The Swim Ireland logo is a ‘wordmark’ – a logo that consists solely of words – and aims to communicate the fluidity of water in a simple and direct way. The wordmark is a deep turquoise colour and clashes with the turquoise colour of the logo. Reproduction is impossible or when the logo is used on the surface of a body of water. The Swim Ireland logo needs to be placed on a colour that is also available for use when coloured black and white.

**COACHING CONFERENCE**

**Friday 17th May 2019**

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<th>Time</th>
<th>Lead</th>
<th>Topic</th>
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<td>1400 – 1430</td>
<td>Registration</td>
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<tr>
<td>1430 – 1500</td>
<td>Wayne Goldsmith</td>
<td>Coaching – The Art &amp; The Heart</td>
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<tr>
<td>1600 – 1630</td>
<td>Break &amp; Coffee</td>
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<tr>
<td>1620 – 1730</td>
<td>John Szaranek</td>
<td>Beyond Age Group Swimming - The Youth Athlete Environment</td>
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<td>1730 – 1845</td>
<td>Steven Tigg</td>
<td>Differentiated Coaching for 100m &amp; 200m Performance Athletes</td>
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<td>0800 – 0915</td>
<td>Dr Jon Rudd &amp; Ben Higson</td>
<td>Tokyo 2020 - 14 Months &amp; Counting</td>
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<td>0915 – 1000</td>
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<td>The Integration of Physical Preparation into Performance Swimming</td>
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<td>1000 – 1115</td>
<td>Paul Talty</td>
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<tr>
<td>1115 – 1230</td>
<td>Craig Lord</td>
<td>World Swimming - Where We Are &amp; Where We May Be Going</td>
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<td>Lunch</td>
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<tr>
<td>1330 – 1445</td>
<td>Arilson Soares de Silva &amp; Andrei Govorov</td>
<td>Coaching World Class Starts</td>
<td>National Aquatic Centre 50m Pool</td>
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<tr>
<td>1445 – 1600</td>
<td>Arilson Soares de Silva</td>
<td>Speed &amp; Speed Endurance Development</td>
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<tr>
<td>1600 – 1620</td>
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<tr>
<td>1630 – 1730</td>
<td>Steven Tigg</td>
<td>The Development of Duncan Scott – A Case Study</td>
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1.5 days: €150
1 day: €125

**Book here** Swimireland.azolve.com

**Swim Ireland Performance Swimming**

**Coaching Conference 2019**

Radisson Hotel (Dublin Airport) & Sport Ireland National Sports Campus (Blanchardstown, Dublin)

Friday 17th May – Saturday 18th May 2019

**Dr Jon Rudd – @coachjonrudd**

Jon is an Olympic gold medal coach and Swim Ireland’s National Performance Director, with an umbrella view over Swim Ireland’s two National Centres. In recent years, Jon has directly coached three World Records (both long course and short course) and several European and Commonwealth Records. Jon’s coaching history sees him having directly coached one or more gold medalists at every international meet on the calendar, including: senior, youth and junior medals (short course and long course) at Commonwealth, European, World and Olympic Games levels. In recent years, Jon has been named as International Coach of the Year, World Junior Coach of the Year and European Coach of the Year, as well as having won the British Swimming Coach of the Year award on two occasions. Jon has served as a senior International Head Coach at Olympic, World, European and Commonwealth levels for Great Britain, Lithuania, England, Ireland and Turkey and as a Senior International Coach for the Netherlands and Kenya.

**Arilson Soares de Silva – @arilson_silva**

Arilson is one of the world’s leading sprint specialist coaches having recently coached Andrii Govorov to a World Record in the 50m Butterfly in 2018. His coaching resume sees him list the direct coaching of some of the fastest swimmers of all time, with Bruno Fratus, Cesar Cielo and Evgeny Korotyschkin three of the names which immediately spring to mind when considering Arilson’s work. Prior to his current coaching project, Arilson was the Head Coach of the COES (Olympic Centre of Espirito Santo) in Brazil and a Coach in the highly acclaimed ADN Swim Project based in Italy. Arilson will coach the only practical session of the Conference as well as speak to us on his unique and highly focused coaching style and philosophy in relation to sprint training and development.

**Steven Tigg – @SteveTigg**

Steven is currently the Head Performance Swimming Coach at the University of Stirling in Scotland and is most renowned for his work with World Champion Duncan Scott. With 17 years of coaching experience including that of working in learn to swim, age group, youth and senior level coaching, Steven has worked in both club and academic institutions in such roles. In this time, he has developed and worked with athletes that have amassed over 40 medals across numerous international long course competitions at senior and junior levels, including those from Duncan Scott, Robbie Rambold, Almea Willmott and Ross Murdoch. He is currently both Team Scotland and British Swimming ‘Coach of the Year’, and regularly represents Scotland and Great Britain at International levels, including World Championships, European Championships and Commonwealth Games. Steven is currently undertaking a PGDip in Professional Development & Coaching via UK Sport.

**Ben Higson – @BenHigson1**

Ben is a multi World Championships, European Championships and Commonwealth Games medal winning Coach and Swim Ireland’s National Senior Team Coach and Head Coach of the National Centre (Dublin). Ben has been a regular figure on the Great Britain Senior team as a member of the coaching staff in recent years, including the 2016 Olympic Games in Rio de Janeiro. He led a highly successful National Centre for Scottish Swimming at the University of Stirling before joining Swim Ireland. As a former Scottish Swimming Coach of the Year, Sport Scotland Coach of the Year and Commonwealth Games Scottish Sport Coach of the Year, as well as being a graduate of the highly regarded UK Sport Elite Coach Programme, Ben is one of the most exciting young coaches in world swimming today and brings a 21st Century flair to his coaching that is heavily driven through multi-disciplinary team understanding with our Sports Science & Sports Medicine practitioners at the Sport Ireland Institute and brings a wealth of experience in pool-based coaching through the Oberrecht model for science-based delivery.

**Book here** Swimireland.azolve.com

**Contact**

Email: education@swimireland.ie Phone: 00353 (1) 625 1120

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Craig Lord - @swimvortex
Arguably the world’s leading and most renowned swimming journalist, Craig has covered every Olympic Games as a swimming correspondent for The Times and The Sunday Times of London since 1989. During that time, he has also worked on home, foreign and business news desks at both of these highly reputed broadsheet titles. Of late, the swimming world will know him through his work with the highly regarded ‘SwimNews’ and ‘SwimVortex’ websites, both of which he founded. Over the past 30 years, Craig has not only covered the action in the pool, but he has been at the forefront of breaking stories related to doping and corruption in the sport of swimming. The man who many describe as ‘world swimming’s moral compass’, Craig is a deserved recipient of the International Swimming Hall of Fame’s ‘Al Schoenfield Media Award’ and most recently has also been presented with the American Swimming Coaches Association Media Award.

Wayne Goldsmith - @WayneNewSport
Wayne has been at the forefront of swimming innovation and education for over 25 years, where he has been a significant influence on the training, education and development of coaches and coaching in world swimming. He has worked directly with many of Australia’s most successful coaches, teams and athletes across several sports including the Wallabies Rugby Team, the Australian Cricket Team, several AFL (Australian Rules) teams, NRL teams, Super Rugby Teams, Triathlon Australia and, of course, Swimming Australia. His work has also seen him operate as a consultant for the New Zealand Rugby Union, the National Rugby League, USA Swimming and Tennis Australia. Last year, Wayne and his research team delivered the National Coaching Strategy 2018 - 2028 for Swimming Australia and the Australian Swimming Coaches & Teachers Association (ASCTA), which is a revolutionary road-map for the future of the swimming coaching workforce down-under. In recent years, Wayne has been awarded the Outstanding Contribution to Swimming in Australia Award and the Eunice Gill Prize for Outstanding Contribution to Coach Development in Australia.

John Szaranek - @jaznenoshark
John Szaranek is a member of the Swim Ireland Performance team, leading the National Centre (Limerick) programme as their Head Coach. Prior to starting his work in Limerick just over a year ago, John was an Assistant Coach within the Performance coaching team at the University of Edinburgh and he also served as the Head Coach at Carnegie Swimming Club for eight years. John represented Scottish Swimming as the Lead Coach of both the Scottish Youth Development Squad and the Scottish Youth Squad and he was also a member of the Scottish international coaching team at the most recent Celtic Tri-Nations Meet. Additionally, John has undertaken Lead Coach roles on Scottish Swimming Stroke Camps and has also been selected to coach on a number of British Swimming Stroke Camps in recent years. During his time in Scotland, John was presented with the Scottish Development Coach of the Year Award in 2010 and the Scottish Para Coach of the Year Award in 2013. Under John’s coaching, Carnegie Swimming Club also won the Top Club at the Scottish National Age Group Championships during his tenure as Head Coach of the programme.

Paul Talty - @PaulTalty
Paul is Swim Ireland’s Associate Head of Performance Services (Physical), working with the National Centre (Dublin) athletes on a day-day-day basis in a strength & conditioning and physical preparation role, with a similar role also delivered by Paul to Swim Ireland’s National Teams and National Squad. Paul is a former swimmer himself with a BSc in Exercise Sciences from the University of Limerick (Ireland) and an MSc in Sport & Health Sciences from the University of Exeter (England). Prior to commencing with the Swim Ireland Performance team this year, he was a Strength & Conditioning Coach for the Sport Northern Ireland Sports Institute, a position from which he was able to work with the Swim Ireland Performance Programme on a number of occasions, including working with the Northern Ireland swimming team into the 2018 Commonwealth Games on the Gold Coast, Australia.

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