Swim Ireland News

Issue - July/August 2013

Welcome 2013/14 Season

Irish Swimmers at the US Open in California with Coaches Paul Donovan & Pearse McGuigan & Team Manager Anne Cummins

Swim Ireland would like to welcome all of our members back for the start of the new season of swimming, water polo and diving in 2013/14.

We have had two busy months since our last Newsletter with lots of National and International Competitions across Swimming, Diving, Water Polo and Open Water.

Irish Diver Natasha McManus was 3rd at the Rome International Meet in Platform Diving

2013 was another superb year of competitions at home. During the summer meets, over 1300 athletes took part in National events, including 77 visiting swimmers from 7 different countries.

The National Performance Committee and Competition Personnel are currently reviewing the events with a view to making to small tweaks around orders of events and event formats for National Competitions for 2014 to enhance the events for all participants.

Further details, along with the qualification standards for all National and International Meets will issue by the end of September 2013.

On the International stage, our athletes excelled at events all over the World, these were reported on from each of the venues with regular updates on our website, Facebook and Twitter over the Summer months. A full report on the results will issue later in September.

Fiona Doyle won a Silver medal in the 100m Breaststroke at the World University Games in Russia in July

Ireland's Divers and Water Polo players also posted some fantastic results over the Summer months in Italy, Poland and Scotland.

The National Swimming Squads Programme will kick off the new season with an Orientation Day on September 28th in Dublin. Thank you to all athletes who applied for a place on the team and congratulations to those who received selection. We look forward to another successful swimming season!

Swimmers representing Connacht at the British Age Group Championships in July

Have a look through the Swim Ireland Strategic Plan to see our aims for the 2013/14 Season.

As always, If you have any news or updates for inclusion in our E-Zine please send it to pr@swimireland.ie. The next Newsletter will issue in October 2013.

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Issue - July/August 2013

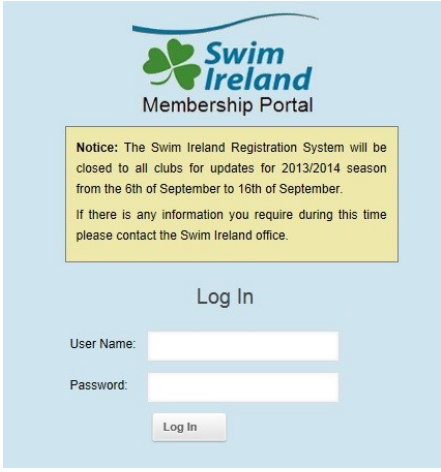
Coca-Cola Thank You Fund

We are delighted this month to have made the Shortlist for the 2013 Coca-Cola Thank You Fund. Coca Cola are offering 11 Grants(1x25K, 10x10K) to projects that will encourage healthy and active lifestyles.

Swim Ireland have submitted the "Swimathon" project to the fund. The Swimathon is the swimming mile and is viewed as the swimming equivalent of the marathon. The aim of this project is to encourage people to get swimming with a view to completing the Swimathon at a number of events across Ireland organised and run by Swim Ireland in March and April 2014.

The shortlist announced this week is a selection of 45 organisations who have applied for the grant. Swim Ireland are looking for your help to make the last 11. Please go online to the Coca Cola Thank You Fund website and vote for Swim Ireland (named as Irish Amateur Swimming Association (Swim Ireland) before the 30th September and help us to make the project a reality. The public vote will account for 50 per cent of the final decision and a vote by an expert judging panel will account for the remaining 50 per cent.

Affiliation 2013/14



Affiliation for Clubs for the 2013/14 season will commence shortly, here are a few important dates to note—

9th- 23rd September – Affiliation Workshops to take place (If there is a demand – please contact your Regional Support Officer if you would like to avail of a workshop)

6th September – Database will be closed down to all clubs for the 12/13 season

13th September – Database will open to clubs to process their 13/14 membership

14th October – Affiliation Deadline

31st October – Payment must be received by this date for club to receive discount

1st November – Clubs who have not sent affiliation and payment by Friday 1st November will not be covered by Swim Ireland insurance from the date and will not be eligible to compete in competition at local, regional or national level.

Don't forget our new Regional Club Support Officers are now in place and will be guiding you through affiliation this year

Leinster	Aisling McKeever	lso@swimireland.ie
Munster	Cathal Geraghty	mso@swimireland.ie
Connacht	Vincent Finn	cso@swimireland.ie
Ulster	Adam Cox (Membership Manager)	devofficer2@swimireland.ie

(Ruth McQuillan is the Ulster Development Officer but Swim Ireland affiliations for Ulster are completed through the Swim Ireland Office)

Swim Ireland News

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Swim Ireland Staff Changes

It is with great regret that we say goodbye to our Education Manager Jemima Coates this month. Jemima has worked with Swim Ireland for the past four years and has done a fantastic job in moving our Education Department forward. Jemima is replaced by Delivery Body Officer Paolo Di Paola and we are currently seeking a replacement for him with the Job Advertisement available here.

This month we are delighted to welcome Amanda Ní Ghabhann as our new part-time Water Polo Women in Sport Development Officer. Amanda's background is in sports development and women in sport. She studied Sports Development at third level and gained valuable experience overseas. Amanda has been implementing sports programmes and coaching for over 10 years, in Basketball, Rugby and Football.

The role of Water Polo Officer will be to support clubs and coaches and role out initiatives which will develop the sport in Ireland, she will be dedicated solely to Water Polo and aim to harness the passion and knowledge of those currently driving the sport.

Swim Ireland would like to thank the Irish Sports Council for their continued support through the Women in Sport Programme, which has allowed us to create this role.

Ernest Maglisco Visits Ireland

Renowned Swimming Coach and Author Ernest Maglisco visited Ireland last month to deliver a number of workshops in Derry, Belfast and Dublin to over 100 coaches.

Participants at the Ernest Maglisco Clinic in Derry

Ernest has over 35 years coaching experience at college and club level; his teams have won a total of 13 NCAA Division II Championships and 19 Conference Championships at three different Universities. Ernest holds a Ph.D in Physical Education, M.S. Degree and B.S.Ed. Degree. He has also authored or co-authored five textbooks and three booklets on competitive swimming including his last and well known *Swimming Fastest* published in 2003.

Ernest covered three topics during the seminars – the taper, high intensity training, and stroke rate and length.

The Taper covered the physiological and psychological effect on swimmers, optimal duration, and training volume, frequency and intensity during the taper period. Of particular interest to coaches was the re-taper for swimmers with 2-5 weeks between competitions.

While covering High intensity training Ernest also went in to detail on composition of muscle fibres, training fast twitch and slow twitch fibres, and the effect high intensity training has on improving aerobic and anaerobic capacity in swimmers.

On the final topic of the day Ernest recommended drills and strategies to improve stroke length and stroke rate without compromising one another.

At over 70 years of age Ernest is still a lively and energetic presenter who was keen to stay on to answer any queries coaches may have; we look forward to having him back in Ireland in the near future.

Swim Ireland News

Issue - July/August 2013

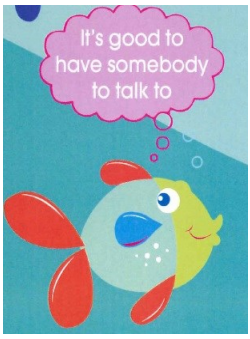
Child Welfare Update—Prepare for the New Season

As the new season starts it is a reminder for returning athletes and their parents and for new athletes and parents to check out a few things in the club they are joining:

Codes of conduct – all members of the club should be signing up to a code of conduct, committees, leaders, coaches as well as parents and young people. Take a look at the code of conduct and make sure you understand how it is asking you and other to behave. Check in with your children's officer if you have any queries.

Is the club the right fit for your child – chat to the club and the coaching staff to make sure the club programme can provide what your child needs along the aquatic pathway, whether this is learning to swim, keeping fit or aiming to compete. The coaches/teachers should be qualified for the programme provided by the club. Clubs are beginning to license their coaches and teachers so this information is becoming more available (plus all the other benefits of licensing).

Make sure you know who to go to if you have queries or problems – for young people they must know who the Club Children's Officer is, this person should be prepared to talk to the young people in the club and represent their views.



The club handbook and rules – you should know where to find this information, often on the Club's website. Plus you should be aware of the Swim Ireland Safeguarding Children policies – these are all on the Swim Ireland website. Contact your Club Children's Officer for details if you cannot find them.

As a parent in your club you must be prepared to help out with the parent rota duty – this is mandatory for all Swim Ireland clubs and all parents are expected to sign up for their allotted duty. Check with your club committee for this – by signing up early you may be able to pick the times that suit you best!

Your club should be safe and create a positive atmosphere for all members to enjoy and benefit from their training at any level.

Details of Safeguarding Children Development Workshops for Autumn 2013 are available here.

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Open Water Swimming Season 2013

Ladies enjoying the water before competing in the Eastern Bay sea swim at Low Rock

The Open water season of sea and lake races has taken place in a blaze of summer sunshine all over Ireland. Water temperatures were up on previous years, and most Masters open water swimmers are now tanned as well as fit. There is no sign of the warm woolly jumpers, fleeces, hats, or hot water bottles, which usually, after an open water race, are donned. Instead, sun tan lotion, shorts, and sunnies come out of the swim bag, and were sported on the beach. No shivers , shakes , or blue lips. It is joyful to swim this season and it is not over yet.

Irish Deaf Ladies Channel relay team at the Cyril Duff sea race at Seapoint

This summer, we were delighted to welcome the Irish Deaf swimmers into the Open water community who are training hard to take on the Channel in July 2014 in the form of a relay team of 7 women, swimming from Dover to France in aid of the Irish Deaf Women Group. The Ladies form a lively group, well supported by their families. Aoife Drumm , who acts as interpreter, is invaluable to the open sea committee because she ensures the deaf Ladies get their handicap correctly.

Talking of handicaps, this year Leinster have a new Ladies handicapper, Mary Drumm , who is doing a great job of it… hats off you Mary.

Jim Kavanagh Bull Wall Sea Swim

The 5K National Open Water Swim which was held in Lough Dan on Saturday 17th August. The race was well supported, with 35 swimmers in total. The winner of the Ladies was Lisa Comerford of UCD in a time of 01:13:02, and Donncha O'Siadhail of NUI Maynooth winning the Men's in a time of 01:12:22. The majority of swimmers were Masters , who competed and completed the race in good times. Conditions were perfect, water not too cold, lake calm and a well laid out course. The 10k open water swim was simultaneously run, with 10 swimmers competing. Brian McLoughlin of Half Moon SC won the men's race and Lucy Gaynor of Glenalbyn SC won the ladies race.

This year, some Masters swimmers branched out to other swims abroad, for example, Susan Dillon of Guinness SC, and Patrick Corkery of NAC Masters competing and completing the Lake Zurich swim of 26.4 kilometres…. Congratulations to them both.

The 94th Dublin City Lifffey Swim took place on Saturday 24th August, 219 men battled it out in the men's race that kicked off at 12.30pm at the Loop Line Bridge. Ciaran O'Driscoll from Half Moon Swimming Club in Great South Wall in Dublin won the men's race with an impressive time of 26.16 minutes. The women's race followed an hour later when 116 women took to Ireland's most famous river for their chance to swim competitively through the heart of Dublin city. Gina Murphy from Glenalbyn Masters in Stillorgan, Co Dublin crossed the winning line at the East Link Toll Bridge after only 32.22 minutes.

The Dun Laoghaire Harbour swim took place on Sunday last with Clontarf's Brian Nolan winning the men's event in 30.47. Rachel Galvin of Coolmine won the Ladies race in 34.22.

There have been a number of 'indoor' Swimmers competing for the first time in the sea , and it is great to see them getting hooked on the sea races , and the vibrant social side of the open sea community. Hopefully, we will see more master pool swimmers taking up the challenge of open water swimming next year.

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World Police & Fire Games 2013

Northern Ireland's **Bangor Aurora** was a hive of activity during the weekend of the 2nd to 4th August, as it hosted the indoor swimming events of the **World Police & Fire Games**.

The international multi-sports event is held every 2 years and aims to develop camaraderie between members of the **emergency services** from around the world.

Dublin Fire Brigade, PSNI, Garda Siochana, NI Fire & Rescue Service, NI Prison Service, and HMRC all fielded local Masters swimmers to great success in Ulster's newest 50M venue.

Swimmers were grouped into heats as Seniors (18 to 39), Masters (40 to 49) and Grand Masters (50 and over) and took home a medal haul of 10 Gold, 5 Silver and 8 Bronze.

Stand-out performances came from **Sinead Tyrrell** in the 400 Free (4:51.15, 25-29 age), **Tony Cruise** (pictured below) in the 200 Free (2:13.48, 50-54 age) and **Brian McLaughlin** in the 400 Free (4:53.27, 45-49 age).

The open water event took place also in Bangor at Ballyholme Yacht Club on the 6th of August. Irish and Northern Irish athletes claimed a further 2 Gold, 3 Silver and 4 Bronze medals. Well done to all the athletes!

World Masters Games 2013

Also this summer, from the 2nd to 11th of August, Masters swimmers were competing in the **World Masters Games** in **Turin**.

With the motto "Sport at all ages - A celebration for everybody" the 'Games' is a meeting based on competition, passion, friendship and fun open to athletes over 30, and especially to those who consider sport as a way of life and being.

The worlds yielded 3 gold, 1 silver and 1 bronze for two of our swimmers: Neil Cooper (David Lloyd Masters), Bronze – 800 Free

Dymphna Morris (Aer Lingus Masters), 3 Gold (800, 400 and 200 Free), Silver in the 200 IM and Bronze in the 50 Fly (a welcome surprise for the distance swimmer!).

The event is held every 4 years and includes 30 core sports from athletics to football...
http://www.torino2013wmg.org/

European Masters, Eindhoven

Congratulations to over 40 Irish swimmers who competed at the European Masters in Eindhoven which finished up on Sunday last. We'll have a full report on the event in the next issue.

View the results online.
http://www.ecmasters2013.com/championships/swimming