

30th August 2024

Dear Club Chairpersons and Head Coaches

Re: Club/Athlete Support Programme in the National Centre (Dublin) from October 2024

Over the past three seasons, the Club Support Programme in the National Centre (Dublin) has been very well received and we will continue to run this programme from October 2024 to support clubs in the development of the athletes in their care. Managed by the Regional Pathway Development Coach (Leinster), CSP offers additional weekly training to athletes of a particular age and level, training that would be seen as supplementary to that being offered by the club – additional training rather than replacement training. The programme is open to members from ALL Swim Ireland clubs, not just those in Leinster.

CSP will be delivered by one of more coaches from within the Leinster coaching community on a regular basis (listed below) and is not available to athletes who are members of National Centre (Dublin) or who have been offered a place as part of the Pathway Programme.

Coaches:

Thursday am	Marina Loughney	Coolmine SC
Saturday pm	Ciaran Doyle	Drogheda SC
Sunday am	Alex Williams	Asgard SC

Pool Session Availability

Pool sessions in the National Aquatic Centre within a regular training week will be available to athletes who meet the Consideration Criteria and who are accepted via application at the following times:

Thursday	0530 – 0730	LCM	National Aquatic Centre
Saturday	1600 – 1800	LCM	National Aquatic Centre
Sunday	0800 – 1000	LCM	National Aquatic Centre

Club Benefits

- Clubs who have water time on Saturday/Sunday and who encourage athletes within their programme to access CSP can potentially reallocate their water time to different coaching groups within the club and increase training availability further down the pathway – and increase revenue as a byproduct of this
- Clubs have less of a need to provide more expensive long course training time to higher achieving members
- Clubs will continue to receive the annual membership fee and the annual coaching fee from such athletes and we consider the additional cost to athlete’s families is, in the main, manageable as a supplemental fee to this

Athlete Consideration & Demographic for October 2024

- Male: Born 2007 – 2011 inclusive
- Female: Born 2007 – 2011 inclusive
- Athletes from Swim Ireland clubs may apply for a place in CSP if they have achieved one or more qualification times for either the 2024 Irish Summer Age Group Championships or the 2024 Irish Summer Youth/Senior Championships

Athlete Benefits

- 50m (LC) pool training availability in a world class facility
- Weekend training times which permit school-based athletes to travel further than their home base to access additional training hours
- Training/coaching, primarily focused on technical development, kicking and aerobic capacity development, to accentuate that offered in the home club programme

- Flexibility to accept between one and three pool sessions per week
- Additional expertise offered in addition to that offered by the club
- Like-minded and similar/higher standard of athletes to train with and alongside each week

Coaching Fees

- Thursday AM €200.00 per annum paid in full or as €50.00 up from and 2 further Instalments of €75.00 as set out by the SI database
- Saturday PM €200.00 per annum paid in full or as €50.00 up from and 2 further Instalments of €75.00 as set out by the SI database
- Sunday AM €200.00 per annum paid in full or as €50.00 up from and 2 further Instalments of €75.00 as set out by the SI database

There will be some weeks within a season where training access at one or more of the sessions is not possible and these times have been taken into consideration in formulating the above fees. Where possible, we will add a Sunday PM session to make up for a missed Saturday PM or Sunday AM session. Once the Regional Competition Calendars are confirmed and published for the 2024-2025 season, any changes will be communicated to CSP members.

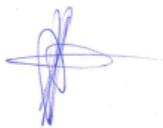
We are changing the system slightly this year, where athletes sign up to each session individually. This allows us to offer more spaces per session but also to keep track of numbers a bit easier. Athletes are welcome to sign up to as many sessions as they wish from the three available.

If you have a question on any aspect of CSP, please email marklappin@swimireland.ie and cc niamhmcconnell@swimireland.ie

We ask that you now identify athletes within your club who would benefit from CSP – anywhere from one to three training sessions per week and send the information on to them. If and when athletes feel confident that they wish to sign up for one or more sessions with CSP, they should complete the application form at <https://forms.office.com/e/cX4rb4g1eG> on or before **Friday 6th September**. A booking link will then be sent to all those who meet the criteria on **Monday 10th September**. It is important to note that bookings will be taken on a first come, first served basis.

My very best wishes to you and your club for the 2024-2025 season ahead.

Kindest regards and best wishes



Jon Rudd
National Performance Director