

Regional Squad Programme 2017-2020

Andrew Reid (National Performance Pathway Manager)

Jon Rudd (National Performance Director)

Background

All four regions have historically delivered a Regional Squad Programme targeting the best athletes within their Region. This programme has, in some cases, been aligned to the National Pathway but has operated as a standalone programme in others. The Swim Ireland Performance Team have identified within the V-MOST that an aligned Regional Squad programme is a key tactic in achieving the Performance objectives for 2020 and beyond.

Proposal for Pilot Programme 2017-2018

Swim Ireland Performance propose a three tiered Regional Squad Programme encompassing a Skills Academy for age group athletes, a Development Squad for youth athletes and a Pathway Squad for senior athletes. The age groups have been aligned to provide a clear pathway of development for athletes progressing to the international stage. A Regional Squad athlete can potentially be a member of the Skills Academy for three years before progressing to the Development Squad which provides support to athletes as they aim to achieve international selection within a one to four year period. Consideration will also be made in regards to older athletes with a Regional Pathway Squad providing motivation and encouragement to athletes post European Junior Championships who need time and support to make the step into potential senior international swimming.

In addition to the annual Regional Squad Programme, the Regional Pathway Development Coach (if in situ) will work in partnership with Club 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 pool access and dry land access. Access to the Regional Squad will be dependent on the athlete's willingness to participate in this 'top-up' programme to ensure we have maximum possible value-add.

Athletes selected for the National Squad Programme will not be eligible for selection for their respective Regional Squad Programme in that season.

Staff Structure

In collaboration with the Regional Technical Committees, the Swim Ireland National Performance Pathway Manager will oversee the implementation of the Regional Squad Programme.

With Regional support, the National Performance Pathway Manager will nominate a Lead Coach for the Development and Pathway Squad, and the Regional Pathway Development Coach (if in situ) will lead the Skills Academy and support the delivery of the Development and Pathway Squad Programme. All coaches with athletes on the squads will be asked to submit an Availability Form at the start of the season and coaches selected to lead or support the Programme will have their expenses covered by the Region.

Annual Membership Fee

Athletes will be asked for an annual membership fee that will contribute to the overall cost of the programme and this fee will be agreed annually. It is expected to be in the region of £100.00/€120.00 for the Skills Academy and £400.00/€460.00 for the Development and Pathway Squad. There may be additional costs associated with athletes requiring additional weekly training.

Level 1: Regional Skills Academy

Age Groups:

Male 11-13yrs

Female 11-12yrs

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Maximum Athlete Quota: 40 per Region

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach (If in situ)

Selection Criteria:

1. Athletes ranked top 6 in the 200m IM per age group in each Region
2. Athletes ranked top 3 per age group in each Region in a minimum of 2 events (Olympic events only) as of 31st August 2017
3. Athletes ranked top 8 per age group Nationally in a minimum of 2 events (Olympic events only) as of 31st August 2017

Level 1 Programme Expectations:

- 100% attendance

Level 1 Annual Programme:

1. Two 'Skill Testing' Days
2. Four training days – focus on one stroke and associated race skills per day, plus an introduction to Performance swimming expectations through educational workshops
3. Priority booking on one holiday Skills Camp

Key Dates:

- Orientation and Skills Testing – Saturday 16th September 2017
- Day 1 – Sunday 8th October 2017 (includes flexibility and strength screening)
- Day 2 – Saturday 6th January 2018
- Day 3 – Sunday 4th March 2018 (includes Skills Re-Test)
- Day 4 – Saturday 9th June 2018

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Level 2: Regional Development Squad

Age Groups: Male 14-18yrs Female 13-17yrs

Maximum Athlete Quota: 20 per Region

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach (if in situ)

Selection Criteria:

1. Athletes to achieve one or more of the published Consideration Standards (see page 7 & 8) between 1st January 2017 – 31st August 2017
2. In the case where more than 20 athletes within a Region achieve one of the standards, the athletes will be ranked as a percentage inside of the standard, to the maximum squad size of 20
3. In the case where less than 20 athletes within a Region achieve a Consideration Standard, the top ranked athlete in each Region (in each age group and in Olympic events only) may be added at the discretion of the selectors, ranked as a percentage outside of the standard, to the maximum squad size of 20

NB: From the 2018-2019 season onwards, Consideration Standards are to be achieved in the period 1st April – 31st August at designated meets

Level 3: Regional Pathway Squad

Age Groups: Male 19yrs & Over Female 18yrs & Over

Maximum Athlete Quota: Up to 6 per Region

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach (if in situ)

Selection Criteria:

1. Athletes to achieve one or more of the published Consideration Standards (see pages 7 & 8) between 1st January 2017 – 31st August 2017.
2. In the case where more than 6 athletes within a Region achieve one of the standards, the athletes will be ranked as a percentage inside of the standard, to the maximum squad size of 6.

NB: From the 2018-2019 season onwards, Consideration Standards are to be achieved in the period 1st April – 31st August in designated meets.

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Level 2 & 3 Programme Expectations:

- 100% attendance
- Online monitoring – attendance and weekly reports
- Submission of test sets as required

Level 2 & 3 Annual Programme:

1. Orientation & Testing Day – skill testing, outline of the annual plan and setting of expectations
2. Event Camp (3 days)
3. Skills Re-Testing (half day)
4. Stroke Camp (2 days) post Irish LC Open
5. Competition Exposure (Scottish National Championships June/July)

Regions to investigate the possibility of running one of the overnight camps as a joint venture to enhance the learning experience for the selected athletes. For example:

- Event Camp – Sprint Group in Bangor, Middle Distance & IM in Dublin, Distance in Limerick
- Stroke Camp – Butterfly & Backstroke in Bangor, Breaststroke & IM in Limerick, Freestyle in Dublin

Key Dates:

- Orientation and Skills Testing – Saturday 16th September 2017
- Event Camp
 - Option 1 – 30th October to 1st November 2017
 - Option 2 – 27th to 30th December 2017 (preferred option)
- Skills Re-Test – Saturday 24th February 2018
- Stroke Camp – 21st & 22nd April 2018
- Scottish National Championships 28th June to 1st July 2018 (Dates TBC)

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Programme Outline

Research and experience has shown that elite performers in swimming possess the following characteristics:

Physical Attributes & Skills – Winning Skills:	Psychological Attributes & Skills – Winning Habits:
<ol style="list-style-type: none"> 1. Buoyancy 2. Kick Speed 3. Pull Speed 4. Streamline & Stroke Alignment 5. Efficiency 6. Anthropometric Qualities 7. Flexibility 8. Strength/Power 	<ol style="list-style-type: none"> 1. Motivation, drive & direction 2. Mental Skills - emotional control, problem solving abilities, goal setting, resilience & concentration 3. Openness to learning & support 4. Ability to work with others 5. 'sham-R-O-C-K'

The Regional programme will focus on monitoring and developing these attributes, skills and habits:

Physical Component	Skills Academy	Development & Pathway Squad
Buoyancy	Front/Back Streamline Float	Floatation Sequence
Kick Speed	10m UW Fly, 25m IM Kick	15m UW Fly, 25m IM Kick
Pull Speed	25m Each Stroke	25m Each Stroke
Streamline	Push & Glide, Dive & Glide	Push & Glide, Dive & Glide, Turn & Glide
Efficiency	25m each stroke min stroke count	50m each stroke SWOLF
Anthropometric	Weight, Height, Seated Height, Arm Span	Weight, Height, Seated Height, Arm Span
Flexibility	Lying Shoulder Extension, Straight Leg Raise, Thomas Test & Ankle Flexibility	Full ROM Screen
Strength/Power	Vertical & Horizontal Jump, Medicine Ball Throw	Strength Testing – Push, Pull, Squat, Lunge, Hinge, Core

Retention in the programme will be based on the following criteria:

- Training attendance and commitment
- Engagement with staff
- Technical assessment and improvement
- Trainability & Resilience
- Work ethic
- Openness to learning
- Personal Accountability and 'sham-R-O-C-K' buy in

Athlete Camp Curriculum

Subject	Skills Academy	Development & Pathway Squad
Strength & Conditioning	Fundamental Movement Patterns	Lifting & Landing Techniques Race Warm-Up & Recovery
Physiotherapy	Stability & Injury Prevention Homework Programme	Screening Self-Management Toolbox
Nutrition	Staying Healthy & Growing Recovery & Training Nutrition	Recovery & Training Nutrition Anti-Doping & Supplements
Psychology & Lifestyle	Goal Setting Time Management Skills Performance Culture (BVB)	Planning a Career Mental Skills Toolbox Athlete Charter
Technical	Streamlining Stroke Count	Underwater filming for stroke correction

Coach Development Programme

Ensure that coaches have access to the National Centres to develop and refine their performance knowledge.

- Targeted coaches are invited to Swim Ireland education events
- A home programme coach to be in attendance at all Regional Academy and Development Squad activities
- Breakaway coach development opportunities during the Event Camp and/or Stroke Camps

Parent Support Programme – Regional Academy & Development Squad

- Annual Parent Seminar (early season)
 - General update
 - Long Term Athlete Development
 - ‘sham-R-O-C-K’
 - Anti-Doping
 - Lifestyle (nutrition, education, social)
 - Scenario's Workshop
 - Parents Eye View of the Programmes
 - Performance and Performance Pathway parenting
- Quarterly newsletters/emails

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MALE CONSIDERATION TIMES (LONG COURSE) 2017-2018						
'ON TRACK' PLUS 3%						
Event	Born 1998 & Before	Born 1999	Born 2000	Born 2001	Born 2002	Born 2003
50m Freestyle	00:23.48	00:24.48	00:24.82	00:25.17	00:25.52	00:25.88
100m Freestyle	00:51.79	00:54.15	00:54.96	00:55.79	00:56.62	00:57.47
200m Freestyle	01:53.10	01:57.22	01:58.62	02:00.05	02:01.49	02:02.94
400m Freestyle	04:00.17	04:02.57	04:05.00	04:07.45	04:09.92	04:12.42
800m Freestyle	From 2018-2019	From 2018-2019	From 2018-2019	From 2018-2019	From 2018-2019	From 2018-2019
1500m Freestyle	16:00.23	16:15.60	16:31.21	16:47.07	17:03.18	17:19.55
100m Backstroke	00:57.18	00:57.18	00:58.10	00:59.03	00:59.97	01:00.93
200m Backstroke	02:04.98	02:04.98	02:06.85	02:08.76	02:10.69	02:12.65
100m Breaststroke	01:03.68	01:05.09	01:05.80	01:06.53	01:07.26	01:08.00
200m Breaststroke	02:19.55	02:28.11	02:30.34	02:32.59	02:34.88	02:37.20
100m Butterfly	00:55.36	00:59.64	01:00.54	01:01.45	01:02.37	01:03.30
200m Butterfly	02:03.70	02:06.69	02:08.21	02:09.75	02:11.30	02:12.88
200m I.M.	02:06.77	02:13.49	02:15.23	02:16.98	02:18.76	02:20.57
400m I.M.	04:34.08	04:42.36	04:46.60	04:50.90	04:55.26	04:59.69

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FEMALE CONSIDERATION TIMES (LONG COURSE) 2017-2018						
'ON TRACK' PLUS 3%						
Event	Born 1999 & Before	Born 2000	Born 2001	Born 2002	Born 2003	Born 2004
50m Freestyle	00:26.26	00:27.06	00:27.33	00:27.60	00:27.88	00:28.15
100m Freestyle	00:57.75	01:00.21	01:01.06	01:01.91	01:02.78	01:03.66
200m Freestyle	02:05.17	02:06.93	02:08.70	02:10.50	02:12.33	02:14.18
400m Freestyle	04:23.63	04:27.32	04:31.06	04:34.85	04:38.70	04:42.60
800m Freestyle	09:02.94	09:02.94	09:09.46	09:16.05	09:22.72	09:29.48
1500m Freestyle	From 2018-2019	From 2018-2019	From 2018-2019	From 2018-2019	From 2018-2019	From 2018-2019
100m Backstroke	01:05.03	01:06.14	01:07.26	01:08.41	01:09.57	01:10.75
200m Backstroke	02:19.03	02:22.95	02:24.95	02:26.98	02:29.03	02:31.12
100m Breaststroke	01:10.94	01:11.94	01:12.94	01:13.97	01:15.00	01:16.05
200m Breaststroke	02:35.84	02:39.92	02:42.00	02:44.10	02:46.24	02:48.40
100m Butterfly	01:01.83	01:03.57	01:04.46	01:05.37	01:06.28	01:07.21
200m Butterfly	02:17.08	02:20.94	02:22.91	02:24.91	02:26.94	02:29.00
200m I.M.	02:20.87	02:24.55	02:26.43	02:28.33	02:30.26	02:32.22
400m I.M.	04:56.79	05:00.64	05:04.55	05:08.51	05:12.52	05:16.58