

Welcome

Hello and Welcome to the March/April Issue of the Swim Ireland E-Zine.

We have had an extremely busy 2 months in March and April with many events taking place across all of the Aquatic Disciplines

We are looking to include as much content as possible in our e-zines so if you have any aquatic discipline or club news please send it to pr@swimireland.ie. Our next issue will be published in June 2014.

UPCOMING EVENTS

June 26th—29th

Irish Age Group Division 2 ;
UL Sport, Limerick

July 16th—20th

Irish Age Group Championships
and Summer Open; NAC, Dublin

National Championships Round-Up

Congratulations to all of the swimmers, clubs, coaches and officials involved in the Irish Long Course National Championships at the end of April.

The four day event was a huge success with a number of notable performances from our top swimmers.

Brendan Hyland continued his good form with a new Irish Senior 200m Butterfly Record of 1:58.68 on the first day of competition.

On Day 2, Melanie Houghton broke the Irish 50m Butterfly Record posting a new time of 27.53 seconds in the heats and then lowered that time to 27.33 in the semi-finals.

Michael Dawson (50 Breaststroke), Curtis Coulter (100m Freestyle) and Jordan Sloan (50m Backstroke) all went under the nomination time for the Commonwealth Games in July.



Pictured: Brendan Hyland Tallaght SC on his way to breaking the 200m Butterfly Irish Senior Record



Pictured: Dearbhail McNamara (16) Westport SC qualified for European Senior Championships at the weekend

And, on the final day 16 year old Dearbhail McNamara, who had already qualified for the European Junior Swimming Championships, went under the European Senior qualification time for the 200m Breaststroke with a National Title winning time of 2:32.95.

A full list of qualifiers for Summer International competitions will be available in our next issue.

Full results and reports from the 4 days are available [here](#).

Photos from each day are also available on our [Swim Ireland Facebook](#) page.

Swim Ireland Awards 2014

Fiona Doyle was named High Performance Athlete of the Year at the Swim Ireland Annual Awards in the Strand Hotel, Limerick in April. Fiona had an outstanding year in 2013 with the highlight being a Silver medal win in the 100m Breaststroke at the World University Games in Russia in July.

A total of 17 Awards which celebrate and honour the fantastic work and outstanding accomplishments of Swim Ireland's athletes, coaches and volunteers were handed out on the night.

17 Junior athletes were also honoured on the night, they represented Ireland at European Junior Championships in Swimming and Diving and at the European Youth Olympic Festival in 2013.

The 2013 inductee into the Swim Ireland Hall of Fame was Mr Tony Farrell. Tony has been involved with Swim Ireland at various levels including Chairman and President over many years.

The final part of the evening saw Swim Ireland Chief Executive Officer Sarah Keane honoured for her tenth year in the position.

A full album of photographs from the night are available on the [Swim Ireland Facebook](#) page.

2013/2014 Swim Ireland Award Winners

Ulster Club of the Year Lisburn ASC

Munster Club of the Year Ennis SC

Leinster Club of the Year NAC SC

Connacht Club of the Year Tuam SC

Media Award David Kelly

Local Media Award Laois Nationalist

Club Coach of the Year Johnny Powell (Athlone SC)
(Sundays Well SC)

Club Athlete of the Year Iseult Hayes

Volunteer of the Year (Club) Mary Phelan (Seal SC)
Hillick (City of Derry ASC)

Volunteer of the Year (National) Eugene

Masters Outstanding Achievement Award

Declan Harte (NAC SC)

Water Polo Outstanding Achievement Award
(Half Moon WPC)

Tommy Kirk (Donegall ASC) & Ben Kealy

Open Water Swimmer of the Year

Chris Bryan (Ennis SC & UL Sport PC)

High Performance Coach of the Year

Paul Donovan (NAC Performance Centre)

Disability Swimmer of the Year

Darragh McDonald (UCD SC)

High Performance Swimmer of the Year

Fiona Doyle (Portmarnock SC)

Club of the Year

Ennis SC

Swim Ireland AGM & Congress 2014

The Swim Ireland AGM and Congress 2014 took place at the Strand Hotel in Limerick on Saturday 12th April. There was a fantastic turn out from our clubs with over 100 people in attendance on the day.

Delegates heard reports from Corporate, Child Welfare and Commercial Departments in Swim Ireland before voting on motions and elections took place.

Motions to introduce new areas of membership to Swim Ireland including Leisure and Special memberships were approved and will see a huge increase in the Swim Ireland membership in the coming years.



Pictured: Delegates at Congress 2014



Pictured: Incoming Swim Ireland President Anne McAdam (left) with past presidents Wally Clarke and Mary Phelan

Congratulations to Claire McGrath who was voted in as the new Swim Ireland Chairperson and to Anne McAdam who was elected by Leinster Swimming as the Swim Ireland President 2014-15.

Congress in 2014 was split in two parts, the first a presentation from Peter Smyth of the Irish Sports Council entitled “Keeping them in the Game”. The second part was a group session where delegates had discussions around the following areas—

1. The introduction of an inter club league
2. How best to facilitate the inclusion of new members (Leisure)
3. How best to facilitate the inclusion of new members (Special)
4. How do we keep members within the aquatics—transition between the disciplines

The date for AGM and Congress 2015 was also set for Saturday 18th April 2015.

Swim for a Mile Challenge 2014

Swim Ireland’s inaugural Swim for a Mile Challenge was a huge success with over 1,000 swimmers taking part in the five flagship centres from the 30th March—4th April (Leisureworld, Bishopstown; UL Sport, Limerick; Kingfisher Club NUI Galway; Bangor Aurora Leisure Centre; NAC, Dublin)

Our thanks go to the Coca Cola Thank You Fund and Matt Cooper and “The Last Word” for their fantastic support of the event.

We are looking forward to an even bigger and better event in 2015!



Child Welfare Update

“It’s our game, not yours”

We showed a video at the AGM showing young people talking about their sport and describing how they find certain adult interactions upsetting and, to quote their words, “embarrassing”. Everyone listened and heard the message from the young people. You too can do this in your club; it doesn’t need to be on camera! Young people have much to say about their sport and listening to their views is the best way to find out what they think and what works for them.

[“My Magic Sports Kit”](#) Video

(Acknowledgment to the Child Protection in Sport Unit of the NSPCC for the production of the video).

Working on policy with young members

We also mentioned at the AGM the work being done with young people in clubs around the country to influence some of the policies being updated this year. The first of these will be the new Anti-Bullying Policy – so expect to see some updated information sent out shortly. This will be sent to all Club Children’s Officers so please make sure their addresses and emails are correct on our membership system.

Children First Legislation

You may have heard in the news about the release of the latest draft of Children First Bill 2014 from the Department of Children and Youth Affairs. This is somewhat different from the Children First 2012 Heads of Bill Swim Ireland commented on to the Joint Oireachtas Committee on Health and Children two years ago. We will keep members updated when necessary with any proposed changes needed in light of this legislation. If you have any comments or queries on this please contact the National Children’s Officer.

ASCA Clinic a Huge Success



The American Swim Coaches Association (ASCA) and Swim Ireland collaborated together to host a Level 2 Stroke School in Dublin on 30th March 2014. This one day event was delivered by ASCA CEO John Leonard and had a tremendous turnout with over 170 teachers, coaches, and tutors in attendance.

John Leonard discussed and examined all four swimming strokes, engaging both teachers and coaches on how best to technically develop an athlete regardless of their level. The group were provided with some valuable swimming drills which are key to the technical improvement of the stroke, and

were also presented with methods of application of these skills and drills by coaches and teachers. All those in attendance received five CPD points for the day.

Swim Ireland would like to thank the ASCA for their contribution in making the Stroke School so successful, and looks forward to working in conjunction with the ASCA again in the future.

Want to know more about Swim Ireland’s Education Programmes?

Follow these 4 easy steps—

1. Go to www.swimireland.ie
2. Click onto the Education and Development section which is in Red
3. The different Education Sections are on the left side of the page
4. Scroll down the list onto the section required to progress further

Water Polo—Irish Senior Cup 2014

The Irish Senior Cup returned to Ulster for the first time in more than 20 years to be held in the fantastic new facility in Bangor, County Down

2014 saw 8 Men's teams and 6 Women's teams taking part, with teams drawn in groups of 4 and 3 respectively. After some very competitive round robin games on Thursday and Friday the following Semi-Final clashes were held on Saturday Morning:

Women's

Cathal Brugha 11 v 4 Donegall Diamonds; St. Vincent's 26 v 4 Guinness

Men's

Half Moon 14 v 10 North Dublin; St. Vincents 11 v 8 Cathal Brugha

This resulted in the following Finals:

Women's

St. Vincent's v Cathal Brugha 6 : 5

Men's

Half Moon v Cathal Brugha 15 : 14 (After Penalty Shoot out)
11 : 11 at Full Time

In the Women's Final St. Vincent's took an early lead through a Penalty from MVP Lisa Kelly and maintained the lead all the way to the final whistle. However, Cathal Brugha chipped away at the lead and with 2 minutes to the end of the game fought back to one goal behind. But try as they did they were not able to score again before the final whistle. St. Vincent's retained the trophy for their third consecutive Irish Senior Cup Title.

Ladies Team of the Tournament:

Orla Mahon, Lisa Kelly (MVP), Roisin Baker, Mairead Baker, Laura Murphy (All St. Vincent's), Saskia Weikes and Orla Monaghan (Cathal Brugha).

The Men's Final proved to be an even closer contest finishing tied at 11 goals each and resulting in a penalty shoot out to decide the outcome. Half Moon took an early lead in the first period and then both teams exchanged goals with Half Moon maintaining a 2 goal lead until the middle of the final period when Cathal Brugha scored the equalising goal with little more than a minute remaining. Both teams had 2 further attacks each but neither could find the back of the net to win and so a penalty shoot out would decide the winners. With both keepers saving one each, Brugha stepped up to take the last of their penalties which was saved by Half Moon keeper Patricio Masip, Mark Fitzgerald then stepped up to take Half Moon's final penalty and "calmly" converted to retain the Irish Senior Cup for Half Moon.

Men's Team of the Tournament:

Johnny Donnelly (MVP), Johny Kirk, Chris Hodgkinson (All Cathal Brugha), Eoin Nolan (St. Vincent's), Shane Moraghan, Jozef Kreszak & Mark Fitzgerald (All Half Moon)

Masters Swimming

As we spring into the summer season, here's a quick look back on the goings on in the world of Masters, both in and out of the water.

World and European Rankings for Irish Masters –

March saw the publication of the eagerly anticipated [FINA](#) and [LEN](#) Masters 'top ten' lists for 2013. They did not disappoint as 11 Irish individuals were World ranked, and 24 swimmers achieved European classifications.

Masters Outstanding Achievement Award 2014 –

this year it went to Declan Harte, NAC Masters, for his ongoing participation and dedication to the development of Masters swimming on the island.



As well as being present at most galas, Declan is also ever present at open water swims during the Summer season and has served on the Masters committee for many years. Not a bad Backstroker either!

Also in April Kingdom ran the successful Munster Masters swim meet on the 5th of April in Tralee.

While many of you were 'resting', Masters finished off the month with a long-course relay gala and training event at the NAC on 27 April. This was the perfect use of the Nationals 'downtime'.

The final **Masters Freestyle Clinic** was held in Tuam, Connaught on the 10th of May. The Masters Committee are now preparing for the next batch of provincial clinics which will be rolled out in late 2014/ early 2015.

Following last year's success, **Aer Lingus Masters** hosted a Sunday competition on 18 May.

Some 20-plus Irish Masters are competing in the British Masters in Swansea 13-15 June.

Montreal Calling - We've passed the 100 day countdown to the start of the 15th FINA World Masters Championships which are expected to attract thousands of competitors from around the globe. Individual entries close on 1st June.

Committee Updates - The Chair for 2014/15 is Declan Harte, while Carol Cashell is the Secretary. The committee is joined by Orla Houlihan for the Munster Region.

Keep in touch

Web: www.irishmastersswimming.ie

Email: irishmastersnews@gmail.com

Twitter: [@SwimIrlMasters](https://twitter.com/SwimIrlMasters)

Results are available online through the Irish Masters Swimming website.

Diving

International Youth Diving Meet – Dresden, Germany 24th – 27th April 2014

Athletes from 26 Nations attended the 4th annual International Youth Diving Meet in Dresden Germany Over the last weekend in April, the largest European Junior elite event outside of the European Junior Championships. The event attracts top diving nations including diving giants Australia and Canada into what for most euro nations has become the selection trials event for the European Junior Diving Championships ensuring a tough field of competition.

Ireland's Natasha MacManus competed in all 3 disciplines in the Girls Group A age category scoring 309.65 in the Girls A platform event, 320.00 in the Girls A 1m event and 360 points in the Girls Group A 3m event, a new international PB securing her European Junior Diving Championships qualification entry for June in Bergamo, Italy.



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Website: www.swimireland.ie

The next Swim Ireland newsletter will issue in June 2014. In the meantime, if you or your club have an interesting contribution for the Swim Ireland website or newsletter, please forward it to Trish Mayon: pr@swimireland.ie