



Athlete Development Program 2018-2019

Leinster Swimming are delighted to announce a pilot program aimed at 16-19-year olds in the regional swimming clubs. We recognise that the dropout rate from competitive swimming increases significantly from the age of 16 years upwards. This program is designed to retain athletes within aquatics sports. The program has been developed following consultation with young people from clubs around the region. As this is the first season of this program Leinster Swimming would like to offer a maximum of 30 places, or 1 per club. Where a club do not take up a place additional places will be offered to interested clubs.

Program content

Selected athletes will be involved in the program development, topics will cover:

1. Introduction to other sports – examples; diving, water polo, modern pentathlon
2. Lifestyle workshops – example; nutrition
3. Social activities – examples; bowling, wall climbing
4. Skill development including officials' courses

Criteria

- Aged 16-19 years old
- Club must have met officials training requirements in 2017/2018 season
- Applicants must volunteer for Leinster Minor Schools on Sunday 21/10/18
- Applicant must be nominated by their club
- Swimmers on regional and national squads are not eligible
- Swimmers should commit to 20 hours volunteering with their club/ region over the course of the season

Program dates (subject to confirmation)

- Accommodation will be provided on a sharing basis
- Weekend 1 – 15th-16th December
- Weekend 2 – 23rd-24th February
- Weekend 3 – 11th-12th May

Program costs

- €600 per person, Leinster Swimming will subsidise by 50%
- Cost to athlete €300

Application process

Completed forms to be sent to leinsteradmin@swimireland.ie by 30th September 2018

Selection process

- Where clubs have more than one athlete interested in taking part in the program they should put a selection process in place.
- One application per club will be accepted in the first instance
- In the event Leinster Swimming do not receive 30 applications by 30th September additional places will be offered to clubs on a lottery basis until all places are filled.