

While we are awaiting discussion and verification from the new Swim Ireland Head Coach and National Performance Director, the Munster Regional Squads will operate based on the National Squad times from 2015-16 season, and in the case of Munster Development Squad will operate based on the QTs for IAG Division 1 standards 2016. It is important to note that there may be new Regional qualifying times set after Christmas. If this occurs swimmers will have to re-apply for Munster Squad places early 2017.

Munster Regional Squads 2016-2017

The Munster Regional Squads' Training days will take place on the following dates:

Sunday 16th Oct ,2016 **Session Completed**

Sunday 23rd Oct,2016 **Session Completed**

Sunday 6th November,2016 **Session Completed**

Sunday 11th December,2016 **Session Completed**

Sunday 29th January, 2017 **1st Session of new Munster Development Squad**

Sunday 26th February ,2017

Sunday 6th March, 2017

Sunday 7th May ,2017

Sunday 11th June, 2017

Squad Day arrangements will be as follows (may be subject to minor change):

Poolside: 7.45 am

Pool Session: 8.00 am – 10.00 am (10 lanes).

Break: 10.00 – 11.00 am

Talk/ Dryland: 11.00 am – 12.30 pm

Poolside: 1.30 pm

Pool Session: 2.00 – 4.00 pm (3 lanes)

Finish : 3.30 - 4.00 pm

Please note:

- ❖ Swimmers must bring all necessary swim equipment, snacks and drinks.
- ❖ **We would encourage clubs to send a club coach / chaperone. All coaches are welcome to observe and provide input to these sessions whenever possible.**

The aim of these sessions is to:

- ✓ Provide access to LC training
- ✓ Provide extra training for dedicated club swimmers who have attained national standards.
- ✓ Provide an opportunity for the best swimmers in the Region to train together
- ✓ Motivate swimmers to aspire to National Squad qualification and beyond.
- ✓ Educate swimmers with regard to technique, training and lifestyle.
- ✓ Introduce swimmers to land based training which can be followed at home.
- ✓ Provide opportunities to participate at galas and training camps as a group.
- ✓ Provide coaches with opportunities to meet, interact and learn from each other.
- ✓ Improve the overall standards within the Munster Region.
- ✓ Swim Ireland training courses for all club members will also be held on some of the days.
- ✓ Develop a positive attitude towards aquatics and long term involvement.

Qualification Criteria

Swimmers must have reached the qualification standards as outlined below.

QTs have been set as a % of National Squad times, as follows:

Munster Senior Squad -	+ 3% of National Squad Times.
Munster Development Squad -	2016 IAG Division 1 QTs per current age/year.

***N.B.**

Munster Development Squad is strictly limited to swimmers who were born from **2002 – 2006** inclusive, and who currently hold IAG Division 1 QTs for the age group in which they will compete at this season's IAG Summer Open and Championship. Any swimmer born before or after these years will not be considered for this squad, regardless of any times they currently hold. All times must have been achieved in open competition since June 2016.

If a swimmer in Development Squad achieves a qualifying time for the Munster Senior Squad (+3%) they may move across to that squad provided their year of birth is **2002 or 2003 only**. Swimmers born in **2004 – 2006** must remain in Development Squad until they have reached the desired levels of physical and cognitive maturity, in accordance with Swim Ireland's Long Term Athletic Development pathways.

Attendance at training days:

1. Only swimmers who have submitted the formal application / payment may attend.
2. Forms must be approved by Munster Recorder before you can attend.
3. **No forms will be accepted on the day**
4. Clubs must submit the names of their swimmers and coaches/chaperones who are attending any squad training day to munstersquad10@gmail.com on or before the Monday preceding the specific squad date.
5. Only swimmers submitted by their clubs will be admitted.
6. **Clubs who are sending swimmers should nominate a coach to help for the day.** Naming parents / chaperones will also be a great help in ensuring Swim Ireland guidelines are adhered to.

Application Process & Membership fee:

The official application form must be fully completed and forwarded to the Munster Honorary Recorder, Ms. Margaret Fouhy, at the address below for verification.

The required membership fee must also be attached.

Squad members must pay a **membership fee of €50.00** from now till end of the 2016/17 season for current squad members (Full and Development Squads). Cheques should be made payable to the *Munster Region, Swim Ireland* and returned with the completed squad application form to:

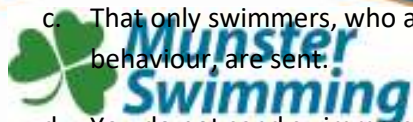
Hon. Munster Recorder,
Ms Margaret Fouhy,
Lisnagourneen,
Castletownroche,
Mallow,
Co. Cork.

It is hoped that clubs will support coaches / travelling to help and their swimmers.

Most Important:

Clubs / Coaches are responsible for ensuring:

- a. Swimmers are in good health and injury free.
- b. Swimmers meet the required qualification.



- c. That only swimmers, who are fulfilling all club requirements, including attendance at training and behaviour, are sent.
- d. You do not send swimmers to further sessions if they miss home training due to attendance at any squad day.

Proposed Events: More info to follow

Munster Squad Gear: Squad members will be provided with team gear.