

Welcome

Hello and Welcome to the Summer Issue of the Swim Ireland E-Zine.

We are delighted this edition to start our "Featured club" section which will include a feature piece on a Swim Ireland Club each month, Cathal Brugha Swimming & Water Polo Club are our first club to feature.

There is plenty to look forward to in the coming two months with the announcements of junior, youth and senior squads representing Ireland at various events around the world listed on page 2. Press releases will be issued throughout the Summer on all of these events.

Also in this issue, we have updates on Diving, Masters and Open Sea swimming as well as Officials and Child Welfare news.

We are looking to include as much content as possible in our e-zines so if you have any aquatic discipline or club news or would like your club featured please e-mail pr@swimireland.ie. Our next issue will be published in September 2014.

UPCOMING EVENTS

July 16th—20th

Irish Age Group Championships and Summer Open; NAC, Dublin

Swim Ireland Updates

- Following the passing of the introduction of Leisure Membership (open to all people not affiliated with clubs who wish to join the Swim Ireland family and be part of the wider swimming community), we also introduced Special Memberships (open to any person with permission given to compete in designated events) at the Swim Ireland AGM in April. A working group has been set up and we are hoping to pilot the Special Membership Category over the Summer for some designated Open Water Swims in each of the regions.
- Following consultation with the Swim Ireland Board it has been decided to move the Swim Ireland AGM and Awards in 2015 to the 9th May.
- We are delighted to welcome two new members to the team in the last month. Mary Garvey has taken up the position of Education Director (consultancy basis) and Conor Hillick has been appointed as Education Administrator part-time.
- Irish Age Group Division 2 Championships took place from the 26th—29th June with over 500 young swimmers participating in a fantastic competition. Reports from each day can be found [here](#).
- We are very excited to see over 900 swimmers entered for the Irish Age Group and Summer Open from July 16th to 20th which has been extended to a five day meet in 2014.



Teams Announced for Summer Internationals

The teams of swimmers that will represent Ireland and Northern Ireland at this Summers International Meets have been announced.

London Olympians Barry Murphy and Sycerika McMahon are among a team of 7 that will travel to Berlin, Germany in August to compete in the Senior European Championships. World University Games Silver medallist Fiona Doyle, with Dan Sweeney, Nicholas Quinn and Brendan Hyland complete the pool swim team while Chris Bryan will contest the 10K and 25K Open Water swims.

A team of ten swimmers will represent Northern Ireland at the Commonwealth Games in Glasgow in July. The team is led by Sycerika McMahon who has qualified in five events, while eight swimmers will compete at the European Junior Swimming Championships in Dordrecht, Holland from the 9th – 13th July.

Dearbhail McNamara, Laoise Fleming and Calum Bain have been selected to represent Ireland at the World Youth Olympics in Nanjing China from the 17th – 22nd August. McNamara had qualified for the European Senior Championships but due to a clash will swim the Youth Olympics. Swim Ireland will also send a group of young swimmers to the Canadian Age Groups in July to give them experience before they compete at European Juniors and European Youth Olympics in 2015.

Paralympics Ireland have also announced the team for the IPC European Championships, August 4th – 10th in Eindhoven. Read the announcement [here](#).

European Junior Diving Championships, 1st – 6th July 2014, Bergamo, Italy

Natasha McManus (Trojan SC/Plymouth Diving)

European Junior Championships, 9th – 13th July 2014, Dordrecht, Holland

Dearbhail McNamara (Castlebar SC), Niamh Kilgallen (Claremorris SC), Gemma Kane (Bangor SC) Ben Griffin (Aer Lingus SC), Danielle Hill (Larne ASC), Laoise Fleming (Kells SC/SI NAC PC), James Brown (Ards ASC), Emma Reid (Ards ASC)

European Junior Open Water Championships, 18th July 2014, Zagreb, Croatia

Ethan O'Brien (Limerick SC/SI UL Sport PC)

Commonwealth Games, 23rd July – 4th August, Glasgow, Scotland

Syckerika McMahon (Leander ASC/Texas A&M), Michael Dawson (Ards ASC), Curtis Coulter (Ards ASC), Jordan Sloan (Bangor ASC), Gemma Kane (Bangor SC), Danielle Hill (Larne ASC), Rachel Bethel (Lisburn City ASC), David Thompson (Invictus ASC), Conor Munn (Ards ASC), Bethany Firth (Ards ASC).

Canadian Age Group Championships, 23rd – 28th July 2014, Montreal, Canada

Robert Powell (Athlone SC), Gerry Quinn (Longford SC), Katie Baguley (Glenalbryn SC), Mona McSharry (Marlins ASC), Antoinette Neamt (Tallaght SC/SI NAC PC), Bryan O'Sullivan (Galway SC), Niamh Coyne (Tallaght SC), Andrew Moore (Galway SC), Rebecca Reid (Ards ASC), Conor Ferguson (Larne ASC), Rory McEvoy (Ennis SC), Ciara Doran (Limerick SC).

Portuguese Open Championships, 24th – 27th July 2014, Portugal

Clodagh Flood (Tallaght SC/SI NAC PC)

European LC Swimming & Open Water Championships, 13th- 24th August 2014, Berlin, Germany

Brendan Hyland (Tallaght SC/SI NAC PC), Dan Sweeney (Sundays Well SC/Loughborough) Nicholas Quinn (Castlebar SC/Uni of Edinburgh) Barry Murphy (Aer Lingus SC/SI NAC PC) Fiona Doyle (Portmarnock SC/University of Calgary), Syckerika McMahon (Leander ASC/Texas A&M),

Christopher Bryan - Open Water – (Ennis SC/SI UL Sport PC)

World Youth Olympic Games, 17th – 22nd August 2014, Nanjing, China

Dearbhail McNamara (Castlebar SC), Calum Bain (Dungannon AC), Laoise Fleming (Kells SC/SI NAC PC)

Diving Update

The last two months have seen diving take big steps forward with its development infrastructure as four new full time roles have been advertised for the National Aquatic Centre in Dublin. The roles will include a Senior Diving Coach, targeting delivery and management of performance level participation; A Diving Coach role, delivering and managing the 'learn to dive' section of the programme and Talent Identification in School groups. Two new roles that will be unique to Diving in Ireland are two full time dry land diving specialist coaches. These roles will be based at the National Diving Dry land centre and will be delivering Diving based Gymnastics and Trampolining sessions for recreational participants as well as supporting the Strength and Conditioning requirements for the Competitive level Diving at the NAC programme. The roles will be online by September 2014. Swim Ireland say a big congratulations and thank you to the NAC for this development.

June 21st saw the third annual Irish Trials event for the Irish Celtic Novice Cup team held at the NAC in Dublin. 36 divers from Shamrock Diving Club and The Diving Academy of Northern Ireland competed in a dive off event for places in the All Ireland based team. The Celtic Novice Cup event is a Novice level Diving event designed to energise first level competitive athletes by earning the chance to compete in an International Style event against Scottish and Welsh athletes. The event is hosted on rotation between each competing country annually. 2013 saw the event held here in Dublin, 2014 will see the event hosted at the new 10m diving centre in Aberdeen, Scotland. Full team announcements will be made July 18th.

On the International front, Natasha MacManus (pictured right) represented Ireland once again at the European Junior Diving Championships, from the 1st—6th July in Bergamo, Italy. Natasha finished in 16th place overall in the 3m Springboard with 316.60 points and was 17th in the 3m Springboard with 350.15 points. Well done Natasha who has continued to train hard throughout her exams this year..



Swim Ireland Officials represent at International Meets

Swim Ireland are delighted to have a number of our Senior Officials selected to work at International Meets this Summer.

Brian Fallon will travel to Dordrecht, Holland with the European Junior Swimming Championships team.



Michael McCausland has been selected to officiate at the European Senior Swimming Championships in Berlin in August while Phillip Fitzpatrick will travel to Nanjing, China with the World Youth Olympic Team also in August.

Club/Regional Support Officers—1 year on

Support officers were appointed to the Connacht, Leinster and Munster regions in June 2013 to provide visible support to the clubs and regions within Swim Ireland. During the first year of their term the Support Officers have worked closely with clubs to provide support especially around governance and ensuring they are running to best practice. The first year has allowed Swim Ireland to gain a greater insight into the support clubs need and over the next year it will ensure the work delivered is tailored around the needs of the region.

On a further positive note through the assistance of the Support Officers we have seen the establishment of 4 new aquatic clubs, with more expected for the new season starting in October 2014.

Thank you to all the clubs, regional management committees, coaches and volunteers who have made the Support Officers feel welcome in their roles.

2013 - 2014

The past season has also seen a lot of firsts with the development of new programmes and workshops all aimed at increasing the support for clubs. Some of these have included a safeguarding children development workshop, complaints and disciplinary workshops and one of the newest initiatives club swim workshops as further explained below.

Swim Ireland Club Workshops

The development of Swim Ireland Club Workshops has taken place this year and are being rolled out in conjunction with Melanie Nocher ex Irish Olympian. The workshops have been developed to engage Swimmers and give them a great insight into what it takes to become a top swimmer and give them an extra boost towards the end of a long season. The workshops have also been designed to educate parents and work with coaches to ensure everyone involved in a club takes something away from the day. The workshops will continue on throughout the year, giving every club the opportunity to participate. For more information please contact your local Support Officer.

2014-2015

The coming season will be another busy time with the re-launch of the Club Mark program, introduction of a new club handbook, anti-bullying workshops and new programmes all aimed at supporting clubs and regions.

For more information please contact you local Support Officer

Connacht – Vincent Finn cso@swimireland.ie

Leinster – Aisling Mc Keever lso@swimireland.ie

Munster – Cathal Geraghty mso@swimireland.ie

May/June 2014 Featured Club

Cathal Brugha Swimming & Water Polo Club

The Cathal Brugha Club has been in existence since 1932 and was originally based in the old Falls Baths on the Falls Road in Belfast.

Initially, the aim of the club was to provide a swimming teaching facility for young people from the surrounding area. However it soon developed into a competitive outfit in both swimming and water polo. Jim Gilmore became the club's first Irish swimming champion when he won the 880 yards freestyle title in 1943.



Women's water polo was introduced in the 1980's and success arrived when they won the Irish Senior Cup in 2002, 2003 and 2005.

Numerous honours have been attained at international level with Joe McAvoy (swimming and water polo) Phil Kelly, Nicky McCormack and Chris Hodgkinson all having captained Ireland senior teams. Cathal Brugha players are regularly part of Ireland National teams to this day.

In the season 2012/13, Cathal Brugha was awarded Ulster Region & Ireland Club of the Year at the Swim Ireland Awards Ceremony at Belfast City Hall. In the same year, Cathal Brugha attained the Swim Ireland Clubmark standard and the Belfast City Council Gold Clubmark accreditation for sports Club management. Brugha's Ciaran McGurk was awarded the title of Junior Coach of the Year at the Belfast Sports Awards that same season.



Cathal Brugha are regularly challenging for competition titles at senior level, winning four out the past seven Men's National League Titles, and this year finishing runners up in both the Men's and Women's Premier Leagues; Brugha were also were beaten finalists in both Irish Senior Cups. The Club also places a substantial focus on junior development and is the driving force behind innovative Under 9, Under 11 and Under 14 leagues and tournaments in Ulster. In March 2014, Cathal Brugha delivered what has the potential to be a long term strategic partnership project with Belfast City Council, which introduced over 400 boys & girls from Belfast Primary Schools to a sport new to them....mini water polo. Watch out for further developments next season!

Presently the Cathal Brugha Club offers training sessions in Belfast at Falls and Andersonstown Leisure Centres and in Lisburn at the Lagan Valley LeisurePlex. Brugha compete at all levels; participating in National competitions from under 14yrs to Senior events in both male & female categories.

Cathal Brugha has embraced modern communication trends and is active on email at [in-fo@cathalbrughawaterpolo.com](mailto:info@cathalbrughawaterpolo.com) or Facebook, Twitter and Flickr: further information on Club activities may be accessed via these outlets and at the Club website www.cathalbrughawaterpolo.com

Masters Success in Swansea

The Irish contingent of Masters were on excellent form at the recent British Masters and Senior Age Group Championships which were held in June, in the Wales National Pool.

34 swimmers from across the country contested some 17 events over the three-day weekend. Clubs represented included Ards, Aer Lingus, Bangor, Dolphin, Eastern Bay, Ennis, NAC, Phoenix, Sundays Well, Swim4life, Terenure, and Trojan.

Top male must go to Tony O'Brien for his impressive 5 Gold and 4 Silvers. Claiming three records each were Greg Stanton, Sarah Farrelly, Dymphna Morris. Even this year's Swim Ireland President Anne McAdam was in on the action winning 2 bronze medals in the 200 and 800 Free.



At a final count the group took home 32 Gold, 28 Silver and 22 Bronze medals. A further 19 Irish Masters Records were broken, subject to ratification. With the World Masters being held in Canada this year, Swansea was a closer and therefore popular alternative.

Full results are available online. <http://www.swimmingresults.org.uk/masters/results/2014/bsmasters14/>

A team of Masters swimmers will travel to Montreal Canada for the FINA World Masters Championships in Montreal, Canada from July 27th—August 10th. Follow @SwimIrlMasters on Twitter for updates

Open Water/Sea Swimming Update

Leinster

The 2014 Open Water season is well under way and is retaining good numbers and attracting some new swimmers to the races, the average being approximately 200 men and lady swimmers competing at any one race event. The season kicked off in Sandycove, with the annual Glenalbyn SC sea swim. The water temperature (12 degrees) was average for the time of year, but felt chilly enough when getting in.

The Open water season has seen ten swims completed to date, the water temperature is now a balmy 14 degrees, and rising, due to the fantastic weather we are having at present. The Tracie Lawlor Cup held in Curracloe beach, was better than a Mediterranean beach resort, because of the warm sands, clear blue water, with not a jet ski in sight. The most recent swim held on Sunday 29th June was the Wicklow mid -summer swim, which was superb, with clear warm water, and magnificent scenery.

The results are comprehensive and can be viewed on the official website www.leinsteropensea.ie

Irish Abroad

Many Irish Open Sea swimmers have taken to waters around the World in the past few weeks to take part in swims including Dave Farrell (pictured right) - 8 Bridges (Hudson River), Rian Herlihy—Straits of Gibraltar, Carol Cashell—Round Key West, and many more. We will be featuring these on our Facebook page throughout the Summer.



Sports Capital Funding Announcement

The Department of Transport, Tourism and Sport recently announced allocations to NGB's and local sports clubs under the Sport Capital Grant 2014. Swim Ireland was delighted to receive funding of €190,000 towards a number of projects, while six Swimming clubs (Trojan SC - €9,875, Tralee Bay Swimming and Social Club (not SI affiliated) - €9,000, Carrick Fins SC - €4,067, Askeaton SC Ltd. - €60,000, Waterford Crystal SC - €14,000, Wexford SC - €5,00) also shared a grant allocation of over €100,000.

Funding allocated under this Scheme is used to upgrade equipment and facilities of clubs, schools and NGB's across the country. This programme has now become a mainstay for the sporting community and ensures equipment and facilities are kept up to date. This year Swim Ireland applied for and received funding towards; high performance equipment for our network of Performance Centres; new equipment to support the roll out of our national diving programme; the upgrading of competition timing equipment in the Connacht region; additional national competition equipment to ensure the high standard of our national competitions is maintained; the purchase of a full set of Water Polo pitch including floating goals and land ropes.

We would like to thank the Minister, his Department and Officials for their continued support of the work of Swim Ireland in developing aquatics in Ireland.

Child Welfare Update

Anti-bullying workshops A number of anti-bullying workshops are being arranged for clubs in September and October around the regions. The workshop is designed for Club Children's Officers, coaches, committee members and anyone working with young people in clubs. Please contact your regional support officer for further details and to express your interest. A booking form will be issued shortly – and details will be posted on the Swim Ireland website.

Child Protection courses around the country Swim Ireland have regularly run Child Protection courses in Irish Sport HQ, now these are being scheduled around the regions as well. Watch the website and education course list for dates and venues and how to book. We are hoping this will make it easier for clubs and course attendees to meet their safeguarding requirements.

Legislation With the change in Ministers for both the Justice Department and Children and Youth Affairs there has been no confirmation of the date that the National Vetting Bureau (Children and Vulnerable Persons) Act 2012 will be operational and we are waiting for further updates to the recently released Children First Bill (2014).

Important Garda Vetting Information After 4th July 2014 applications submitted on any of the old forms will not be accepted by Swim Ireland as they will not be processed by the Garda Central Vetting Unit. Any old application form received will be returned to the applicant for resubmission on the new form. Please destroy all old forms you have, including soft copies.

The change is due to a filter being applied to certain information previously released by the Central Vetting Unit and requires the declaration to be altered to reflect this. The change is necessary to ensure you, as the applicant, have agreed to the data being disclosed.

One further change is that the position of the applicant must be also filled in, it is now a mandatory field on the form; applications without this information will be returned. Applicants should read the back of the Identification Form for guidance on completing the whole application process.

If you have any queries relating to child welfare and protection please contact Kate Hills at children@swimireland.ie

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Website: www.swimireland.ie

The next Swim Ireland newsletter will issue in September 2014. In the meantime, if you or your club have an interesting contribution for the Swim Ireland website or newsletter, please forward it to Trish Mayon: pr@swimireland.ie