

## Leinster Swimming News

Issue 4 — October 2015

### *Welcome to the start of a new Swimming Season*

On behalf of the Leinster Regional Management Committee, the Competitions and Technical Committees, I would like to welcome you to the start of a new season.

We wanted to make you aware of an important development that took place earlier this year regarding Schools Swimming in Leinster. Leinster Schools Swimming agreed to subsume into the Leinster Region so we will now have responsibility for the running of all Schools galas in Leinster.

I also want to take this opportunity to thank all of the volunteers who give of their free time to make our programme such a success and I wish all of our swimmers every success during this coming year.

Phillip Fitzpatrick—Chairman  
Leinster Region of Swim Ireland

### DATES FOR YOUR DIARY

**25th Oct 2015 - NAC**

Leinster Graded Gala

**31st Oct to 1st Nov - NAC**

Leinster Winter Championships

**22nd Nov - NAC**

Leinster Distance Gala

**4th to 6th Dec - Lisburn**Irish National Short Course  
Championships**9th Jan 2015 - Tallaght**

Leinster Minor Schools

**10th Jan 2015 - Tallaght**

Leinster Senior Schools

### *Good Luck in Stockport*

Congratulations and good luck to all the Swimmers who have been selected onto the Leinster Team to compete at the Stockport Championships later in November.

The team of 30 swimmers, supported by coaches Fran Ronan, Ann Burdis and James Lawless, along with team managers Andrea Gardner, Paul Doogue and Yvonne Daly will travel out on Friday November 20 and return on Sunday November 22.

We wish them all the best and know that they will do Leinster Swimming proud.

### *Club Handbook 2015 — 2016*

For the coming competition season we have produced a comprehensive Club Handbook for the Leinster Region. It give details on all our programmes of activities for the coming year. You can purchase your copy from the Gala Information Desk for €5.

### *Leinster Swimming Goes Social*

We are delighted to let you know that Leinster Swimming can now be found on both Facebook and Twitter. To keep up to date with all the latest news from Leinster Swimming please Like our Facebook page and Follow us on Twitter using #SwimLeinster

## Leinster Region of Swim Ireland — Management Committee

Leinster Swimming, a Region of Swim Ireland, is managed by a Regional Management Committee made up of several volunteers. Phillip Fitzpatrick *Chairperson*, Nicole McInerney *Secretary*, Niamh Nolan Guéret *Treasurer*, Pat Daly, Linda Tormey, Mary Aldridge & Alec Colvin.

In addition to our new Social feeds of Facebook and Twitter, the Leinster website [www.swimleinster.com](http://www.swimleinster.com) is used to keep the Leinster Region up to date with upcoming events, such as galas and away trips, reports on Council meetings, Leinster squads training and anything else that may be of interest to the Leinster Region.

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## Leinster Regional Training, Skills and South Leinster Training Squads

Our Leinster Regional, Development and South Leinster training squads are now up and running for the 2015 / 2016 season. The purpose of the training squads is to give swimmers more training opportunities in addition to what they are already doing in their club programmes.

The **Leinster Regional Training Squad** is under the guidance of Anne Burdis. It offers swimmers, with the required qualification times, an additional long course training opportunity on Saturday evening from 4pm to 6pm and / or Sunday morning from 8am to 10am.

The **Leinster Skills Squad** also under the guidance of Anne Burdis, takes place on Sunday evenings from 4pm to 6pm. Swimmers work on basic skills and improving aerobic capacity. The goal of the Skills Squad is to enhance swimmers skills in all 4 strokes thus enabling improvements in technique. This in turn will allow a swimmer to improve their trainability.

The **South Leinster Training Squad** continues to go from strength to strength and now has 37 swimmers signed up for the coming season, with 37 swimmers from Wexford, New Ross, Enniscorthy, Courtown and St Fiacc's now involved. The squad looks to mirror what happens in the Regional and Training Squads which take place in the NAC, but from other locations in south Leinster.

Further details on qualification standards and the application process has been issued to all clubs and is available on the Leinster website [www.swimleinster.com](http://www.swimleinster.com)

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## Launch of Leinster Regional Squads

We are currently working to launch the Leinster Regional Development Squads for 2015 / 2016 season. This program will provide the opportunity for swimmers to get together a number of times a year for both education and training purposes.

There will be two squads in the program, Junior / Age Groups and Youths / Seniors. Final qualification details will be announced shortly, when swimmers will then be able to make an application to join the Leinster Regional squads for the 2015 / 2016 season.

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## Swim Ireland Support Officer Update

Welcome back to the new season with Leinster Swimming and Swim Ireland. Thank you to the club and membership secretaries who have worked tirelessly over the last few weeks to renew their club members with Swim Ireland.

Welcome to the new clubs who have recently become affiliated to Swim Ireland; Titans SC, based in Bray, Curragh SC based in Kildare and David Lloyd SC based in Riverview, Co. Dublin.

Swim Ireland will continue to host initiatives to support clubs in the coming year. Upcoming events and courses include:

Event Name	Venue	Date	Start Time
Club Children's Officer Forum	Irish Sport HQ	04/11/2015	6.30pm
Safeguarding level 2 course (CCO course)	Irish Sport HQ	17/11/2015	6.30pm
Clubmark training	Irish Sport HQ	09/11/2015	7.00pm
Chair & Secretary Forum	Irish Sport HQ	30/01/2016	9.30am

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