found on this webpage and is based on a season rate starting at €100 for one weekly session throughout the season.

FURTHER INFORMATION

Applications will be accepted from 1st June. All applications must be sent to **Niamh O'Sullivan-**

- hp@swimireland.ie
- Swim Ireland, Irish Sport HQ, National Campus Ireland, Blanchardstown, Dublin 15.

For further information on membership to the programme and its requirements please contact NAC Performance Centre Head Coach Paul Donovan by email at coachnac@swimireland.ie