



WSI Life Saving Squads - Proposal

3 x Regional Squads

Aim: Pool and surf skill development. Requirements for progressing. Learn how to train.

Membership: 30 max- strictly (15 males + 15 females).

Age Groups: 11-14 yrs of age on Jan 1st.

Selection: Top points from pool and surf in each region. Must have scored in both regional pool and surf competitions from preceding year. If points are level for places, the athlete with the most top finishes will be selected.

Must be involved in an annual training programme (swimming, athletics, triathlon, canoeing)

Events:

4 x Regional squad days (2 x 25m pool and 2 surf). All take place on same days at selected venues and will follow a training plan outlined by the National coach.

1 x combined training day

2 x inter regional "fun" competitions. (Alternating pool and surf)ie mini league.

1x British championship event- possible.

Irish Regional and National events.

Expected:100% attendance

Gear: Regional hats and t shirts

Coaches: 1 x Regional coach. (Experienced past competitor with Instructors or Swim Coaching Swimming Level 1 Award.

2 x Assistants per squad day. (Assistants must have completed the intro to Coaching LS module or be an IWS Instructor or have at least a Level 1 Coaching qualification).

+ Guests - past or current top competitors or specialists.

Note: Current Senior / Youth Squad members will be required to attend and help on at least one regional squad day.

Cost :€100 pp. Competition costs will be in addition to this.

National Youth Squad

Aim: Continue pool and surf skills development. Learn how to compete.

Membership: 24 maximum (12 male + 12 female).

Age Group: 15- 18 yrs of age on Jan 1st.

Selection: Top points from pool and surf. Must have a minimum of two top three finishes at Irish Nationals events. If points are level for places, the athlete with the most top finishes will be selected.

Must be involved in an annual training programme (swimming, athletics, triathlon, canoeing.

Must have access to competition gear.

Events:

4 x National Squad days (2 x pool - at least one in a 50m pool - and 2 x surf)

1 x British championship event.

2 x Irish National events (pool and surf).

1 x training camp (pre championship event - pool and / or surf - possibly)

International events if selected.

Current youth squad members will be required to attend and help on at least one regional squad day.

Coaches: 2 x Coaches (Must hold the IWS intro to Coaching LS module and be experienced past competitors or Instructors with a proven record of coaching experience or Have at least a Level 1 Coaching Swimming qualification).

2 x assistants per squad day. (Assistants must have completed the intro to Coaching LS module and be an IWS Instructor or have at least a Level 1 Coaching Swimming qualification or be experienced international competitors).

+ Guests - as above.

Cost :€100 pp. Away training camp and competition will be in addition to this.

National Senior squad

Aim: Compete at highest levels. Add to training and lifestyle knowledge.

Membership: 16 maximum.(8 male + 8 female)

Age: 17 yrs of age plus. (Very talented 16yr olds may be included after a formal request to the Sports Commission).

Selection: Must be a top 3 finisher in at least 5 Senior events at the Irish National competitions.

Must have 3 specialist events (top 2 finishes) and be able to participate in or support pool/surf events.

Must be involved in an annual training programme (swimming, athletics, triathlon, canoeing).

Must undertake at least one life saving specialist session per week.

Must have access to competition gear.

Those with a strong international cv (ie A finalists in at least the European championships will be considered after formal application to the Sports Commission).

Events:

5 x 1 day camps (50 m pool)

Irish National pool and surf championships.

1 x British championship event.

1 x Another event abroad.

1 x Foreign training camp (pre championship events - pool and / or surf)

International selections.

Senior Squad members will be required to attend and help on at least one regional day.

Coaches: 2 x Coaches (Must hold the IWS intro to Coaching LS module and be experienced past competitors or Instructors with a proven record of coaching experience or Have at least a Level 2 Coaching Swimming qualification).

2 x assistants per squad day. (Assistants must have completed the intro to Coaching LS module and be an IWS Instructor or have at least a Level 1 Coaching Swimming qualification or be experienced international competitors).

+ Guests - as above.

Cost :€100 pp. Camp and competition will be in addition to this.

The above will be managed by the National Coach, assisted by the national squads administrator.

They will report to the IWS Sports Commission in situ.

In addition to the criteria for personnel to be involved with the squads, everyone must be full members of IWS and conform to the following legal obligations:

- Have a current Child Protection certificate.
- Have undergone the process of Garda vetting.