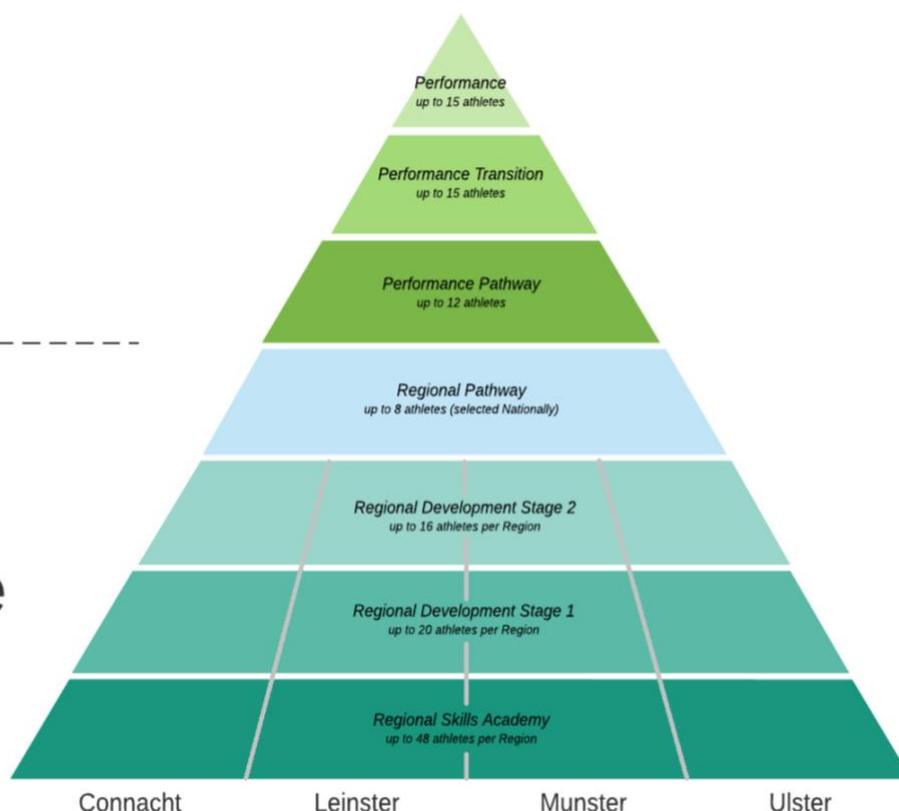


Regional Programme
2022-2023 Season
(Swimming)

SWIM
IRELAND

National Programme

Regional Programme



Background

A progressive and targeted Regional Programme is a key tactic in achieving Swim Ireland's Performance objectives for the 2028 Olympic Games in Los Angeles and the 2032 Olympic Games in Brisbane. The Regional Programme will sit directly below the National Programme and will display alignment to it in terms of principles and content and will not operate as standalone programmes. For the Regional Programme, it is recognised that:

- Athletes should be a particular percentage outside of the National Programme standards in regards to either the 2028 or the 2032 Olympic Games and should be differentiated as such
- Subject to individual athlete age, all Regional Programme members must be fully committed to a 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 international events
- Through staff observation at previous Regional Programme, National Programme and/or National Team selections, athletes will have displayed behaviours and standards that are fully aligned with the 'On This Performance Team' booklet
- The National and Regional Programmes will support athletes through to the 2023 Irish Open Championships (the period September 2022 to April 2023). Support and interventions for athletes in the period May 2023 to August 2023 will be focused on those athletes selected to compete for a Regional Team in this period

Athlete Eligibility

At the time of selection, athletes must meet all of the following criteria to be considered to be eligible for selection:

- i. Be an Irish citizen or a full time resident within Ireland and can demonstrate that an Irish citizenship application has commenced;
- ii. Be a registered Swim Ireland member and training full time in an Irish club programme for the 2021-2022 and the 2022-2023 season;
- iii. Be in good standing with Swim Ireland;
- iv. Be available to fulfil all of the Regional Programme obligations;
- v. Comply with the statements and expectations of the Swim Ireland 'On This Performance Team' booklet;
- vi. Not be the subject of a current anti-doping ban, a doping violation and/or a pending doping violation

Programme 2022-2023

Swim Ireland Performance will operate a three tiered Regional Programme encompassing a 'Skills Academy' cohort for Age Group athletes, a 'Development Programme' cohort for Youth athletes and a 'Pathway Programme' for senior athletes. An athlete can potentially be a member of the Skills Academy for two years before progressing to the Development Programme which provides support to athletes as they aim to achieve National Programme selection within a one to four year period. The Pathway Programme supports those athletes who may miss out on National Programme selection or who develop later in the sport. The Programme aims to support athletes as they endeavour 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 a previous season before achieving selection to another cohort.

In addition to the annual Regional 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. Access to the Regional Programme will be dependent on the home programme coach being willing to work with the Regional Pathway Development Coach in their Region in a positive and constructive manner and will also be dependent on an athlete's willingness to commit to the programme.

Athletes selected for the National Programme will not be eligible for selection for their respective Regional Programme in that season. Athletes rejecting a position on the National Programme will, by implication, be also rejecting a position on their respective Regional Programme in that particular season.

Expected Athlete Attributes

- Selection of a satisfactory Daily Performance Environment (DPE) appropriate to the athletes age and stage of development
- Show a willingness to participate in a 'top-up' programme to achieve Trainability
- Exemplary training attendance and commitment in the home programme
- Resilience and a first class work ethic
- An openness to learning
- Personal accountability
- Technical assessment and improvement
- Submission of test set results if required
- Regional and/or National competition attendance
- Positive engagement with staff
- Attitude, positivity and performance behaviours displayed on National Teams, previous National/Regional Programme periods and National Centre 'In-Touch' sessions

Staff Structure

In collaboration with the Regional Pathway Advisory Groups and the Regional Pathway Development Coaches, the Swim Ireland National Performance Pathway Manager will oversee the implementation of the Regional Programme. With Regional support, the Regional Pathway Development Coach will lead all aspects of the Programme in their respective Region.

Regional Programme coaches must:

- i. Be a registered Swim Ireland member for the 2021-2022 and 2022-2023 season and in good standing with Swim Ireland;
- ii. Be a full time resident within Ireland and be a practising coach within an Irish swimming programme;
- iii. Hold a Swim Ireland Coaching Licence;
- iv. Be aligned with the statements within the Swim Ireland 'On This Performance Team' booklet

Coaches selected to support the Programme will be awarded up to a maximum of 3 CPD points per annum in the delivery of camps/attending meets (across both National and Regional Programmes) and will have their expenses covered by the respective Regions in doing so.

Home Programme Coach Interaction

- All Regional Programme home programme coaches have access to the National Centres to develop and refine their performance knowledge
- Those home programme coaches based in Ireland who display an openness and a willingness for learning and self-improvement, and who display a clear cultural alignment with the aims and objectives of the Performance programme will be identified by the Performance SLT and invited to Swim Ireland Performance education and professional development opportunities
- All home programme coaches will be offered an opportunity to express an interest in leading and/or supporting Regional Programme interventions

Regional Programme Coaching Day/Camp Participation

- For all Regional Programme Coaching Days/Camps, the pool and gym session content will be planned and delivered by the Regional Pathway Development Coaches/appointed Strength & Conditioning Coach with oversight provided by the National Performance Pathway Manager. Content will be circulated to home programme coaches in advance

Annual Membership Fee

Athletes will be asked for an annual membership fee that will contribute to the overall cost of the Core Programme and this fee will be agreed annually. The fee in the 2022-2023 season will be €150.00 for the Skills Academy, €375.00 for the Development Programme Stage 1, €475.00 for Development Programme Stage 2 and €375 for the Pathway Programme (or the sterling equivalent at the time of payment). There may be other costs associated with athletes requiring additional services.

Regions may require an additional contribution towards any activities that are part of the Supplementary Programme and each Region will have licence to set their own financial requirements around this. In Regions where additional contributions for the Supplementary Programme are not required, it should be noted that both the Core Programme and the Supplementary Programme are mandatory requirements of the Regional Programme within such Regions. In Regions where additional contributions for the Supplementary Programme are required, only the Core Programme is a mandatory requirement for the Regional Programme within such Regions and the Supplementary Programme is optional on an athlete-by-athlete basis. Athlete's will be notified of any additional contributions required towards the Supplementary Programme at the time of selection and will be asked to commit to the Supplementary Programme when accepting their place on the Programme.

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 andrewreid@swimireland.ie

Regional Skills Academy

Age Groups: Male and Female athletes born 2009/2010

Maximum Athlete Quota: Up to 36 athletes per Region comprising of:

10 male and 10 female athletes born 2010

8 male and 8 female athletes born 2009

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach/s

Selection Criteria:

1. Results from the Regional LC Championships (May 2022), Irish National Division 2 Competition (July 2022) and Irish Summer National Championships (July 2022) will be converted to long course and athletes ranked as follows will be selected:
 - a. Athletes ranked Top 6 in the 200m IM per age group in each Region
 - b. Athletes ranked Top 3 per age group in each Region in a minimum of two of the following eligible events:
 - i. Born 2010 – 50m Freestyle, 100m and 200m all four strokes
 - ii. Born 2009 – 50m Freestyle, 100m and 200m all four strokes, 400m Freestyle, 400m Individual Medley
2. In the case where more than 36 athletes within a Region achieve the above criteria, selection will be based on the National Rankings in the events from which the athlete has been considered

Regional Skills Academy Core Programme:

1. Three coaching interventions (0.5 days) – a focus on stroke technique and associated race skills per day, a Strength & Conditioning session, plus an introduction to Performance swimming expectations through educational workshops
2. Skills Academy Interprovincial Competition in April 2023

(All dates will be confirmed at time of selection)

Regional Skills Academy Programme Expectations:

- 100% attendance is encouraged to the activities detailed within the Core Programme
- Participation in the respective 2022 Regional SC Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the respective 2023 Regional LC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2023 Irish National Division 2 Competition (unless qualification for the 2020 Irish Summer National Championships prevents this from occurring)
- Participation in the 2023 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards)

Regional Development Programme Stage 1

Age Groups: Male and Female athletes born 2007/2008

Maximum Athlete Quota: Up to 20 athletes per Region

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach/s

Selection Criteria:

1. Male athletes born 2008 must achieve at least two of the published individual event Consideration Standards (see page 8) at one of the Identification Meets outlined below
2. Male athletes born 2007 and Female athletes born 2007/2008 must achieve at least one of the published individual event Consideration Standards (see pages 8 and 9) at one of the Identification Meets outlined below
3. In the case where more than 20 athletes within a Region achieve the criteria outlined in Selection Criteria 1, athletes will be ranked as a percentage outside of the National Programme Consideration Standard in the event which gives them the lowest percentage outside the Standard to meet the maximum quota of 20 athletes. This will be a ranking across both genders, all ages and all Olympic events
4. In the case where less than 20 athletes within a Region achieve the criteria outlined in Selection Criteria 1, additional athletes from the Region will be added at the discretion of the selectors, ranked as a percentage outside of the Consideration Standard in the event which gives them the lowest percentage outside of the Standard to meet a minimum quota of 12 athletes and a maximum quota of 20 athletes. This will be a ranking across both genders, all ages and all Olympic events

Identification Meets

- 2022 Irish Open Championships
- 2022 Regional LC Championships
- 2022 LEN European Junior Championships
- 2022 European Youth Olympic Festival (including relay lead off legs)
- 2022 Commonwealth Games (including relay lead off legs)
- 2022 Irish Summer National Championships

Development Programme Stage 1 Core Programme:

1. Three coaching interventions (0.5 day) - 1 pool session, 1 Strength & Conditioning session and educational workshops
2. International Competition Exposure

Development Programme Stage 1 Supplementary Programme:

Athlete Support Programme

(All dates will be confirmed at time of selection)

Development Programme Expectations:

- 100% attendance to the mandatory activities as outlined at the time of selection
- Participation in the respective 2022 Regional SC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2022 Irish National SC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2023 Irish Open Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the respective 2023 Regional LC Championships
- Participation in the 2023 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards)
- Submission of test set results twice per year: September 2022 – December 2022 ; January 2023 – April 2023)
- Athletes accepting their place on the Regional Programme should not take extended (5 days or more) holidays in the periods 19/09/22 to 24/12/22 and 01/01/23 to the Irish Open Championships, April 2023. Athletes planning to take extended holidays during these periods should communicate this with the Regional Pathway Development Coach in their Region at time of selection
- 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 via andrewreid@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

Regional Development Programme Stage 2

Age Groups: Male and Female athletes born 2005/2006

Maximum Athlete Quota: Up to 16 per Region

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach/s

Selection Criteria:

1. Athletes must achieve at least one of the published individual event Consideration Standards (see pages 8 and 9) at one of the Identification Meets outlined below
2. In the case where more than 16 athletes within a Region achieve the criteria outlined in Selection Criteria 1, athletes will be ranked as a percentage outside of the National Programme Consideration Standard in the event which gives them the lowest percentage outside the Standard to meet the maximum quota of 16 athletes. This will be a ranking across both genders, all ages and all Olympic events
3. In the case where less than 16 athletes within a Region achieve the criteria outlined in Selection Criteria 1, additional athletes from the Region will normally be added at the discretion of the selectors, ranked as a percentage outside of the Consideration Standard in the event which gives them the lowest percentage outside of the Standard to meet a minimum quota of 8 athletes and a maximum quota of 16 athletes. This will be a ranking across both genders, all ages and all Olympic events

Identification Meets

- 2022 Irish Open Championships
- 2022 Regional LC Championships
- 2022 LEN European Junior Championships
- 2022 European Youth Olympic Festival (including relay lead off legs)
- 2022 Commonwealth Games (including relay lead off legs)
- 2022 Irish Summer National Championships

Development Programme Stage 2 Core Programme:

1. Two coaching interventions (0.5 day) - 1 pool session, 1 Strength & Conditioning session and educational workshops
2. A 2-night camp – up to 4 pool sessions, 1 Strength & Conditioning session and educational workshops
3. International Competition Exposure

Development Programme Stage 2 Supplementary Programme:

Athlete Support Programme

(All dates will be confirmed at time of selection)

Development Programme Expectations:

- 100% attendance to the mandatory activities as outlined at the time of selection
- Participation in the respective 2022 Regional SC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2022 Irish National SC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2023 Irish Open Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the respective 2023 Regional LC Championships
- Participation in the 2023 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards)
- Submission of test set results twice per year: September 2022 – December 2022 ; January 2023 – April 2023)
- Athletes accepting their place on the Regional Programme should not take extended (5 days or more) holidays in the periods 19/09/22 to 24/12/22 and 01/01/23 to the Irish Open Championships, April 2023. Athletes planning to take extended holidays during these periods should communicate this with the Regional Pathway Development Coach in their Region at time of selection
- 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 via andrewreid@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

Regional Pathway Programme

Age Groups: Male athletes born 2002-2004 and Female athletes born 2003/2004

Maximum Athlete Quota: 8 athletes (Nationally)

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach/s

Selection Criteria:

1. Athletes must achieve at least one of the published individual event Consideration Standards (see pages 8 and 9) at one of the Identification Meets outlined below
2. When making selections, the following criteria will be considered:
 - a. Performance profile between 2019 and 2022
 - b. Current level of support versus the required level of support to progress to the National Programme
3. In the case where more than 8 athletes within a Region achieve the criteria outlined in Selection Criteria 2, athletes will be ranked as a percentage outside of the National Programme Consideration Standard in the event which gives them the lowest percentage outside the Standard to meet the maximum quota of 8 athletes. This will be a ranking across both genders, all ages and all Olympic events

Identification Meets

- 2022 Irish Open Championships
- 2022 Regional LC Championships
- 2022 LEN European Junior Championships
- 2022 European Youth Olympic Festival (including relay lead off legs)
- 2022 Commonwealth Games (including relay lead off legs)
- 2022 Irish Summer National Championships

Pathway Programme Core Programme:

1. Regular In-Touch access to a National Centre (once per month minimum)
2. Bespoke online support
3. Offshore Long Course Competition in March 2023

Development Programme Stage 2 Supplementary Programme:

Athlete Support Programme

(All dates will be confirmed at time of selection)

Pathway Programme Expectations:

- 100% attendance to the mandatory activities as outlined at the time of selection
- Participation in the respective 2022 Regional SC Championships
- Participation in the 2022 Irish National SC Championships
- Participation in the 2023 Irish Open Championships
- Participation in the respective 2023 Regional LC Championships
- Participation in the 2023 Irish Summer National Championships (unless international selection prevents them from doing so)
- Submission of test set results twice per year: September 2022 – December 2022 ; January 2023 – April 2023)
- Athletes accepting their place on the Regional Programme should not take extended (5 days or more) holidays in the periods 19/09/22 to 24/12/22 and 01/01/23 to the Irish Open Championships, April 2023. Athletes planning to take extended holidays during these periods should communicate this with the Regional Pathway Development Coach in their Region at time of selection
- 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 via andrewreid@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

REGIONAL PROGRAMME - MALE CONSIDERATION TIMES (LONG COURSE) 2022-2023							
Event	PATHWAY PROGRAMME			DEVELOPMENT PROGRAMME STAGE 2		DEVELOPMENT PROGRAMME STAGE 2	
	2002	2003	2004	2005	2006	2007	2008
50m Freestyle	24.05	24.57	25.09	25.98	25.98	26.23	27.02
100m Freestyle	51.12	52.23	53.10	54.21	56.63	59.61	1:01.40
200m Freestyle	1:52.47	1:55.95	1:56.38	1:59.48	2:03.39	2:06.99	2:10.80
400m Freestyle	4:01.82	4:09.38	4:12.03	4:18.97	4:30.04	4:32.66	4:40.84
800m Freestyle	8:15.51	8:30.01	8:34.79	8:46.20	9:02.63	9:07.90	9:24.34
1500m Freestyle	15:49.15	16:05.74	16:20.09	16:44.19	17:07.48	17:17.45	17:48.58
100m Backstroke	56.55	57.32	58.16	59.76	1:01.25	1:04.67	1:06.61
200m Backstroke	2:03.37	2:04.90	2:08.07	2:10.32	2:14.19	2:20.87	2:25.09
100m Breaststroke	1:03.96	1:05.61	1:07.50	1:08.58	1:11.06	1:11.75	1:13.90
200m Breaststroke	2:18.31	2:22.70	2:28.06	2:30.80	2:30.80	2:32.27	2:36.83
100m Butterfly	55.40	56.78	57.73	59.36	1:00.67	1:01.26	1:03.09
200m Butterfly	2:04.44	2:07.60	2:09.00	2:10.92	2:15.61	2:23.02	2:27.31
200m I.M.	2:05.92	2:10.19	2:11.80	2:13.63	2:18.65	2:24.82	2:29.16
400m I.M.	4:30.66	4:37.90	4:43.39	4:51.67	4:51.67	4:54.50	5:03.33

REGIONAL PROGRAMME - FEMALE CONSIDERATION TIMES (LONG COURSE) 2022-2023						
Event	PATHWAY PROGRAMME		DEVELOPMENT PROGRAMME STAGE 2		DEVELOPMENT PROGRAMME STAGE 1	
	2003	2004	2005	2006	2007	2008
50m Freestyle	26.85	27.49	27.89	28.04	28.31	28.31
100m Freestyle	57.27	58.48	59.63	59.87	1:02.58	1:02.58
200m Freestyle	2:02.85	2:05.96	2:07.17	2:08.61	2:12.08	2:18.43
400m Freestyle	4:22.27	4:26.01	4:28.54	4:31.05	4:39.71	4:50.66
800m Freestyle	8:47.61	8:56.45	9:01.11	9:07.19	9:30.45	9:39.37
1500m Freestyle	17:02.33	17:25.79	17:36.78	17:56.62	18:29.43	18:29.43
100m Backstroke	1:04.28	1:05.13	1:05.92	1:06.72	1:09.10	1:10.56
200m Backstroke	2:18.90	2:22.35	2:23.96	2:26.79	2:30.94	2:34.48
100m Breaststroke	1:11.33	1:12.40	1:13.86	1:15.18	1:18.00	1:21.38
200m Breaststroke	2:36.02	2:39.12	2:43.40	2:44.30	2:48.72	2:48.72
100m Butterfly	1:01.77	1:03.25	1:03.79	1:05.18	1:07.39	1:07.39
200m Butterfly	2:17.36	2:19.33	2:21.14	2:22.67	2:25.31	2:25.31
200m I.M.	2:18.69	2:21.83	2:23.21	2:24.65	2:29.30	2:32.06
400m I.M.	4:58.34	5:01.68	5:07.24	5:11.87	5:20.79	5:28.17