



Leinster Technical Committee Report for 2008/2009

March 10

Leinster Technical committee members for the above season were principally Brian Sweeney (Chair), Peter O'Brien, Paul Donovan (who stepped down in July 2009), Fran Ronan, Martin McGann, Linda Tormey, Mary Garvey. The Committee in recent years has moved to meet periodically at Provincial events rather than formal meetings.

In the course of the relevant season, the technical committee set out to continue to look to enhance the training and competition environment for provincial athletes.

Provincial Competitions

Over the previous 3 seasons, the structures of the competitions calendar had moved to deliver the following meets

- Leinster Distance & Graded Meet #1 - October
- Leinster SC Winter Open Championships - December
- Leinster Distance & Graded Meet #2 - January
- Leinster LC Open Championships - February
- Leinster D2 Age Group Championships - May
- Leinster D1 AG & Open Championships - June

Year on year these meets have grown and in 2008/2009 was the first season that all meets increased participation across all events. Changes made included making the D2's an Open meet and in this year opening up the standards at the Leinster Winters, LC and D1 & Open competition.

My thanks to ALL members of the committee for their input in recent years in trying to enhance these meet formats to make them challenging for the athletes. My thanks also to the competitions committee who run the formats suggested. Meet standards have been increasing annually and we continue to work together to enhance the meets and ensure they run cost effectively and efficiently.

The Meets for 2009/2010 have run well so far with one change in the calendar being the movement of the Leinster LC championships. We anticipate that the position of this meet and format will be attractive over time for travelling teams from outside the country.

Development Program

In Oct 2008 a draft development proposal was presented to the SI board on how the Leinster region could best use the resources that were available under the SI allocation at the NAC. Over the previous 3 years, weekend training camps have been a constant in the facility, staffed voluntarily by Leinster club coaches.

This development program looked to formalise our collective thoughts on how best to use the facility and to structure a program in the province for all athletes at IAG D1 Level and above.

With Peter Banks appointment (May 2009) and Paul Donovan's subsequent appointment (July 2009), we are working ongoing with both of them and SI on redefining the provincial program in line with their overall plan.

Provincial Training program

In 2008/2009 we delivered LC training activity in the NAC on 35 weekends of the year. Our thanks to Peter O'Brien, Linda Tormey and Alan Turner for their consistency in the delivery of Saturday and Sunday sessions. During

Christmas 2009, we delivered a very successful camp, the largest domestic training camp in any province in a long time with over 128 athletes accessing the facilities from 12 Leinster & 2 Ulster clubs and 9 coaches helping out.

On an ongoing basis we are still delivering weekend training sessions. The structure for 2009/2010 has been less formal than in the previous year. Peter O'Brien and Brian Sweeney continue to run a program on Saturday PM and Alan Turner runs the program on a Sunday AM.

In tandem with Paul Donovan and the HPC Centre in NAC, we delivered a Training Camp in Christmas 2009 where again over 136 athletes from 13 Leinster Clubs, 3 Ulster Clubs, 1 Connacht Club and 2 US Clubs attended the facility and benefitted from LC training opportunities. Some 10 coaches also helped to deliver that program.

Going forward, Leinster has agreed with the NAC and the HP team in SI, that a provincial program of camp activity, will form the core development program in out of school holiday time, and that the weekend program, albeit needing to be more formalised going forward, will underwrite the development options in the province.

International Competition program

In 2008/2009 we sent 2 teams to UK meets, supported 4 athletes to a further UK summer meet and delivered our largest Interpro team in recent years for the season.

A senior Team of 28 travelled to the Celtic-Tri-Nations in Feb 2009, an Age Group Team of 24 Travelled to Coventry in May and the Interpro Team (representing 15 Clubs in the province) competed in June. All teams competed with distinction but unfortunately the Leinster team lost the interpro this year. Our Athletes that travelled to British Age Groups delivered some strong performances and ended up being supported financially by Swim Ireland.

We would like to thank all the Team Managers and staff who travelled with these teams in 2009.

The original plan was to be able to annually deliver a program to expose our athletes early season to additional competition, provide a challenging higher level meet opportunity for Age Group & Youth Athletes and to provide either a prep meet or end of season next step development meet for the Senior athletes.

With limited budgets we have planned again for a senior meet and a team of athletes to travel to British Age Groups and British Youths.

Looking forward

The 2009/2010 season is now half way through. Our competitions this year, have started very well and we have already seen an increase in participation with respect to galas run to date. The challenges now facing the province will be in delivering enough relevant competition at all levels in the province. We would anticipate that the Leinster Open Meets will continue to be attractive to competitors from outside the province.

We are working closely with Peter Banks and Paul Donovan to continue to develop the HP programme for athletes in the province. It's an exciting time for the swimming community in the Country and as the province with the largest number of athletes, it's important that we continue to build both club and provincial structures that ensure the athletes in the province continue to have all the opportunities relevant to them.

Provincial programs, camps and access to the NAC is changing and the provincial management committee are supportive of ensuring that we will continue to provide the broadest program possible within the budget constraints we have.

Finally, as a committee, we would like to thank the Regional board and in particular, to Mary Griffin and the Regional Competitions committee for their help in delivering the program for the year. We would also like to thank Michael Stacey for his help as a selector for the year, to ALL Team staff and coaches who work tirelessly to help our teams and to Trish Mayon and the additional Swim Ireland staff for their input in the provinces activities.

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