

## Leinster Regional Squad Programme

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The Programme will aim to underpin the National Performance Programme of Senior, National and Youth Development squads.

The Programme will be delivered at the NAC or local designated centres around the region, and aims to be progressive, motivating, challenging and enjoyable.

It also provides an opportunity for coaches and swimmers alike to develop a greater understanding of many key areas of competitive swimming

The Programme is designed to develop and educate swimmers aged from 11 years who have achieved the criteria laid down by the regional technical committee.

It is delivered at three levels to provide an element of year-on-year progression. Based on their work at the Regional days and camps and their attendance at all three with a home coach, swimmers may be nominated by the Lead Coaches for selection to attend stroke-specific training days.

The Programme will be inclusive of all disciplines of Competitive swimming which will include Swimmers with a disability and Open Water.

The programme will have two strands in terms of a Competition Squad and a Leinster Development Squad.

Swimmers, who are eligible for consideration for the Competition Squad, will be all swimmers who are registered with a Leinster club.

Swimmers who have been selected for the National Programme must attend one of the three camps to be eligible for selection on a Leinster team.

They must have achieved the consideration time set out between May 2011 and 31<sup>st</sup> May 2012

**Competitions for consideration will be the**

**Seniors: Eindhoven Meet December 2011 8-10 swimmers- Closing Date 12 Nov**

**This is the only Long Course meet at the correct level before trials and it was agreed to support athletes who wish to go as a Leinster team, as the Domestic programme will not give the swimmers the correct level of competition.**

**[http://www.knzb.nl/english/dutch\\_open\\_swimming\\_championships](http://www.knzb.nl/english/dutch_open_swimming_championships)**

**14-15 and 16+ Seniors- Luxembourg Jan 2012**

**- Any Swimmers who achieve the times set in the 14-15 age group who are of a younger age will be invited to swim at this meet**

***11-13 years Easter meet***

**06/04/2012 to 09/04/2012**

**British Gas Swim Wales Age, Youth & Senior Championships  
Swansea**

**Or Stockport Open Meet 14-16<sup>th</sup> April**

**All Age groups: Celtic Tri Nations Dublin April 2012**

## The Leinster Development Squad

This will be from swimmers who meet the consideration time's swimmers who have been selected for the Swim Ireland national programme must attend one of the camps.

Qualification will be by achieving set qualification times and criteria.

- **Level one - for swimmers aged 12 and under - 13 years includes: Skill development Speed and Endurance Land work - injury prevention, mobility, co-ordination development Basic mental skills and planning**
  - Athletes achieving the set qualification times at the meets between May 2011 and December 2011- ie Graded meets, Regional meets and national meets and can be achieve both Long Course. and short Course ( Hytek conversion times only)
  - Swimmers must have achieved at least two times which include an either IM or 200 m event
  
- **Level two - for swimmers aged 14-15 years includes: Skill and training refinement Start/Turn/Swim Underwater Racing skills and strategies transfer. Land to swimming transfer**
  - Athletes achieving the set qualification times at the meets between May 2011 and December 2011- ie Graded meets, Regional meets and national meets and can be achieve both Long Course. and short Course ( Hytek conversion times only)
  - Swimmers must have achieved at least three times which include an either IM, or 200 m , 400m
  
- **Level 3 16-18years**
  - Athletes achieving the set qualification times at the meets between May 2011 and December 2011- ie Graded meets, Regional meets and national meets and can be achieve both Long Course. and short Course ( Hytek conversion times only)
  
- Swimmers must have achieved two qualifying times from any event

#### **4. Open Age 18yrs +**

- **A total of 8/10 positions will be available in this squad for competition –Must achieve a time in an individual event within the qualification time at Regional or National events from May 2011.**
- **Swimmers achieving the National Squads Criteria are ineligible for training camps but may be a part of selection criteria for Regional Teams. In negotiation with National Performance Director and National Performance Coach.**

**Competitions nominated events- ie international meet-**

#### **5. Open Water**

- a. **Compete in and achieve the qualifying time in a specified event (800m for females & 1500m for males) at the Regional and National Events since May 2011.**
- b. **Athletes in this squad may also participate in one other Development Squad for the 2011/12 season if they meet the selection criteria**
- c. **Camp 2<sup>nd</sup> June between the Heats and Finals sessions of leinster Age Groups**
- d. **To support one open water competition Summer 2012**

#### **6. Swimmers with a Disability**

**The camp is open to anyone with a disability who can swim at least 25m unaided. The camps will be set up in conjunction with an abled bodied skills camp to encourage people with disabilities to get involved in swimming and to strengthen and support the performance pathways available.**

**The two camps will run utilising the downtime from the main Leinster championships on the Saturday of the event-3<sup>rd</sup> December and 24th March 2012**

Camps				t
	19th feb 2012	8-10 am	4-6 pm	Two groups 2 hour swim 1 hour education talk
	27th May	8-10 am	4-6 pm	Two groups 2 hour swim 1 hour education talk
Holiday Camps	Christmas 2 <sup>nd</sup> Jan until 6 <sup>th</sup> January 2012		2 x Two hour swim	
	Easter 9th-13th April		2 x Two hour swim	

14 and Under Division 2 Group and Disability	3rd Dec	Two hour Session	Between heats and Finals	Long Axis Strokes F/s And Backstroke
14 and Under Division 2 Group and Disability	24th March	Two hour Session	Between heats and Finals	Short Axis strokes Fly and breaststroke
Open Water	2nd June	Two hour Session	Between heats and Finals	

	11%	14%	16%	16%	18%	18%	20%	21%	23%	25%	27%
Womens	17+	16	16	15	15	14	14	13	13	12	12
	QT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
50 fc	00:28.05	00:28.81	00:29.31								
100 fc	01:00.57	01:02.21	01:03.30	01:03.30	01:04.39	01:04.39	01:05.48	01:06.03	01:07.12	01:08.21	01:09.30
200 fc	02:11.35	02:14.90	02:17.26	02:17.26	02:19.63	02:19.63	02:22.00	02:23.18	02:25.55	02:27.91	02:30.28
400 fc	04:36.78	04:44.26	04:49.25	04:49.25	04:54.23	04:54.23	04:59.22	05:01.71	05:06.70	05:11.69	05:16.67
800FC	09:30.36	09:45.78	09:56.05	09:56.05	10:06.33	10:06.33	10:16.61	10:21.75	10:32.02	10:42.30	10:52.58
100BC	01:07.51	01:09.33	01:10.55	01:10.55	01:11.77	01:11.77	01:12.98	01:13.59	01:14.81	01:16.02	01:17.24
200BC	02:25.53	02:29.16	02:31.77	02:31.77	02:34.39	02:34.39	02:37.01	02:38.32	02:40.93	02:43.55	02:46.17
100BRS	01:16.02	01:18.08	<a href="#">01:19.45</a>	<a href="#">01:19.45</a>	01:20.82	01:20.82	01:22.19	01:22.87	01:24.24	01:25.61	01:26.98
200BRS	02:43.05	02:47.45	02:50.39	02:50.39	02:53.33	02:53.33	02:56.27	02:57.74	03:00.67	03:03.61	03:06.55
100FLY	01:05.16	01:06.92	01:08.09	01:08.09	01:09.27	01:09.27	01:10.44	01:11.03	01:12.20	01:13.38	01:14.55
200FLY	02:23.13	02:27.00	02:29.58	02:29.58	02:32.16	02:32.16	02:34.74	02:36.03	02:38.61	02:41.19	02:43.77
200IM	02:28.03	02:32.03	02:34.70	02:34.70	02:37.36	02:37.36	02:40.03	02:41.37	02:44.03	02:46.70	02:49.37
400IM	05:12.74	05:21.19	05:26.83	05:26.83	05:32.46	05:32.46	05:38.10	05:40.92	05:46.55	05:52.19	05:57.82

QT	Qualifying time
CT	Consideration time

Mens	-14%	16%	18%	19%	21%	22%	24%	25%	27%	31%	33%
Age	18+	17	17	16	16	15	15	14	14	13	13
	QT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
50 fc	25.21	25.65	26.69	26.31	26.75						
100 fc	00:55.65	00:56.63	00:57.61	00:58.10	00:59.07	00:59.56	01:00.54	01:01.02	01:02.00	01:03.95	<a href="#">01:04.93</a>
200 fc	02:02.91	02:05.07	02:07.23	02:08.31	02:10.46	02:11.54	02:13.70	02:14.77	02:16.93	02:21.24	02:23.32
400 fc	04:20.97	04:25.55	04:30.13	04:32.41	04:36.99	04:39.28	04:43.86	04:46.15	04:50.93	04:59.89	05:04.46
1500 fc	<a href="#">17:19.49</a>	17:37.72	17:55.96	18:05.08	18:23.31	18:32.43	18:50.67	18:59.79	19:18.02	19:54.50	20:12.73
100BC	01:02.02	01:03.10	01:04.19	01:04.74	01:05.82	01:06.37	01:07.46	01:08.00	01:09.09	01:11.26	01:12.35
200BC	02:15.07	02:17.44	02:19.81	02:20.99	02:23.36	02:24.55	02:26.92	02:28.10	02:30.47	02:35.21	02:37.58
100BRS	01:09.30	1;10.52	01:11.73	01:12.34	01:13.56	01:14.16	01:15.38	01:15.99	01:17.20	01:19.63	01:20.85
200BRS	02:30.18	02:32.82	02:35.45	02:36.66	02:39.41	02:40.72	02:43.36	02:44.68	<a href="#">02:47.31</a>	02:52.58	02:55.21
100FLY	00:59.69	01:00.74	01:01.78	01:02.21	01:03.36	01:03.88	01:04.93	01:05.45	01:06.50	01:08.59	01:09.64
200FLY	02:13.22	02:15.56	02:17.89	02:19.06	02:21.40	02:22.57	02:24.91	02:26.07	02:28.41	02:33.09	02:35.42
200IM	02:16.99	02:19.40	02:21.80	02:23.00	02:25.41	02:26.61	02:29.01	02:30.21	02:32.62	02:37.42	02:39.83
400IM	04:52.36	04:57.49	05:02.62	05:05.19	05:10.32	05:12.88	05:18.01	05:20.27	05:25.70	05:35.96	05:41.09

QT	Qualifying time
CT	Consideration time