

**SWIM
IRELAND**

Me and
the water



GAISCE
**THE PRESIDENT'S
AWARD**



Swim Ireland. Proud to be a Gaisce Challenge Partner.

Gaisce 'Your Way – Your Award'

The Gaisce journey is a very personal one: young people are encouraged to design their own challenges and work through them at their own pace.

Swim Ireland can support activity in 3 of the 4 Gaisce challenge areas and we have put together some examples to inspire you to create your own personal, water themed Gaisce journey!

Community – volunteer in one of our outreach community participation programmes or in a Swim Ireland Club as a volunteer, help organise events such as your local club fundraising activities or club galas

Personal Skill – Train to be a Referee or Official in Diving, Water Polo or Swimming, take a course to become a Level 1 Teacher or Coach, develop the skills to run the timing systems at an event

Physical Challenge – Take up the Swim for a Mile challenge, as an individual or join with others in a relay, take up an additional aquatic discipline you have never tried before e.g. Open Water swimming this summer.

The Gaisce Award is a direct challenge from the President of Ireland to young people aged 15-25 to dream big and realise their potential.

There are three levels of Gaisce – Bronze, Silver and Gold. The more time and energy you give, the greater the reward! By taking part in Gaisce, you will take on exciting personal, physical and community challenges and develop new skills and new friendships.

Swim Ireland is proud to be a Gaisce Challenge Partner. This means that a lot of your activities in our organisation is recognised by Gaisce as a relevant activity that counts towards achieving a Gaisce Award.

Starting your Gaisce Journey

The first step on your journey is to contact a President's Award Leader (PAL) who will guide you through what you need to do to register for an Award and will agree the activities with you. There are PALs located in every county, many of them in schools, colleges and community youth groups. and their role is to support and assist participants in achieving their Awards. If you need help finding a PAL in your local area contact Gaisce.ie.

Swim Ireland would also love to hear about your Gaisce challenges and if you would like to share your experience with us drop us an email to gaisce@swimireland.ie

Best of Luck!

PS: Did you know?

Under a Joint Award Initiative, young people in Northern Ireland who fulfil the requirements of the Duke of Edinburgh's Award framework at any level can choose to receive an International Award, a Duke of Edinburgh's Award or a Gaisce Award.