

Online Strength & Conditioning Programme

(Pilot) November to December 2020

Swim Ireland will offer access to three tiers of Strength & Conditioning support for registered members during the ongoing restrictions in place throughout Ireland.

The emphasis of all tiers of the programme will be on developing strong fundamental movement patterns via online coaching.

The programme will be delivered by the Performance Lab based in Cookstown and will run for 5 weeks from week beginning 16th November to week beginning 14th December. The Performance Lab have provided strength and conditioning, and physiotherapy support to the Regional Squad programmes since 2017 and their four pillars of movement, strength, conditioning, and nutrition shape the services they provide to their members, National Governing Bodies and Sports Clubs.

<https://www.theperformancelab.co.uk/#about>

Important details

- This programme is hosted and delivered by Performance Lab. To facilitate this delivery, we will need to share contact name and email address of participants. Please ensure contact email address is correct.
- Under 18's should be supervised by a responsible adult and all participants should ensure their exercise space is safe prior to commencing activity.
- Participants should inform class instructor of any injuries or illnesses in advance of class commencing.
- Participants should wear clothing and footwear appropriate for gym based activity

Programme Details:

Age Group	10-12 year olds	13-16 year olds	17 years upwards
Details	The Superheroes Programme is a fun, engaging way for children aged 12&U to learn fundamental movements. The programme does not require any equipment and participants will have access to a video library of exercises to support their learning.	Strength & Conditioning Masterclass to introduce the five fundamental movements (squat, hinge, push, pull, brace) and to explore progressions in each movement. Each session will focus on one movement and participants will be provided with some homework to support their development.	Strength & Conditioning Masterclass to introduce the five fundamental movements (squat, hinge, push, pull, brace) and to explore progressions in each movement. Each session will focus on one movement and participants will be provided with some homework to support their development.
Days and Times	Tuesday @ 16:30 OR Saturday 10:30 45 minute session	Tuesday @ 18:00 OR Saturday 8:00 60 minute session	Tuesday @ 19:00 OR Saturday 9:00 60 minute session

Equipment required	None	Participants should have access to: <ul style="list-style-type: none"> • Dumbbells/Kettle bells • Broom Stick/Brush • Strength Bands • School Bag • Towel • Chair • Wall • Scales • Shopping Bags (to hold weight) 	Participants should have access to: <ul style="list-style-type: none"> • Dumbbells/Kettle bells • Broom Stick/Brush • Strength Bands • School Bag • Towel • Chair • Wall • Scales • Shopping Bags (to hold weight)
Places	50 per session	25 per session	25 per session
Cost	€10 for 5 weeks	€10 for 5 weeks	€10 for 5 weeks