

ACTIVE FOR LIFE

Swim Ireland as the National Governing Body for swimming, water-polo, diving and associated aquatic disciplines in Ireland aims to foster and develop these disciplines, both competitive and otherwise and to promote the development of physical and social qualities that come from swimming and associated sports for all ages.

With some of the health problems in today's society, sport, particularly swimming has been noted as one of the most accessible and enjoyable methods for combating these problems. Also it introduces a sense of achievement and independence for many people especially older adults. Therefore the benefits to be gained from participation in the different disciplines are varied and can be gained by individuals of all ages from babies to grandparents.

PHYSICAL

- Child development and learning
- Weight control
- Tones and builds muscle
- Ideal for elderly and as a means for injury rehabilitation as it is a non-weight bearing activity
- Swimming is the only sport that uses every muscle promoting weight loss and improved fitness

PSYCHOLOGICAL

- Improves self image, confidence and self esteem
- Provides a pathway to reduce stress and tension
- Alleviates anxiety and depression

HEALTH

- Improves blood cholesterol and blood pressure levels
- Reduces the risk of heart disease
- Boosts energy levels
- Also has many benefits for pregnant women, (however care must be taken for stage of pregnancy.
- Prevents bone loss, e.g. osteoporosis, which is most prevalent in women
- Beneficial for those with diabetes

PSYCHOLOGICAL

- Opens a doorway to social interaction with people of the same age and gender.
- Provides an outlet to share family activities
- Provides a sense of achievement and personal development

To introduce and make swimming more accessible, Swim Ireland has developed an Adult Learn to Swim (LTS) Programme, which is soon to be followed by a So Swim Programme. The aim of the Adult Learn to Swim programme is to encourage beginners to develop and learn new skills in a fun social atmosphere and to entice adults to return to the swimming environment. The "So Swim" programme is a follow on programme for adults who would like to continue with their swimming following their completion of the LTS programme. To include the younger generation and maintain the importance of being active for life, we are also developing a Children's Learn to Swim Programme which is due in 2008.



Retention

THE WAY FORWARDS:

Currently within Swim Ireland, there is a need to review and develop all current systems relating to education and development to allow for a swimmer/child centred approach adhering to LTAD principles. Initially, there are key areas which will require increased focus and attention of our efforts in relation to changing practice. These are:

- Teacher and Coach Education programmes and the development of a new coaching pathway
- The development of Learn to Swim Programmes/Awards schemes
- The development of a Team Management Education programme
- Key officer and Official Education Programmes
- The development of programmes and initiatives such as the Retain and Keep Programme
- Development of National Competitions
- To devise and implement a regional and club accreditation and development programme
- Development programmes for all disciplines

Swim Ireland will see some important changes to ensure that these principles are adhered to and that they are a prominent feature of all the work that SI will be undertaking.

Swim Ireland will have to make some difficult decisions in terms of changing current practise to those that we wish to aspire to. The membership and future membership need to have a clear and informed understanding of why our programmes will be changing and developed in this particular way.

OUTCOMES

The swim Ireland aquatic pathway incorporating LTAD principles not only provides us with the platform to assess our focus and direction, but it will help:

1. To establish a clear swimmer development pathway

2. To identify gaps in the current swimmer development pathway
3. To realign and integrate the programmes for developing swimmers and swimming in Ireland whilst making a significant contribution to all aquatics.
4. To provide a planning tool for coaches and administrators and all those developing the aquatics within Ireland, based on scientific research
5. To guide planning for optimal performance
6. To establish strategic direction
7. To clarify roles and responsibilities
8. To keep it simple and real for our aquatic athletes

The pathway will help Swim Ireland to provide a swimming development framework for all organisations that provide and facilitate swimming programmes in order for young people to achieve the best swimming experience possible.

Swim Ireland will also aim to provide guidelines that will give our swimmers the technical, tactical, physical mental skills and abilities necessary for achieving excellence on the world stage.

The value of the pathway will be clear and the whole aquatic community can use it to examine current practices and make changes that allow the principles to be applied effectively at local, regional and national levels

CONCLUSION

LTAD is an important planning tool because; It is core to all we do; The newly devised Swim Ireland Aquatic Pathway based upon these LTAD principles is swimmer centred; It is based on sound educational principles of growth and development; It provides a simple and workable framework for all swimming providers and implementers and it provides guidelines for success on the world stage.

“The task is not to do something dramatic to please people in the short term. It is to establish the structure for long term success”

Aquatics For Life

THE RECIPE FOR SWIMMING SUCCESS



- ➡ Desire
- ➡ Determination
- ➡ Dedication
- ➡ Skills Talent

**RIGHT PERFORMER +
RIGHT COACH +
RIGHT ENVIRONMENT =
INCREASED SUCCESS**



THE IRISH CELTIC TRI-NATIONS TEAM 2007



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For education and development initiatives or further information with regards to the Aquatic Pathway please contact us at the above contact details and we will endeavour to answer your questions as best we can.

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Retention

Training to Win

Training to Compete

Training to Train

Swim Skills

Fundamentals

Aqua Babies

Aquatics For Life

Swim Ireland
excellence through teamwork