



## Munster Regional Pathway Development Coach Report

Submitted: Sarah Fellner, Feb 6, 2019

Regional Squad Membership 2018-19 (as of Sept 2018)

Club	Skills Academy	Development Squad
Askeaton	2	
Blackrock	1	
Celtic Wave	2	
Clonmel	2	1
Dolphin	9	4
Ennis	4	
Fermoy	2	1
Kenmare	1	
Kingdom	2	
Limerick- NCL	8	4
Sundays Well	6	6
Tigershark	1 * transferred	
Waterford	2	3
Total	42	19

**Membership notes:** Since September, there have been a few membership changes. Two swimmers on the Development Squad have been unable to meet their attendance commitment and are no longer on the squad as a result. One other swimmer has withdrawn from the Development squad as he is no longer swimming. Two swimmers from the Skills Academy have moved out of the country. Three Skills Academy swimmers who were developed (last season) in other clubs have transferred to the newly formed Celtic Wave SC. I am pleased to see that two new clubs (Blackrock and Tigershark) have placed members on the Skills Academy squad this season indicating overall improvements in delivery of programming in the region.

**Skills Academy** swimmers are receiving an increased level of programming frequency in 2018-19, with 6 sessions offered. Each session includes both a swimming session, with a focus on skill and stroke development, as well as a fundamental movement session and a workshop, with topics to date this season including Nutrition, Understanding Training, Lifestyle, with sessions on Social Media and the Swimmers Journey to be delivered by the end of the season. Coaches/clubs have been provided with a template for strength and conditioning for (optional) use in their home club programme, based on the movement skills which the swimmers are taught at each session. We are introducing this year a Skills Academy interprovincial competition which will take place during the break between heats and finals at Irish LC Open Championships, to introduce swimmers into the environment of performance swimming and give them the opportunity to meet some of our best Irish Senior Swimmers.

Coach participation on the delivery of the Regional Squad Programming has been excellent; all coaches in the region are invited to attend the sessions as a CPD opportunity.

**Regional Development Squad:** Last season's programme concluded with a trip to race at the Scottish Open in Glasgow at the end of June. Munster had 17 swimmers represent the region, and this in-season trip provided experience with the challenges of international travel and competition. Eddie Downie and Mike Merrigan were selected as coaching staff, and together with myself worked jointly with the Connacht coaching team to provide a high level of feedback for athletes in both regions. We will be again taking this season's squad to the Scottish Open in June 2019 as an optional part of the 2018-19 programme. The 2018-19 Squad programme is now well underway, with our athlete testing completed in September, and the Christmas training camp held at UL on Dec. 27-30. During this camp, we were able to video swimmers, and give them feedback on stroke technique. Workshops this season focus on nutrition as well as sport psychology, with delivery by practitioners at each event. Over the past year I have visited all clubs with swimmers on the squads to observe programming and discuss how we can assist in supporting the coaches and programmes with continued development for not only the athletes on the squads, but all involved in the club.

I would like to thank all of those who have volunteered as Team Managers for the regional Squad programme over the past year, without whose assistance the programme would not be running. A special thanks to Mary Corby who has co-ordinated all travel and accommodation arrangements, as well as recruited TMs for every event.

On behalf of the swimmers on the regional squads, I would also like to thank the Munster Management Committee for their considerable financial support for the programmes. We are working toward making this programme financially sustainable while providing a high level of programming designed to provide our Munster swimmers with the knowledge and skills to step up to the next level of performance on the national scene. Congratulations to the 2017-18 squad members, Rory McEvoy and Uiseann Cooke, on making this step.

**Regional Cluster Clinics:** Over the past year I ran Club Cluster Clinics in 5 locations in the region. These clinics are delivered to swimmers in the host club, and coaches from other programmes are invited to attend as a CPD opportunity. These have been very successful, with over 50 coaches attending a clinic. These clinics will again be offered this year.

**Munster Coaches Clinic:** Working together with the Munster Pathway Advisory Committee, we organized and ran a coaching clinic in Limerick on October 28, 2018. With 50 coaches in attendance, this event was successful, and based on the positive response received, we plan to repeat this on an annual basis. Sessions were presented by John Szarenak (NCL Head Coach); Lorna Barry (NCL Strength & conditioning coach); and Sarah Fellner (RPDC).