



Peter Banks
National Performance Director
for Swim Ireland

Management of Irish swimming and the National Team Programme

Friday 23rd November 2012

23rd November

Talent





World Class Swimming

- What is World Class Swimming - The face of swimming is changing and small nations have to think and be innovative and take risks **as a team** .
- Do I have the experience to talk to you about world class swimming ?





Swim Ireland History



- Ireland 4 million
- Chequered History
- Members approximate 15,000
- Clubs 115/150 swimming
- Funding 650,000 per year

Talent

January 2012



Strategic Direction



- The vision of Swim Ireland (from the Board and the CEO)
- “Swim Ireland will deliver competitive performances on the world stage”

Context



Main Objectives of HP Strategic Plan 2012-2016

To win a medal at World and/or Olympic Level

To qualify 6-8 pool swimmers on the FINA A standard, 1 relay & 1 open water swimmer for the 2016 Olympics

To deliver continued medal success at European Senior level

- To produce consistent finalists at European Junior level



WHY?



- 2020 Podium performances (12 swimmers qualify)
- This will help create sustainability
- **2016 : Conversion rates of 1:4**
- International success is required
- This means we will need 6-8 swimmers to qualify in Rio on our pathway
- In comparison to other smaller countries this is realistic.
 - Denmark and New Zealand



Current Status



- London



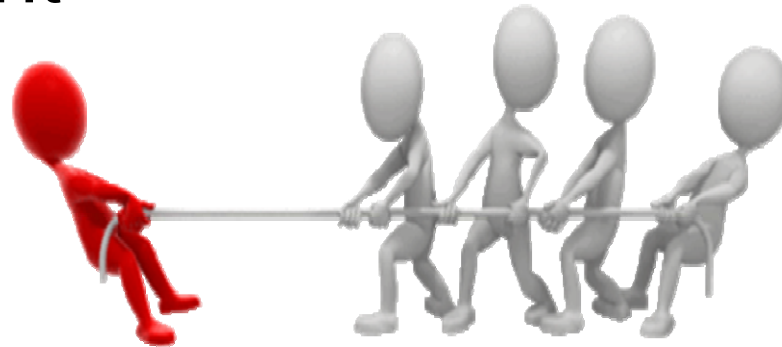
FINA A Qualifiers 4
(Increase since Beijing)

- 6 standards were set on the basis we had more than 6 swimmers that could potentially achieve these standards.

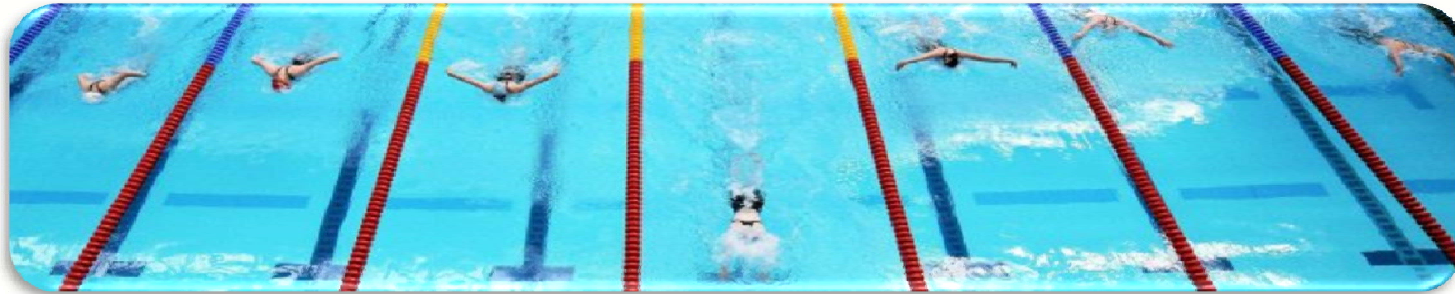
Challenges



- **No National System**
- Accountability
- Training Environment
- Personnel
- Overall Team Ethos
- Communications

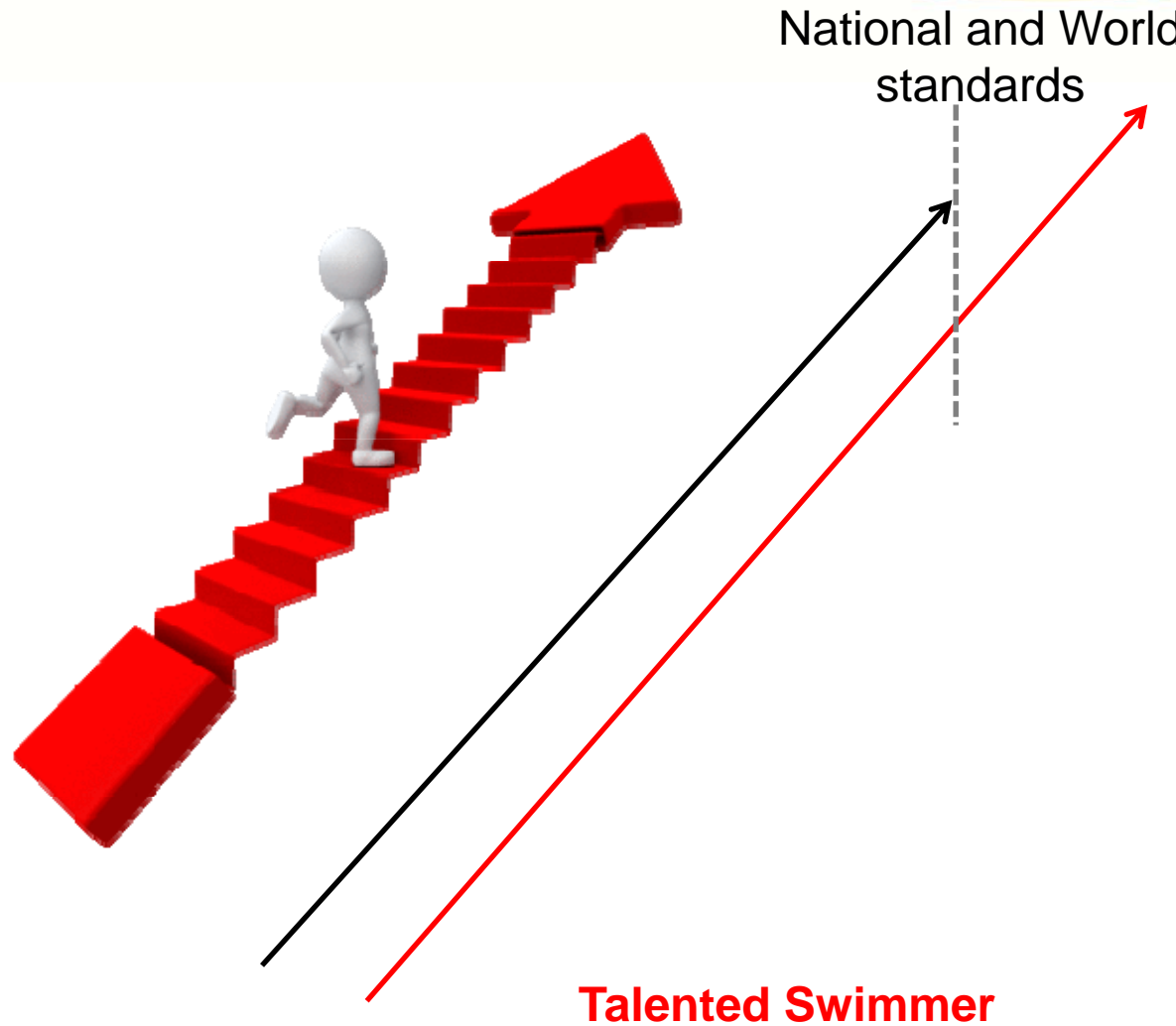


Rationale for Change

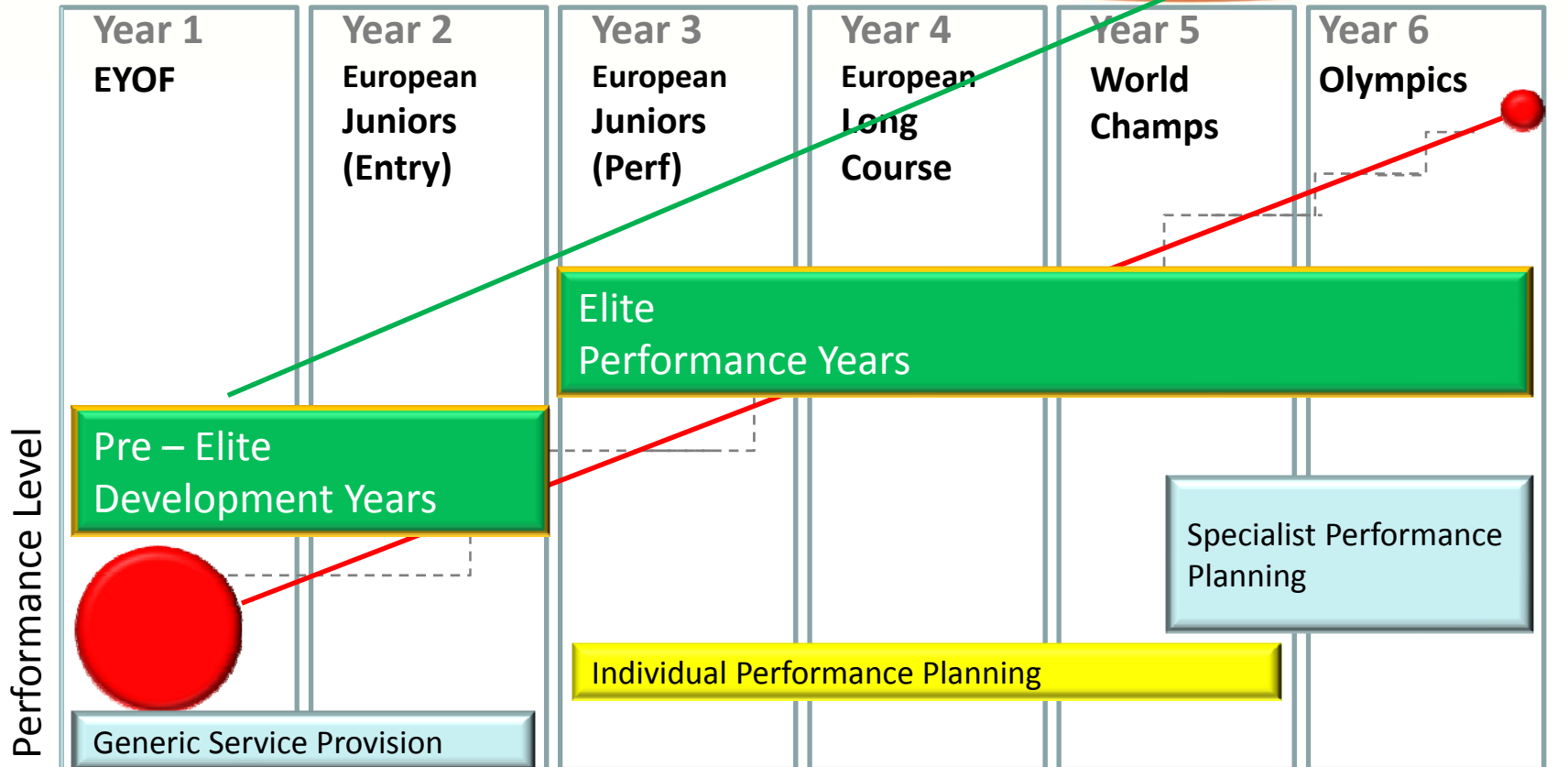


- We need to build Team Ireland and not simply a group of individuals seeking individual success
- We need to improve accountability at all levels of our performance pathway
- We need to manage the transition from junior to senior swimming much better
- We must achieve our goals within the financial constraints of our organisation

Pushing world standards and challenge



Athlete Talent Pathway



Time



Individual areas of support will have different service levels and peak/off peak times through the swimmers development.

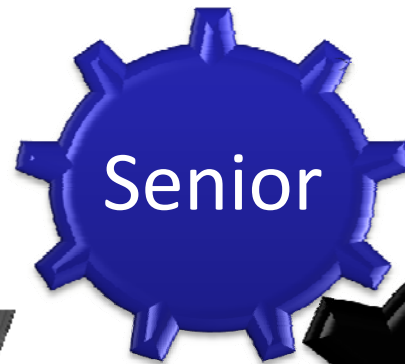


Priorities for 2012-2016



THE BIG CHANGE

**New
National
Structure**



Seamless progression





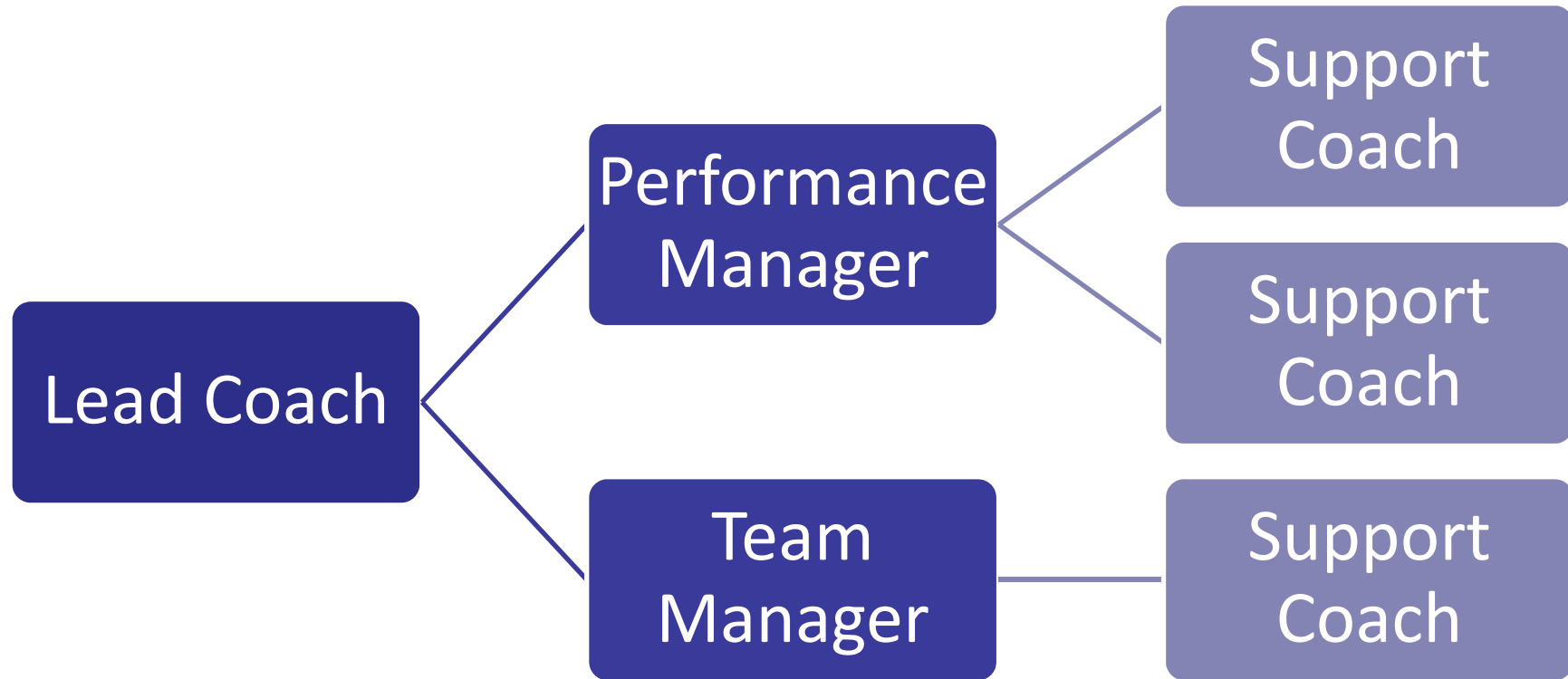
SWIM IRELAND NATIONAL SQUAD QUALIFICATION TIMES 2012/2013

		NATIONAL SENIOR SQUAD				NATIONAL JUNIOR SQUAD			NATIONAL YOUTH SQUAD		
MEN	2012	OPEN	1993	1994	1994	1995	1996	1997	1998	1999+	
	FINA A Times	FINA A +4%	FINA A +5%	2012 EJC	2013 EJC+2%	2013 EJC+3%	2013 EJC+6%	2013 EYOF+4%	2013 EYOF+8%	2013 EYOF+12%	
50 Freestyle	00:22.11	00:22.99	00:23.22	00:23.86	00:24.13	00:24.37	00:25.08	00:25.33	—	—	
100 Freestyle	00:48.82	00:50.77	00:51.26	00:51.77	00:52.48	00:52.99	00:54.54	00:55.45	00:57.59	00:59.72	
200 Freestyle	01:47.82	01:52.13	01:53.21	01:53.40	01:55.29	01:56.42	01:59.81	02:00.93	02:05.58	02:10.23	
400 Freestyle	03:48.92	03:58.08	04:00.37	04:00.74	04:04.64	04:07.04	04:14.23	04:16.22	04:26.08	04:35.93	
800 Freestyle	07:59.06	08:18.22	08:23.01	08:33.33	08:40.69	08:45.79	09:01.11	09:09.26	09:29.80	09:50.33	
1500 Freestyle	15:11.83	15:48.30	15:57.42	16:02.28	16:18.17	16:27.76	16:56.53	16:54.86	17:33.90	18:12.93	
100 Backstroke	00:54.40	00:56.58	00:57.12	00:58.69	00:59.28	00:59.86	01:01.61	01:01.76	01:04.13	01:06.51	
200 Backstroke	01:58.48	02:03.22	02:04.40	02:07.56	02:09.00	02:10.26	02:14.06	02:16.00	02:21.23	02:26.46	
100 Breaststroke	01:00.79	01:03.22	01:03.83	01:04.79	01:05.99	01:06.64	01:08.58	01:09.36	01:12.03	01:14.69	
200 Breaststroke	02:11.74	02:17.01	02:18.33	02:21.28	02:22.86	02:24.26	02:28.46	02:29.71	02:35.47	02:41.22	
100 Butterfly	00:52.36	00:54.45	00:54.98	00:55.81	00:56.70	00:57.26	00:58.93	00:59.48	01:01.77	01:04.05	
200 Butterfly	01:56.86	02:01.53	02:02.70	02:05.15	02:07.01	02:08.26	02:11.99	02:14.45	02:19.62	02:24.79	
200 I.M.	02:00.17	02:04.98	02:06.18	02:07.98	02:10.17	02:11.45	02:15.28	02:16.00	02:21.23	02:26.46	
400 I.M.	04:16.46	04:26.72	04:29.28	04:34.29	04:38.52	04:41.25	04:49.44	04:51.84	05:03.07	05:14.29	
WOMEN	2012	OPEN	1995	1996	1996	1997	1998	1999	2000	2001+	
	FINA A Times	FINA A +4%	FINA A +5%	2012 EJC	2013 EJC+2%	2013 EJC+3%	2013 EJC+6%	2013 EYOF+4%	2013 EYOF+8%	2013 EYOF+12%	
50 Freestyle	00:25.27	00:26.28	00:26.53	00:27.11	00:27.53	00:27.80	00:28.61	00:28.55	—	—	
100 Freestyle	00:54.57	00:56.75	00:57.30	00:58.15	00:59.04	00:59.62	01:01.35	01:01.39	01:03.75	01:06.11	
200 Freestyle	01:58.33	02:03.06	02:04.25	02:06.34	02:08.18	02:09.44	02:13.21	02:14.67	02:19.85	02:25.03	
400 Freestyle	04:09.35	04:19.32	04:21.82	04:25.83	04:30.45	04:33.10	04:41.06	04:47.34	04:58.39	05:09.44	
800 Freestyle	08:33.84	08:54.39	08:59.53	09:09.58	09:20.32	09:25.81	09:42.29	09:48.21	10:10.84	10:33.46	
1500 Freestyle	16:26.36	17:05.81	17:15.68	17:43.35	18:14.47	18:25.20	18:57.39	18:57.78	19:40.32	20:22.85	
100 Backstroke	01:00.82	01:03.25	01:03.86	01:05.82	01:06.49	01:07.15	01:09.10	01:09.57	01:12.24	01:14.92	
200 Backstroke	02:10.84	02:16.07	02:17.38	02:21.93	02:23.18	02:24.58	02:28.79	02:30.23	02:36.01	02:41.78	
100 Breaststroke	01:08.49	01:11.23	01:11.91	01:13.72	01:14.61	01:15.34	01:17.54	01:18.27	01:21.28	01:24.29	
200 Breaststroke	02:26.89	02:32.77	02:34.23	02:38.76	02:41.33	02:42.92	02:47.66	02:50.05	02:56.59	03:03.13	
100 Butterfly	00:58.70	01:01.05	01:01.64	01:03.10	01:04.14	01:04.77	01:06.65	01:07.37	01:09.96	01:12.55	
200 Butterfly	02:08.95	02:14.11	02:15.40	02:23.49	02:26.38	02:27.82	02:32.12	02:32.76	02:38.63	02:44.51	
200 I.M.	02:13.36	02:18.69	02:20.03	02:23.64	02:25.03	02:26.46	02:30.72	02:32.85	02:38.73	02:44.61	
400 I.M.	04:41.75	04:53.02	04:55.84	05:06.86	05:07.93	05:10.95	05:20.00	05:23.97	05:36.43	05:48.89	

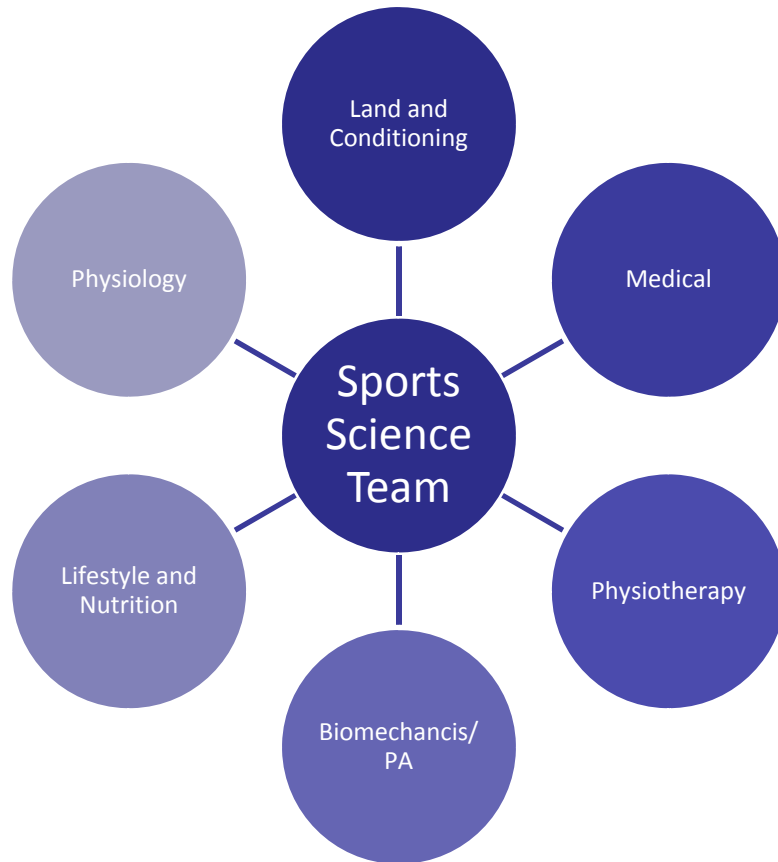


Talent

January 2012



Talent



- Partnership with IIS
- Holistic support of the athlete to develop the person as well as the athlete
- Competency driven
- Accountability through a new performance management system

Core Principles for the National Squad programme



- Full commitment and sign up is required
- Home coach buy in is required
- National team based philosophy is required
- Building of expertise will develop and we will contribute
- Increased time to develop the athlete – all round through increased contact time, water time, sports science support



Coach Benefits with a swimmer on the National programme



- Increased contact time for swimmer and coach
- Centralised sports science system for coach to access
- Depth of expertise increasing across coaching and sports science in line with LTAD
- Opportunities for you to develop as a coach
- Career development as a coach
- Coach support programme through centres
- Be a part of a Coaching teams
- Engage in performance help from the institute
- Access to Camps and competitions at a National level
- Increased communications with leading coaches across the pathway



Performance Centres



Performance Centres

- New centre opening in Bangor NI in March 2013 50mtr facility
- Regional centre just opened Galway 25mtr facility

Relationships



**THE
IRISH SPORTS
COUNCIL**

AN CHOMHAIRLE SPÓIRT



Institute of
Sport.ie
Believe. Perform. Achieve.





Successes to date and see you in Rio!

- 4 FINA A Standards at 2012 Olympic Games
- European Seniors
 - 2012: 7 Qualifiers (1 medal)
 - 2010: 7 Qualifiers (1 medal)
 - 2008: 5 Qualifiers
- European Juniors
 - 2012: 13 Qualifiers
 - 2011: 8 Qualifiers (3 medals)
 - 2010: 2 Qualifiers (1 medal)

