

## Swim Ireland Female Performance Coaching Mentorship 2022-2023

### 'Coaching Confidence'

#### 40-Week Programme

Month & Year	Week Number	Week Beginning	On Deck Work Shadowing	Online Education Intervention	Online Reflection Group	Online Consultation
<b>May 2022</b>	1	02/05/22	Kevin Anderson (NCU) 07/05/22			
	2	09/05/22		John Szaranek (NCL) 11/05/22		
	3	16/05/22			Yes	
	4	23/05/22				Jon Rudd 23/05/22
	5	30/05/22	Aaron Rickhuss (Bangor SC) 30/05/22			
<b>June 2022</b>	6	06/06/22		Emma Collings-Barnes (Mount Kelly) 06/06/22		
	7	13/06/22			Yes	
	8	20/06/22				Andrew Reid 22/06/22
	9	27/06/22	John Szaranek (NCL) 30/06/22			
<b>SUMMER BREAK</b>						
<b>September 2022</b>	10	05/09/22		Steven Beckerleg (NCD) 09/09/22		
	11	12/09/22			Yes	
	12	19/09/22				Jon Rudd 21/09/22
	13	26/09/22	Jonathan Preston (Trojan SC) 28/09/22			
<b>October 2022</b>	14	03/10/22		Lisa Bates (Chelsea & Westminster) 05/10/22		
	15	10/10/22			Yes	
	16	17/10/22				Andrew Reid 19/10/22
	17	24/10/22	Richard Cassidy (Sundays Well SC) 26/10/22			
	18	31/10/22		Davy Johnston (NCU) 31/10/22		
<b>November 2022</b>	19	07/11/22			Yes	
	20	14/11/22				Jon Rudd 16/11/22
	21	21/11/22	Steven Beckerleg (NCD) 24/11/22			
	22	28/11/22		Hayley Baker (Swansea) 31/11/22		

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<b>REVIEW PROGRAMME FOR 2023-2024</b>						
<b>December 2022</b>	23	05/12/22			Yes	
	24	12/12/22				Andrew Reid 14/12/22
<b>XMAS BREAK &amp; REVIEW APPLICATIONS FOR 2023-2024 PROGRAMME</b>						
<b>January 2023</b>	25	02/01/23	TBC (NHD P28) 03/01/23			
	26	09/01/23		Mikey McCarthy (NCL) 09/01/23		
	27	16/01/23			Yes	
	28	23/01/23				Jon Rudd 25/01/23
	29	30/01/23	Curtis Coulter (Ards SC) 05/02/23			
<b>February 2023</b>	30	06/02/23		Ann Dickson (Perth City) 06/02/23		
	31	13/02/23			Yes	
	32	20/02/23				Andrew Reid 22/02/23
<b>March 2023</b>	33	27/02/23	John Szaranek (NCL) 02/03/23			
	34	06/03/23		Kevin Anderson (NCU) 08/03/23		
	35	13/03/23			Yes	
	36	20/03/23				Jon Rudd 22/03/23
<b>April 2023</b>	37	20/03/23	Mick McCormack (Dolphin SC) 23/03/23			
	38	27/03/23		Danielle Brayson (City of Glasgow) 30/03/23		
	39	03/04/23			Yes	
	40	10/04/23				Andrew Reid 12/04/23

## **Swim Ireland Female Performance Coaching Mentorship 2022-2023**

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#### **40-Week Programme**

- Online Education Intervention:** Performance Staff – Coaching Focus/Stimulus  
Guest Speaker – Female Coach re Female Specific Challenges
- Online Refection Group:** Female only Group. One Candidate to be Elected as Chair.  
Performance Manager also to sit on the Group
- Online Consultation:** Discussion on Outcomes from the Online Reflection Group
- On-Deck Work Shadowing:** 2 x Pool Sessions (am & pm Over 1 Day) or 1 x Pool Session & 1 x Gym Session