



# Parents & Swimmers meeting November 2019

Welcome to:  
Groups 4  
Season 2019-2020





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Program:

Long Term Development – Sport & Life





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## Squad general goals:

- Passion of Sport
- Develop an Athlete behaviour
- Technique fundamentals
- Competitive environment introduction/performance
- Social aspects





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## General Season Calendar:

- Short Course Season – September to December
- Long Course Season – January to August





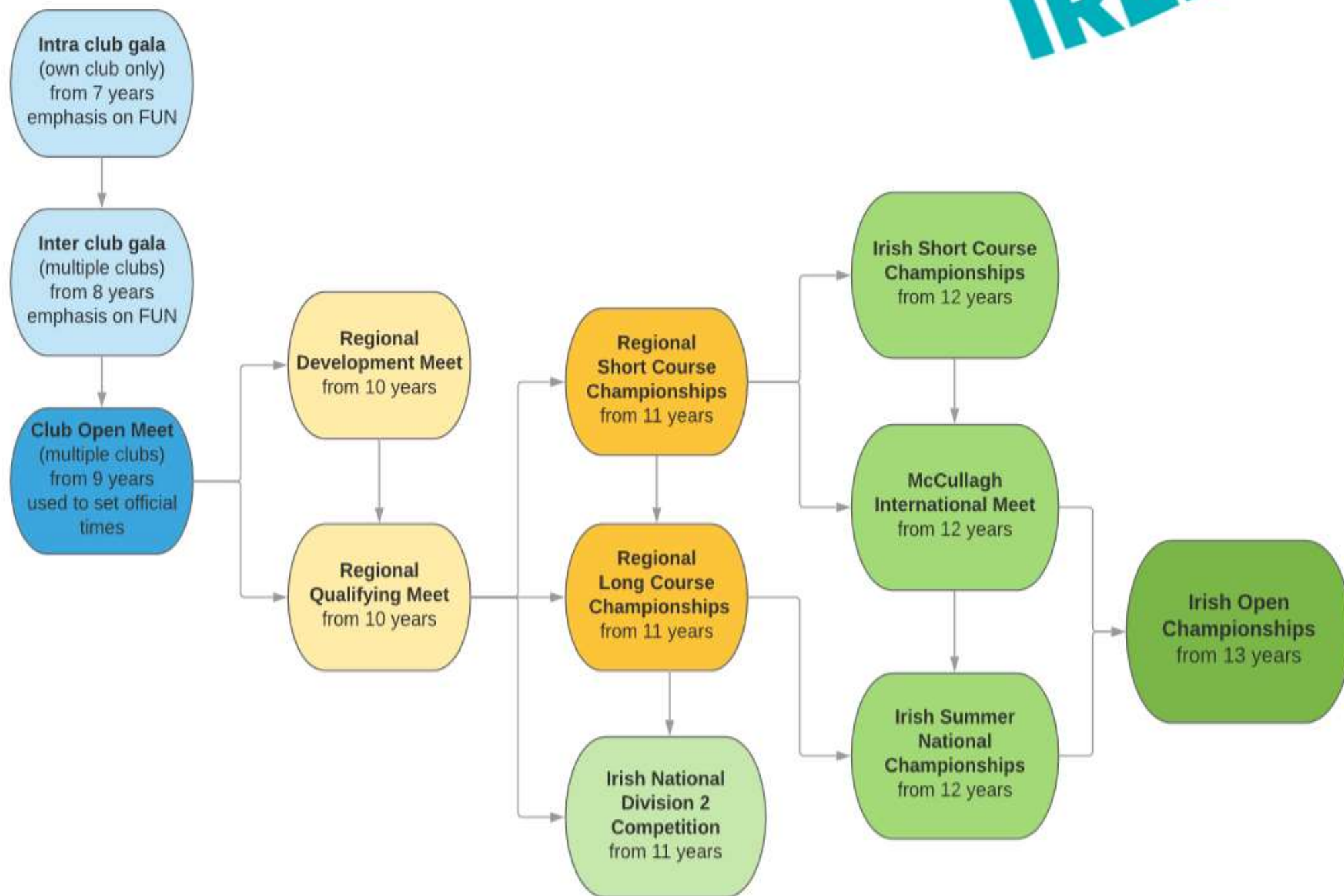
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## Key Competitions

- **Short Course Season:**
  - **Regional (Connacht) Short Course Championships**
    - **Club and Coach representation**
  - **Irish Short Course Championships**
    - **Athlete centred – personal results**
- **Long Course Season:**
  - **Regional (Connacht) Long Course Championships**
    - **Club and Coach representation**
  - **Irish Open (April) & Irish Summer (July) Championships**
    - **Athlete centred – personal results**



# COMPETITION PATHWAY





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## Short Course Season:

- **Regional (Connacht) Short Course Championships**
- **Irish Short Course Championships**
- Request Qualify times to attend these meets
- Short & Long Course is acceptable
- Possible QM along the season:
  - Regional QM #1 – Castlebar - October 2019
  - Connacht Senior Schools – October 2019
  - Connacht SC Championships – November 2019
  
  - Irish Summer (Div1 LC & Div2 SC) – 2019
  - CNN Dev. & QM SC– Longford – June 2019
  - CNN LC Championships – May 2019
  - CNN LC QM – May 2019
  - Irish Senior Schools Interpro SC – April 2019
  - Irish Open LC – April 2019
  - Cranny Gala LC – March 2019
  - Claremorris & Athlone SC QM – March 2019
  - Dave Mc Cullagh LC– February – 2019
  - Gerry Ryan/Leinster LC QM – January – 2019
  - Tuam Open SC QM – January – 2019
  - Irish SC Championships - 2018





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## Long Course Season:

- Regional (Connacht) Long Course Championships (until April)
- **Irish Open (July - February) & Summer Championships (from January 2020)**
- Request Qualify times to attend these meets
- Long Course ONLY is acceptable
- Possible QM along the season:
  - Irish Summer (Div1) – July 2019
  - Gerry Ryan/Leinster LC QM – January – 2020
  - Dave Mc Cullagh LC– February – 2020
  - Cranny Gala LC – March 2020
  - Irish Open LC – April 2020
  - CNN LC QM – May 2020
  - CNN LC Championships – May 2020
  - CNN Dev. & QM SC– Longford – June 2020







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## Minimum Competition attendance recommendations:

- 2x Clubs Competitions
- Regional Development Meet (as required to achieve 'A' qualifying times)
- 5x Regional Qualifying Meet (if qualified to attend)
- 2x Regional Championships (if qualified to attend)
- 3x National Events (if qualified to attend)
- SWML (if selected for the Team)
- 3x Invitational Meets – Optional
- “Non-Club events” – Optional

Swimmers who do not attend the minimum competition requirements, may not be guaranteed a position in their current group for the next season. This falls under the discretion of the Head Coach.





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## Team Manager:

*Your swimmer need your help!!!*





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## Team Meeting:

*After competitions we are introducing this season a Team Meeting to review the “Good points” & “Points to improve”.*





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## Swimmers Equipment:

*In order to compete well, the quality training is very important. To get the benefit of our training program the swimmers equipment is crucial.*





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## Club Captain:

*All swimmers deserve to be represented by the two Club Captains, there are numerous reason of it!*





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Phones:





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# Q & A

