

Swim Ireland Regional Programme 2021-2022 (Phase 2 – May to July 2022)

Introduction

We have delivered a predominantly ‘virtual’ Regional Programme over the last 24 months and are delighted to announce that we will offer a face to face programme later this season. Competitions have run successfully and uninterrupted by Covid, with a few exceptions, and athletes have had access to a consistent block of training since the start of the 2021-2022 season.

With the lifting of restrictions in both the Republic of Ireland and Northern Ireland, and with some mitigations in place during interventions, we feel confident that we can safely deliver Phase 2 of the Regional Programme face to face between May and July 2022.

Selection Criteria

SELECTION CRITERIA	
2011 SKILLS ACADEMY (max 36 per Region)	Home Programme coaches should nominate athletes born 2011 who have competed in the Future Challenger Series in the 2021-2022 Season and who can complete a 100m Freestyle and 200m IM with correctly executed turns
2009/2010 SKILLS ACADEMY (max 36 per Region)	<p>Home Programme coaches will be asked to approve the participation of their athletes who successfully achieve the following criteria at the Regional Age Group & Senior LC Championships in May 2022:</p> <ol style="list-style-type: none"> 1. Top 6 finish per age group in the 200m IM 2. Top 3 finish per age group in a minimum of two of the following Olympic events: <ol style="list-style-type: none"> a. Athletes born 2010 – 100/200m all four strokes b. Athletes born 2009 – 100/200m all four strokes, 400m Freestyle, 400m Individual Medley 3. 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 Olympic events from which the athlete has been considered <p style="text-align: center;">If an athlete who achieved the criteria published on Friday 1st April does not meet the criteria outlined above they will be offered a place on the programme.</p>
REGIONAL DEVELOPMENT PROGRAMME (max 20 per Region)	<p>Open invite to athletes born 2006 to 2008 who achieve one or more of the long course consideration standards listed on page 3 and 4 between 1st January 2022 and the conclusion of the respective Regional Age Group and Senior LC Championships in May 2022</p> <p>In the case where more than 20 athletes within a Region achieve the long course consideration standards, athletes will be ranked as a percentage inside of the Consideration Standard in the event which gives them the highest percentage inside the Standard to meet the maximum quota of 20 athletes. This will be a ranking across both genders, all ages and all Olympic events</p>

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REGIONAL PATHWAY PROGRAMME (8 Nationally)	<p>The use of National Performance Pathway Manager discretionary selections (in association with Regional Pathway Development Coaches) will be activated to select Female athletes born 2003 to 2005 and Male athletes born 2002 to 2005 who achieve one or more of the long course consideration standards listed on page 3 and 4 between 1st January 2022 and 23rd April 2022. When making discretionary selections, the following criteria will be considered:</p> <ul style="list-style-type: none"> • Performance profile between 2019 and 2022 tracking towards the National Programme Standards • If offered a place on the Phase 1 of the Regional Programme athletes must have attended all of the sessions offered unless for exceptional circumstances that were communicated in advance • Current level of support verses the required level of support • Potential to positively contribute to the overall team environment • Commitment, attitude and work ethic
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Application Process

1. 2011 Regional Skills Academy
 - a. Club coaches will receive a nomination form and are asked to submit nominations via the Regional Pathway Development Coach in their Region
 - b. Successful athletes will receive an email from the Regional Pathway Development Coach asking them to complete the following:
 - i. Online acceptance form
 - ii. Return via email a signed Acceptance & Declaration Form
 - iii. Make payment
 - c. Places will be filled on a first come first served basis and athletes will be added to a waiting list when the programme reaches capacity
 - d. If payments and completed documents are not received by the deadline notified within the selection email they will lose their place on the programme and invites will go to athletes on the waiting list
2. 2009/2010 Regional Skills Academy
 - a. The Regional Pathway Development Coaches will email Club coaches with a list of athletes who have achieved the selection criteria outlined on page 1
 - b. Club coaches will be asked to forward a selection email to selected athletes if they approve of their selection
 - c. Places will be filled on a first come first served basis and athletes will be added to a waiting list when the programme reaches capacity
 - d. If payments and completed documents are not received by the deadline notified within the selection email they will lose their place on the programme and invites will go to athletes on the waiting list
3. Regional Development Programme
 - a. Eligible athletes should register via the Microsoft Form on the Swim Ireland website. This will go live on the 1st April and close seven (7) days after the conclusion of the respective Regional Age Group & Senior LC Championships
 - b. Following registration successful athletes will be contacted via email with payment details and documents for completion. If payments and completed documents are not received

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by the deadline notified within the selection email they will lose their place on the programme and invites will go to athletes on the waiting list

4. Regional Pathway Cohort

- a. Athletes under consideration for selection will be asked to submit a Statement of Intent outlining their current and future swimming/academic goals and plans, their ability to contribute to a Regional team environment, and their current level of support verses the required level of support
- b. Home Programme Coaches will be asked to submit a Recommendation Form to cover the same areas
- c. Selections will be confirmed in writing week beginning 8th May 2022

Programme Fee

Athletes will be required to pay the following programme fee that will contribute to the cost of the Phase 2 Programme:

- Skills Academy €20.00 (or the sterling equivalent)
- Regional Development Programme €75.00 (or the sterling equivalent)
- Regional Pathway Programme €75.00 (or the sterling equivalent)

Provisional Programme Dates

All dates are subject to change and dates for each Region will be confirmed at the time of selection:

1. Regional Skills Academy (athletes born 2011)
 - a. Connacht – 15th May 2022
 - b. Leinster – 7th, 8th or 22nd May 2022
 - c. Munster – 14th, 15th, 28th or 29th May 2022
 - d. Ulster – 28th May 2022
2. Regional Skills Academy (athletes born 2009-2010)
 - a. Connacht – 19th June 2022
 - b. Leinster – 18th or 19th June 2022
 - c. Munster – 18th or 19th June 2022
 - d. Ulster – 18th June 2022
3. Regional Development Programme 2-night Camp
 - a. Leinster & Munster combined, Dublin – 1st to 3rd July 2022
 - b. Connacht & Ulster combined, Bangor – 1st to 3rd July 2022
4. Regional Pathway Programme 2-night Camp, Bangor – 7th to 9th July 2022

Enquires

Any enquiries from coaches or athletes who require clarity on any of the information within this document should be directed to the National Performance Pathway Manager via andrewreid@swimireland.ie

Andrew Reid

National Performance Pathway Manager

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MALE CONSIDERATION TIMES (LONG COURSE)							
Event	Regional Pathway Programme				Regional Development Programme		
	Born 2002	Born 2003	Born 2004	Born 2005	Born 2006	Born 2007	Born 2008
50m Freestyle	00:23.30	00:23.98	00:24.43	00:24.89	00:25.82	00:26.50	00:27.19
100m Freestyle	00:51.23	00:52.73	00:53.73	00:54.72	00:56.76	00:58.27	00:59.78
200m Freestyle	01:52.46	01:55.75	01:57.94	02:00.12	02:04.61	02:07.92	02:11.22
400m Freestyle	03:59.65	04:06.68	04:11.33	04:15.98	04:25.54	04:32.59	04:39.64
800m Freestyle	08:16.95	08:31.53	08:41.18	08:50.83	09:10.65	09:25.27	09:39.89
1500m Freestyle	15:50.23	16:18.10	16:36.55	16:55.01	17:32.91	18:00.86	18:28.82
100m Backstroke	00:56.75	00:58.42	00:59.52	01:00.62	01:02.89	01:04.56	01:06.22
200m Backstroke	02:04.02	02:07.66	02:10.07	02:12.47	02:17.42	02:21.07	02:24.72
100m Breaststroke	01:02.76	01:04.60	01:05.82	01:07.04	01:09.54	01:11.39	01:13.24
200m Breaststroke	02:16.89	02:20.90	02:23.56	02:26.22	02:31.68	02:35.71	02:39.73
100m Butterfly	00:54.58	00:56.18	00:57.24	00:58.30	01:00.48	01:02.08	01:03.69
200m Butterfly	02:02.59	02:06.19	02:08.57	02:10.95	02:15.84	02:19.45	02:23.05
200m I.M.	02:05.80	02:09.48	02:11.93	02:14.37	02:19.39	02:23.09	02:26.79
400m I.M.	04:30.46	04:38.39	04:43.64	04:48.89	04:59.68	05:07.64	05:15.59

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FEMALE CONSIDERATION TIMES (LONG COURSE)						
Event	Regional Pathway Programme			Regional Development Programme		
	Born 2003	Born 2004	Born 2005	Born 2006	Born 2007	Born 2008
50m Freestyle	00:26.30	00:27.07	00:27.58	00:28.09	00:29.14	00:29.92
100m Freestyle	00:56.98	00:58.66	00:59.76	01:00.87	01:03.14	01:04.82
200m Freestyle	02:04.64	02:08.30	02:10.72	02:13.14	02:18.11	02:21.77
400m Freestyle	04:23.20	04:30.92	04:36.03	04:41.14	04:51.64	04:59.38
800m Freestyle	09:04.00	09:19.95	09:30.52	09:41.08	10:02.78	10:18.79
1500m Freestyle	17:19.44	17:49.92	18:10.11	18:30.30	19:11.76	19:42.34
100m Backstroke	01:03.64	01:05.51	01:06.75	01:07.98	01:10.52	01:12.39
200m Backstroke	02:17.69	02:21.72	02:24.40	02:27.07	02:32.56	02:36.61
100m Breaststroke	01:10.83	01:12.91	01:14.28	01:15.66	01:18.48	01:20.57
200m Breaststroke	02:33.26	02:37.76	02:40.73	02:43.71	02:49.82	02:54.33
100m Butterfly	01:01.27	01:03.07	01:04.26	01:05.45	01:07.89	01:09.69
200m Butterfly	02:15.72	02:19.70	02:22.34	02:24.97	02:30.39	02:34.38
200m I.M.	02:19.68	02:23.78	02:26.49	02:29.20	02:34.78	02:38.88
400m I.M.	04:57.33	05:06.04	05:11.82	05:17.59	05:29.45	05:38.20