

2018 - 2021

YOUTH DEVELOPMENT STRATEGY

SUPPORTING OUR ATHLETES
FROM 8-25 YEARS

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OUR YOUNG PEOPLE'S VISION

“WE WANT TO PARTICIPATE
IN A SPORT THAT ALLOWS
US TO ENJOY IT, HELPS US
LEARN AND DEVELOP,
ENABLES US TO MAKE
FRIENDS AND MAKES US
FEEL SAFE AND
COMFORTABLE”



OUR MISSION

OUR MISSION IS TO FOSTER A FUN LIFE-LONG INVOLVEMENT IN AQUATIC SPORT. TO PROVIDE AN ENVIRONMENT WHERE YOUNG PEOPLE HAVE A VOICE AND ARE HEARD. IT IS OUR AIM TO PROVIDE THE SAFEST CHILD-CENTRED ENVIRONMENT FOR YOUNG PEOPLE TO PARTICIPATE IN SPORT.

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WE VALUE YOUNG PEOPLE



ENJOYING THEIR SPORT

We will continue to find new ways for our sport to meet the needs of our young members. We will develop programmes and opportunities for them to become involved in all aspects of our sport and become skilled active citizens for the future.

VOICING THEIR VIEWS

Young people are at the heart of our sport, it is essential that their voice guides decision making and growth within the aquatics. We value the people who are our athletes.

FEELING SAFE

We are committed to providing our young people with the safest child centred environment to participate in their chosen discipline. We will strive to meet the highest standards of governance and continue to educate our clubs to provide the safest environments for our young people to flourish.



YOUNG PEOPLE ENJOYING THEIR SPORT

I AM A SISTER. I AM A BROTHER. I AM A DAUGHTER. I AM A SON. I AM A FRIEND.
I AM AN ARTIST. I AM A MUSICIAN. I AM A WRITER. I AM A STUDENT.
I AM A WORKER. I AM A VOLUNTEER. I AM A POET. I AM A DANCER.
I AM A SINGER. I AM A TEAMMATE. I AM A PERSON.

I AM AN ATHLETE AS WELL



YOUNG PEOPLE'S VOICE & VIEWS

I HAVE OPINIONS. I HAVE IDEAS. I HAVE SKILLS.
I HAVE STRENGTHS. I HAVE WEAKNESSES.
I HAVE INTERESTS. I HAVE EXPERIENCES.
I HAVE GOALS. I HAVE DREAMS.

I HAVE A VOICE AND I WANT TO SHARE IT WITH YOU



SAFEST ENVIRONMENT

I NEED SUPPORT. I NEED GUIDANCE. I NEED SECURITY. I NEED OPPORTUNITY.
I NEED COACHING. I NEED POLICY. I NEED PROCESSES. I NEED TIME.
I NEED ENCOURAGEMENT. I NEED PRAISE. I NEED CONNECTIONS.

I NEED A SAFE ENVIRONMENT TO FLOURISH

YOUNG PEOPLE WANT TO LEARN ABOUT

DEALING WITH CONFLICT

LIFEGUARDING

TEAM BUILDING

STRESS/ANGER MANAGEMENT

TEACHING



GOAL SETTING

MANAGING EVENTS

PUBLIC SPEAKING

COMMUNICATING

COACHING

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CORE AIMS

To discover and deliver opportunities for young people to learn how to use the skills gained as an athlete in life outside sport. To identify life-skills athletes need for transitions and growth in their sport and their lives.

To explore how young people want to disseminate their ideas/views to make meaningful contributions to all levels of their sport.

To work with clubs and members involved with our young people to create the safest environment.



ACTIVATION

YOUNG PEOPLE ENJOYING THEIR SPORT

1. ENGAGEMENT WITH YOUNG PEOPLE

Discover what young people want and how young people want to learn.

2. PARTNERSHIPS WITH OTHER ORGANISATIONS

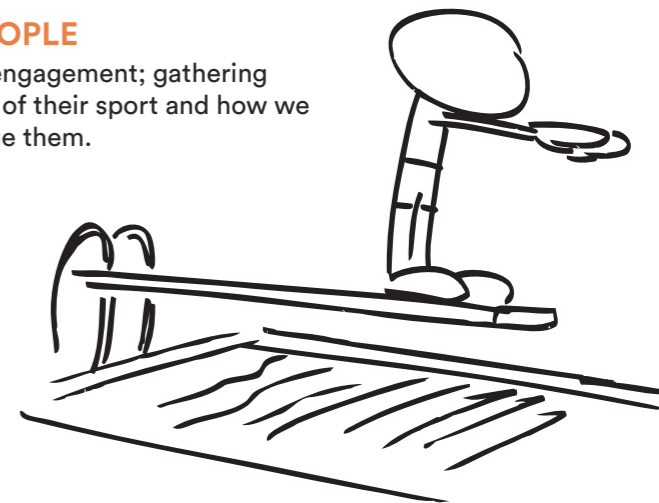
Establish relationships with other youth bodies and organisations to provide or partner in training areas to compliment Swim Ireland qualifications.

3. TOOLKIT FOR YOUNG PEOPLE

Provide opportunities for youth engagement; gathering opinions and ideas for the future of their sport and how we can better support and encourage them.

EXAMPLES OF MODULES:

- Being a mentor
- Dealing with conflict
- Becoming a leader
- Public speaking



YOUNG PEOPLE'S VOICE & VIEWS

1. YOUTH CONGRESS

Create opportunities for young people to get involved and advocate for themselves. Provide feedback opportunities to deliver to the Board, Regional Committees and National Events.

2. YOUNG PEOPLE IN CLUBS

Develop an inclusion policy for young people in clubs identifying ways young people can be supported and integrated into club operations using Club Children's Officers (CCOs). Train CCOs through forums and run specific workshops with young people.

3. NATIONAL YOUTH COMMITTEE (NYC)

Develop a forum for a National Youth Committee. Identify a selection process for NYC through workshops with young people in clubs. Develop feedback methods for young people to inform National and Regional committees.

4. CLUB CAPTAINS

Roll out Club Captains training and provide a feedback forum for young people.



SAFEST ENVIRONMENT

1. AUDIT

Develop a process which identifies key points in the membership cycle to check compliance with mandatory and best practice requirements. Continue to guide, support and educate our Club Children's Officers, committees and coaches in the implementation of safeguarding standards.

2. PARENT PROGRAMME (PP)

Delivery of programmes supporting parent contribution and role as a sports parent. Link with Parents in Sport Week identifying annual theme of parent support and involvement.

3. CLUB CHILDREN'S OFFICER (CCO) SUPPORT

Provide support to CCOs to undertake their role through communications, workshops, training, forums and various on-line media.

4. COACH PROGRAMME

Develop and deliver a coach programme addressing key areas specific to, and raised by young people:

- Role of team captains
- Mentoring young people
- Working with young people
- Conflict resolution with young people
- Coaching parents

MILESTONES

