

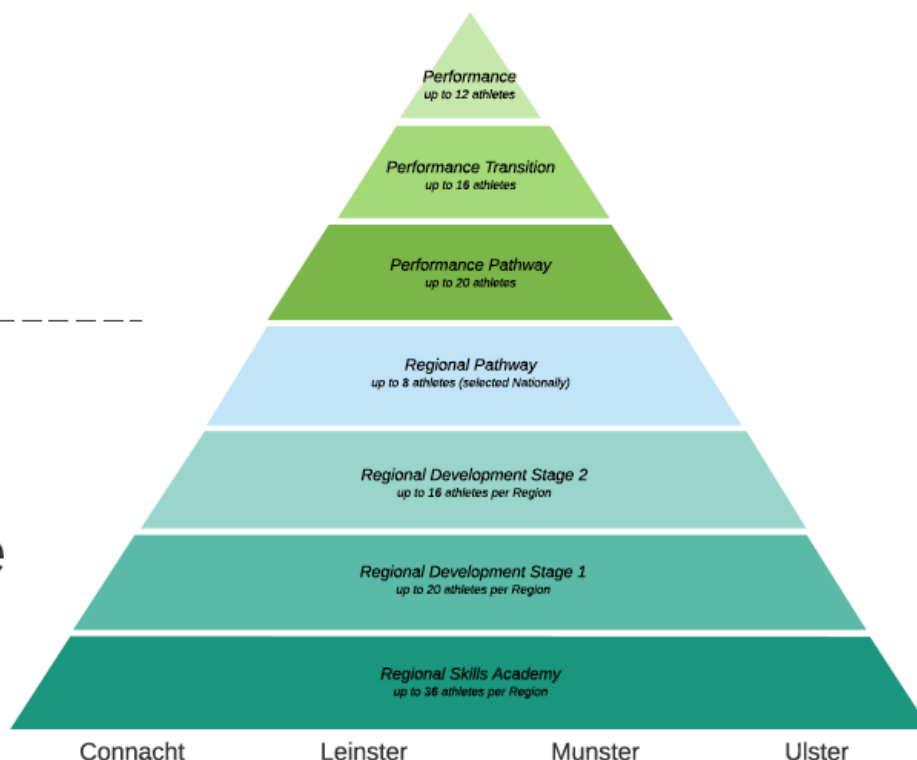
**Regional Programme**  
**2023-2024 Season**  
**(Swimming)**

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**SWIM**  
**IRELAND**

## National Programme

## Regional Programme



### Background

A progressive and targeted Regional Programme is a key tactic in achieving Swim Ireland's Performance objectives for the 2028 Olympic Games in Los Angeles and the 2032 Olympic Games in Brisbane. The Regional Programme will sit directly below the National Programme and will display alignment to it in terms of principles and content and will not operate as standalone programmes. For the Regional Programme, it is recognised that:

- Athletes should be a defined percentage outside of the National Programme standards in regards to either the 2028 or the 2032 Olympic Games and should be differentiated as such
- Subject to individual athlete age, all Regional Programme members must be fully committed to a comprehensive training/coaching programme in preparation for peak performance in the relevant annual Swim Ireland International or National benchmark competition/s and the Irish Open Championships acting as the Trials for such international events
- Through staff observation at previous Regional Programme, National Programme and/or National Team selections, athletes will have displayed behaviours and standards that are fully aligned with the 'On This Performance Team' booklet
- The National and Regional Programmes will support athletes through to the 2024 Irish Open Championships (the period September 2023 to April 2024). Support and interventions for athletes in the period May 2024 to August 2024 will be focused on those athletes who may be selected to compete for a Regional Team in this period
- Within this Regional Programme Policy, athletes defined as 'Male' or 'Female' relates to the athlete's biological sex assigned to them at birth. Once the Swim Ireland Transgender Policy is agreed and published, this definition will be reviewed in relation to the Regional Pathway Section of the Programme

### **Athlete Eligibility**

At the time of selection, athletes must meet all of the following criteria to be considered to be eligible for selection:

- i. Be an Irish citizen or a full time resident within Ireland and can demonstrate that an Irish citizenship application has commenced;
- ii. Be a registered Swim Ireland member and training full time in an Irish club programme for the 2022-2023 and the 2023-2024 season;
- iii. Be in good standing with Swim Ireland;
- iv. Be available to fulfil all of the Regional Programme obligations;
- v. Comply with the statements and expectations of the Swim Ireland 'On This Performance Team' booklet;
- vi. Met the expectations and requirements of the Regional or National Programme in the 2022-2023 season if a member at that time;
- vii. Not be the subject of a current anti-doping ban, a doping violation and/or a pending doping violation;
- viii. Have not acted in such a manner so as to bring himself/herself, Swim Ireland and/or the sport into current disrepute. For the avoidance of doubt: the evaluation of this requirement is at the sole discretion of the Swim Ireland Performance Senior Leadership Team (SLT) for the purposes of selection: the public disrepute referred to within this clause includes potential and/or actual disrepute

### **Programme 2023-2024**

Swim Ireland Performance will operate a three tiered Regional Programme encompassing a 'Skills Academy' cohort for Age Group athletes, a 'Development Programme' cohort for Youth athletes and a 'Pathway Programme' for Senior athletes. An athlete can potentially be a member of the Skills Academy for two years before progressing to the Development Programme, which provides support to athletes as they aim to achieve National Programme selection within a one to four year period. The Pathway Programme supports those athletes who may miss out on National Programme selection or who develop later in the sport. The Programme aims to support athletes as they endeavour to reach their full potential at senior National and/or International level. Athletes do not have to have been members of the one particular cohort in a previous season before achieving selection to another cohort.

In addition to the annual Regional Programme, the Regional Pathway Development Coaches will work in partnership with home programme 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 appropriate pool and gym access. Access to the Regional Programme will be dependent on the home programme coach being willing to work with the Regional Pathway Development Coach in their Region in a positive and constructive manner and will also be dependent on an athlete's willingness to commit to the programme.

Athletes selected for the National Programme will not be eligible for selection for their respective Regional Programme in that season. Athletes rejecting a position on the National Programme will, by implication, be also rejecting a position on their respective Regional Programme in that particular season. If Regional Programme selections are made in advance of National Programme selections, athletes may accept their Regional Programme selection and will then automatically be removed from the Regional Programme if selected to the National Programme.

### **Expected Athlete Attributes**

- Selection of a satisfactory Daily Performance Environment (DPE) appropriate to the athletes age and stage of development
- Exemplary training attendance and commitment in the home programme
- Regional and/or National competition attendance
- Positive engagement with staff
- Attitude, positivity and performance behaviours displayed on National Teams, previous National/Regional Programme periods and National Centre 'In-Touch' sessions
- Resilience and a first class work ethic
- An openness to learning
- Personal accountability
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### **Staff Structure**

In collaboration with the Regional Pathway Advisory Groups and the Regional Pathway Development Coaches, the Swim Ireland National Performance Pathway Manager will oversee the implementation of the Regional Programme. With Regional support, the Regional Pathway Development Coach will lead all aspects of the Programme in their respective Region.

Regional Programme coaches must:

- i. Be a registered Swim Ireland member for the 2022-2023 and 2023-2024 season and in good standing with Swim Ireland;
- ii. Be a full time resident within Ireland and be a practising coach within an Irish swimming programme;
- iii. Be holders of a Swim Ireland Coaching Licence;
- iv. Comply with the statements and expectations of the Swim Ireland 'On This Performance Team' booklet
- v. Display a regular cultural alignment with the aims and aspirations of the Swim Ireland Performance Plan 2021-2024 and the Performance Team. For the avoidance of doubt, the evaluation of such alignment is at the sole discretion of the Swim Ireland Performance Senior Leadership Team (SLT) for the purposes of identification;
- vi. Have not acted in such a manner so as to bring himself/herself, Swim Ireland and/or the sport into current disrepute. For the avoidance of doubt, the evaluation of this requirement is at the sole discretion of the Swim Ireland Performance SLT for the purposes of identification: the public disrepute referred to within this clause includes potential and/or actual disrepute

Coaches selected to support the Programme will be awarded up to a maximum of 3 CPD points per annum in the delivery of camps/attending meets (across both National and Regional Programmes) and will have their expenses covered by the respective Regions in doing so.

### **Home Programme Coach Interaction**

- All Regional Programme home programme coaches have access to the National Centres to develop and refine their performance knowledge
- Those home programme coaches based in Ireland who display an openness and a willingness for learning and self-improvement, and who display a clear cultural alignment with the aims and objectives of the Performance programme will be identified by the Performance SLT and invited to Swim Ireland Performance education and professional development opportunities

### **Regional Programme Coaching Day/Camp Participation**

- For all Regional Programme Coaching Days/Camps, the pool and gym session content will be planned and delivered by the Regional Pathway Development Coaches/appointed Strength & Conditioning Coach with oversight provided by the National Performance Pathway Manager. Content will be circulated to home programme coaches in advance

### **Annual Membership Fee**

Athletes will be asked for an annual membership fee that will contribute to the overall cost of the Core Programme and this fee will be agreed annually. The fee in the 2023-2024 season will be €160.00 for the Skills Academy, €375.00 for the Development Programme Stage 1, €475.00 for Development Programme Stage 2 and €375.00 for the Pathway Programme (or the sterling equivalent at the time of payment). There may be other costs associated with athletes requiring additional services.

Regions may require an additional contribution towards any activities that are part of the Supplementary Programme and each Region will have licence to set their own financial requirements around this. In Regions where additional contributions for the Supplementary Programme are not required, it should be noted that both the Core Programme and the Supplementary Programme are mandatory requirements of the Regional Programme within such Regions. In Regions where additional contributions for the Supplementary Programme are required, only the Core Programme is a mandatory requirement for the Regional Programme within such Regions and the Supplementary Programme is optional on an athlete-by-athlete basis. Athletes will be notified

## **Regional Programme (Swimming) 2023-2024 Season**



Performance

of any additional contributions required towards the Supplementary Programme at the time of selection and will be asked to commit to the Supplementary Programme when accepting their place on the Programme.

### **Enquires**

All enquiries where coaches or athletes require clarity on any of the information within this document should direct these to the National Performance Pathway Manager via [andrewreid@swimireland.ie](mailto:andrewreid@swimireland.ie)

### **Regional Skills Academy**

**Age Groups:** Male and Female athletes born 2010 or 2011

**Maximum Athlete Quota:** Up to 36 athletes per Region comprising of:

10 Male and 10 Female athletes born 2011

8 Male and 8 Female athletes born 2010

**Athlete Selection:** National Performance Pathway Manager & Regional Pathway Development Coach/s

#### **Selection Criteria:**

1. Results from the Regional LC Championships (May 2023) and Irish Summer National Age Group Championships (July 2023) will be combined and athletes will be ranked as follows for selection purposes:
  - a. Athletes ranked Top 6 in the 200m IM per age group in each Region
  - b. Athletes ranked Top 3 per age group in each Region in a minimum of two of the following eligible events:
    - i. Born 2011 – 50m Freestyle, 100m and 200m in in all four strokes
    - ii. Born 2010 – 50m Freestyle, 100m and 200m all four strokes, 400m Freestyle, 400m Individual Medley
2. In the case where more than 36 athletes within a Region achieve the above criteria, selection will be based on the National Rankings in the events from which the athlete has been considered
3. In the case where less than 36 athletes within a Region achieve the above criteria, additional selections may be made from first, second, third, etc ranked swimmers in eligible individual events until the maximum numbers are achieved

#### **Regional Skills Academy Core Programme:**

1. Three Coaching Days (0.5 days) – a focus on stroke technique and associated race skills per day, a Strength & Conditioning session, plus an introduction to Performance swimming expectations through educational workshops
2. Skills Academy Interprovincial Competition in April 2024

*(All dates will be confirmed at time of selection)*

#### **Regional Skills Academy Programme Expectations:**

- 100% attendance is encouraged to the activities detailed within the Core Programme
- Athletes wishing to be excused from part of the Programme must write to the respective Regional Pathway Development Coach no less than seven days in advance of such a request around a particular date/s
- Participation in the respective 2023 Regional SC Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the respective 2024 Regional LC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2024 Irish Summer National Age Group Championships (unless the athlete does not meet the Qualification Standards)

## **Regional Development Programme Stage 1**

|                           |   |
|---------------------------|---|
| <b>Age Groups:</b>        | Male and Female athletes born 2008 or 2009  |
| <b>Athlete Quota:</b>     | Minimum quota of 12 athletes per Region (minimum of 4 Male and 4 Female) and a maximum quota of 20 athletes per Region (minimum of 6 Male and 6 Female) |
| <b>Athlete Selection:</b> | National Performance Pathway Manager & Regional Pathway Development Coach/s   |

### **Selection Criteria:**

1. Male athletes born 2009 must achieve at least two of the published individual event Consideration Standards (see page 11) at one of the Identification Meets outlined below
2. Male athletes born 2008 and Female athletes born 2008/2009 must achieve at least one of the published individual event Consideration Standards (see pages 11 and 12) at one of the Identification Meets outlined below
3. Each Region may decide the athlete quota based on athlete demographics and programme budget:
  - a) In the case where more than the Regionally agreed quota of athletes within a Region achieve the criteria outlined in Selection Criteria 1 or 2, athletes will be ranked as a percentage inside of the Consideration Standard in the event which gives them the highest percentage inside the Standard to meet the agreed athlete quota
  - b) In the case where less than the Regionally agreed quota of athletes achieve the criteria outlined in Selection Criteria 1 or 2, additional athletes from the Region may be added at the discretion of the selectors, ranked as a percentage outside of the Consideration Standard in the event which gives them the lowest percentage outside of the Standard to meet the agreed athlete quota
4. The selection of additional athletes will ensure the minimum number of Male and minimum number of Female athletes are selected

### **Identification Meets**

- 2023 Irish Open Championships
- 2023 Regional LC Championships
- 2023 LEN European Junior Championships
- 2023 European Youth Olympic Festival (including relay lead off legs)
- 2023 Commonwealth Youth Games (including relay lead off legs)
- 2023 Irish Summer National Age Group Championships
- 2023 Irish Summer National Youth and Open Championships

### **Development Programme Stage 1 Core Programme:**

1. Three Coaching Days (0.5 day) - 1 pool session, 1 Strength & Conditioning session and educational workshops
2. International Competition Exposure, March 2024

### **Development Programme Stage 1 Supplementary Programme:**

Athlete Support Programme

*(All dates will be confirmed at time of selection)*

## **Regional Development Programme Stage 2**

|                           |  |
|---------------------------|--|
| <b>Age Groups:</b>        | Male and Female athletes born 2006 or 2007   |
| <b>Athlete Quota:</b>     | Minimum quota of 8 athletes per Region (minimum of 3 Male and 3 Female) and a maximum quota of 16 athletes per Region (minimum of 5 Male and 5 Female) |
| <b>Athlete Selection:</b> | National Performance Pathway Manager & Regional Pathway Development Coach/s  |

### **Selection Criteria:**

1. Athletes must achieve at least one of the published individual event Consideration Standards (see pages 11 and 12) at one of the Identification Meets outlined below
2. Each Region may decide the athlete quota based on athlete demographic and programme budget:
  - a) In the case where more than the Regionally agreed quota of athletes within a Region achieve the criteria outlined in Selection Criteria 1, athletes will be ranked as a percentage inside of the Consideration Standard in the event which gives them the highest percentage inside the Standard to meet the agreed athlete quota
  - b) In the case where less than the Regionally agreed quota of athletes achieve the criteria outlined in Selection Criteria 1, additional athletes from the Region may be added at the discretion of the selectors, ranked as a percentage outside of the Consideration Standard in the event which gives them the lowest percentage outside of the Standard to meet the agreed athlete quota
3. The selection of additional athletes will ensure the minimum number of Male and minimum number of Female athletes are selected

### **Identification Meets**

- 2023 Irish Open Championships
- 2023 Regional LC Championships
- 2023 LEN European Junior Championships (including single gender relay lead off legs)
- 2023 European Youth Olympic Festival (including single gender relay lead off legs)
- 2023 Commonwealth Youth Games (including single gender relay lead off legs)
- 2023 Irish Summer National Age Group Championships
- 2023 Irish Summer National Youth & Senior Championships

### **Development Programme Stage 2 Core Programme:**

1. Two Coaching Days (0.5 day) - 1 pool session, 1 Strength & Conditioning session and educational workshops
2. A 2-night camp – up to 4 pool sessions, 1 Strength & Conditioning session and educational workshops
3. International Competition Exposure, March 2024

### **Development Programme Stage 2 Supplementary Programme:**

Athlete Support Programme

*(All dates will be confirmed at time of selection)*



## **Regional Pathway Programme**

**Age Groups:** Male athletes born 2003-2005 and Female athletes born 2004 or 2005

**Maximum Athlete Quota:** 8 athletes (minimum of 3 Male and 3 Female)

**Athlete Selection:** National Performance Pathway Manager & Regional Pathway Development Coach/s

### **Selection Criteria:**

1. Athletes must achieve at least one of the published individual event Consideration Standards (see pages 11 and 12) at one of the Identification Meets outlined below
2. When making selections, the following criteria will be considered:
  - a. Performance profile between 2019 and 2023
  - b. Current level of support versus the required level of support to progress to the National Programme
3. In the case where more than 8 athletes achieve the criteria outlined in Selection Criteria 1 and 2, athletes will be ranked as a percentage inside of the Consideration Standard in the event which gives them the highest percentage inside the Standard to meet the maximum quota of 8 athletes (minimum 3 Male and 3 Female)
4. In the case where less than 8 athletes achieve the criteria outlined in Selection Criteria 1 and 2, additional athletes may be added at the discretion of the selectors, ranked as a percentage outside of the Consideration Standard in the event which gives them the lowest percentage outside of the Standard up to meet the maximum quota of 8 athletes (minimum of 3 Male and 3 Female)
5. The selection of additional athletes will ensure that the minimum number of Male and minimum number of Female athletes are selected

### **Identification Meets**

- 2023 Irish Open Championships
- 2023 Regional LC Championships
- 2023 LEN European Junior Championships (including single gender relay lead off legs)
- 2023 European Youth Olympic Festival (including single gender relay lead off legs)
- 2023 Commonwealth Youth Games (including single gender relay lead off legs)
- 2023 Irish Summer National Age Group Championships
- 2023 Irish Summer National Youth & Senior Championships

### **Pathway Programme Core Programme:**

1. Subject to National Centre Head Coach agreement, regular In-Touch access to a National Centre (once per month minimum). For further information relating to Swim Ireland National Centres, please complete the Enquiry Form [HERE](#)
2. Bespoke online support
3. Offshore Long Course Competition in March 2024 (for athletes who meet the qualifying criteria for the meet selected by the Performance Team)

**Pathway Programme Supplementary Programme:**  
Athlete Support Programme

*(All dates will be confirmed at time of selection)*

**Development and Pathway Programme Expectations:**

- 100% attendance to the mandatory activities as outlined at the time of selection
- Participation in the respective 2023 Regional SC Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the 2023 Irish National Winter Championships (25m) (unless the athlete does not meet the Qualification Standards)
- Participation in the 2024 Irish Open Championships (unless the athlete does not meet the Qualification Standards)
- Participation in the respective 2024 Regional LC Championships
- Participation in the 2024 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards)
- Athletes accepting their place on the Regional Programme should not take extended (5 days or more) holidays in the periods 04/09/23 to 24/12/23 and 01/01/24 to the identified and agreed summer benchmark/s meet in 2024. Athletes planning to take extended holidays during these periods should communicate this with the Regional Pathway Development Coach in their Region at time of selection
- Considerations will be made in relation to key academic/examination periods and selected athletes wishing to be excused from part of the Programme must write to the National Performance Pathway Manager via [andrewreid@swimireland.ie](mailto:andrewreid@swimireland.ie) no less than three full calendar months in advance of such a request around a particular date/s
- For athletes who have an illness or an injury which, (in the NPPM's opinion) justifies non-attendance at a particular Regional Programme activity, they may seek to be excused (at the NPPM's discretion) subject to the receipt of a satisfactory doctor's note/certificate (illness) or chartered physiotherapist's note/certificate (injury) prior to the request
- Athletes withdrawing from an onshore or offshore camp/competition after submission of the Regional Programme Acceptance Form may be responsible for covering the additional cost of any accommodation and/or flight

| REGIONAL PROGRAMME - MALE CONSIDERATION TIMES (LONG COURSE) 2023-2024 |                   |          |          |                               |          |                               |          |
|---|-------------------|----------|----------|-------------------------------|----------|-------------------------------|----------|
| Event   | PATHWAY PROGRAMME |          |          | DEVELOPMENT PROGRAMME STAGE 2 |          | DEVELOPMENT PROGRAMME STAGE 2 |          |
|   | 2003              | 2004     | 2005     | 2006                          | 2007     | 2008                          | 2009     |
| 50m Freestyle   | 24.08             | 24.70    | 24.70    | 24.70                         | 24.70    | 24.94                         | 24.94    |
| 100m Freestyle  | 51.10             | 52.24    | 53.10    | 54.35                         | 56.29    | 59.31                         | 1:01.09  |
| 200m Freestyle  | 1:52.30           | 1:55.44  | 1:56.28  | 2:00.05                       | 2:04.58  | 2:07.72                       | 2:11.55  |
| 400m Freestyle  | 4:01.48           | 4:08.46  | 4:11.32  | 4:18.08                       | 4:27.91  | 4:30.51                       | 4:38.62  |
| 800m Freestyle  | 8:14.76           | 8:29.20  | 8:34.56  | 8:46.84                       | 9:05.25  | 9:26.21                       | 9:43.20  |
| 1500m Freestyle   | 15:48.10          | 16:06.60 | 16:19.50 | 16:46.79                      | 17:12.03 | 17:45.96                      | 18:17.93 |
| 100m Backstroke   | 56.55             | 57.33    | 58.17    | 59.88                         | 1:01.49  | 1:04.96                       | 1:06.91  |
| 200m Backstroke   | 2:03.22           | 2:04.89  | 2:07.96  | 2:10.42                       | 2:14.34  | 2:21.85                       | 2:26.10  |
| 100m Breaststroke   | 1:04.10           | 1:05.80  | 1:07.73  | 1:09.20                       | 1:11.47  | 1:12.16                       | 1:14.33  |
| 200m Breaststroke   | 2:17.94           | 2:22.17  | 2:26.89  | 2:29.28                       | 2:36.45  | 2:37.97                       | 2:42.71  |
| 100m Butterfly  | 54.89             | 56.37    | 57.01    | 58.61                         | 1:00.07  | 1:04.64                       | 1:06.58  |
| 200m Butterfly  | 2:03.99           | 2:07.30  | 2:08.65  | 2:10.68                       | 2:15.01  | 2:23.26                       | 2:27.56  |
| 200m I.M.   | 2:05.81           | 2:09.82  | 2:09.86  | 2:13.01                       | 2:17.89  | 2:24.41                       | 2:28.74  |
| 400m I.M.   | 4:28.30           | 4:34.46  | 4:38.63  | 4:46.07                       | 4:52.42  | 5:02.95                       | 5:12.04  |

| REGIONAL PROGRAMME - FEMALE CONSIDERATION TIMES (LONG COURSE) 2023-2024 |                   |          |                               |          |                               |          |
|---|-------------------|----------|-------------------------------|----------|-------------------------------|----------|
| Event   | PATHWAY PROGRAMME |          | DEVELOPMENT PROGRAMME STAGE 2 |          | DEVELOPMENT PROGRAMME STAGE 1 |          |
|   | 2004              | 2005     | 2006                          | 2007     | 2008                          | 2009     |
| 50m Freestyle   | 27.36             | 28.03    | 28.03                         | 28.03    | 28.29                         | 28.29    |
| 100m Freestyle  | 58.40             | 59.43    | 1:00.52                       | 1:00.91  | 1:03.91                       | 1:05.50  |
| 200m Freestyle  | 2:05.72           | 2:08.45  | 2:10.03                       | 2:11.49  | 2:15.83                       | 2:21.34  |
| 400m Freestyle  | 4:25.76           | 4:29.43  | 4:33.98                       | 4:38.35  | 4:50.03                       | 4:57.86  |
| 800m Freestyle  | 9:06.54           | 9:17.59  | 9:26.25                       | 9:40.19  | 9:58.34                       | 10:09.87 |
| 1500m Freestyle   | 17:32.63          | 17:42.45 | 18:04.82                      | 18:11.33 | 18:21.72                      | 18:21.72 |
| 100m Backstroke   | 1:06.23           | 1:07.64  | 1:08.37                       | 1:08.61  | 1:11.77                       | 1:13.98  |
| 200m Backstroke   | 2:21.60           | 2:25.12  | 2:27.01                       | 2:29.62  | 2:34.39                       | 2:38.91  |
| 100m Breaststroke   | 1:13.02           | 1:14.04  | 1:15.42                       | 1:16.64  | 1:19.59                       | 1:22.78  |
| 200m Breaststroke   | 2:38.91           | 2:41.09  | 2:45.56                       | 2:47.22  | 2:51.80                       | 2:59.62  |
| 100m Butterfly  | 1:03.00           | 1:04.35  | 1:04.89                       | 1:06.23  | 1:08.57                       | 1:08.57  |
| 200m Butterfly  | 2:19.31           | 2:21.37  | 2:23.44                       | 2:26.27  | 2:28.75                       | 2:28.75  |
| 200m I.M.   | 2:22.24           | 2:25.31  | 2:25.38                       | 2:27.17  | 2:31.70                       | 2:35.19  |
| 400m I.M.   | 4:57.65           | 5:01.30  | 5:06.97                       | 5:13.47  | 5:26.43                       | 5:27.41  |