

ADDITIONAL INFORMATION

- **Disability** – The Hume building is equipped to cater for different needs and requirements and is accessible to people with disabilities. On the South campus accommodation rooms are also accessible and this should be mentioned when booking a room with the conference team. If you have any particular requirements e.g. dietary, person for sign language, wheelchair access etc. please contact a member of Swim Ireland.
- **Conference Packs** – Each delegate will receive a pack containing information on the seminar and Swim Ireland projects.

LOCATION & VENUE

Maynooth University has proven to be an excellent location with all the necessary facilities for a successful conference. The conference will be taking place on the North campus amid the surroundings of Georgian and neo Gothic buildings. Swim Ireland will be using the modern lecture facilities in the John Hume Building. There will be ample car parking for delegates in close proximity to the lecture hall.



ACCOMMODATION

Swim Ireland has negotiated rooms at great discounted rates on the South campus. There are a select number of suites and en-suites available in the heritage buildings including Stoyte House (built in the 1790's as home to the Duke of Leinster's steward). Set amid peaceful gardens and located in the the Georgian and neo-Gothic buildings, college rooms offer a choice of standard, single, twin and double rooms with views over some of the finest features on the campus including St. Joseph's square, the Bicentenary Garden and the Geraldine Castle. Room rates range from €20 (sharing) and €24 (single) for standard college rooms. To book or enquire in regards to this accommodation please contact Maynooth campus conference and accommodation directly.

Contact number: +353 1 7086200 **Email:** front.desk@nuim.ie **Website:** www.maynoothcampus.com

Please ensure you quote "Swim Ireland" when you confirm bookings to ensure you get a discounted rate.

If you would prefer to stay in hotel accommodation situated very close by Maynooth then consider
The Straffan Court Hotel.

Room rates range from €70 (single) to €80 (twin) with triple rooms available on request also.

Contact number: +353 1 628 5002 **Website:** www.straffancourthotel.ie

TRAVEL

The historic Maynooth campus is situated just 24km west of Dublin on the M4. To plan your route via car we suggest that you use the link to the AA route planner. You can access this at www.theaa.com. Then you select the route planner option, and the Ireland option. For very detailed information on how to get to Maynooth University via plane, train, bus or car and for information on parking facilities then go to www.nuim.ie/location or contact the university using the above details.

FOOD

New Maynooth Conference Catering will be providing tea and coffee for all delegates which is included in the Conference fee. Lunch will also be provided for delegates on both days. Lunch will be served in the University Restaurant on North Campus on day 1 of the Conference and Pugin Hall on South Campus on Day 2.

NATIONAL AQUATIC CONFERENCE

SATURDAY 13TH & SUNDAY 14TH OCTOBER 2007
N.U.I. MAYNOOTH, CO, KILDARE

*The One You've All
Been Waiting For!*

SWIM IRELAND IS PROUD TO PRESENT:

MARTYN WOODROFFE

Martyn was a silver medalist in the 1968 Mexico Olympic Games and a silver and bronze medalist in the 1970 Commonwealth Games. He is currently the National Coaching Coordinator for Welsh Swimming and has worked in many roles including Director of Swimming for the Scottish Amateur Swimming Association.

CONOR OSBOROUGH

Conor represented Ireland internationally at junior, youth and senior level in swimming. He has worked with British Swimming, providing biomechanics and physiology support services to swimmers. He currently lectures in sports biomechanics at Nottingham Trent University and provides a biomechanics support service to Swim Ireland's 2012 Team.

ADRIAN BIRRELL

Adrian Birrell hails from the eastern cape of South Africa and was the Irish National Cricket Coach, from April 2002 until his recent retirement, after successfully leading Ireland to their first World Cup competition in the West Indies in 2007. In his earlier coaching career he also coached the South African under 19 team on a tour of the West Indies in 1992.

RICHARD GORDON

Richard Gordon is the Director of Coaching and Development for Scottish Swimming responsible for establishing Scottish Swimming as a training agency to deliver UK Coaching Certificate qualifications. He was also an international swimmer, coach and has been involved in sports development for the past 20 years.

JENNY GRAY

Head of Sports Development, Coaching and Management at Oxford Brookes University. She has been involved in aquatics since the early 1960s. She is chair of the ASA synchronised swimming committee and a member of the LEN TSSC. As an international judge she has judged at 2 World Championships and the Athens Olympic Games. She is involved in lecturing for the FINA development programme. She was involved with Istvan Balyi in writing the LTAD document for synchronised swimming for Sport England.

Plus Other Guest Speakers

*Last years conference was sold out in a matter of weeks.
This one is going to be better so don't be disappointed,
be part of this exciting event and.....*

ENROL TODAY!

DAY PLANS

**SATURDAY, 13TH OCTOBER 2007
COACHING THEME**

TIME	SPEAKER	TOPIC
8:30 – 9:30	Registration	Registration in the Foyer of John Hume Building, North campus
9:30 – 9:45	Charlotte Parker Bob Nixon – President Swim Ireland	House Keeping Issues Official Welcome
9:45 – 10:55	Richard Gordon	Long Term Athlete Development Principles(Focused on club development through to elite athletes)
10:55 – 11:15	Keith Bewley	High Performance review. What is next for 2008
11:15 – 11:45	Tea/Coffee break	Tea/Coffee Break
11:45 – 12:45	Martyn Woodroffe	What can we learn from Welsh swimming. Development of the club, region and High Performance squads
12:45 – 13:00	Liz Reid	Paralympic swimming and closer links with clubs
13:00 – 13:20	Earl McCarthy	What can we learn from Sweden
13:20 – 14:30	LUNCH	LUNCH
14:30 – 15:45	Conor Osborough	Biomechanics for coaches (Development across the LTAD pathway)
15:45 – 16:00	Irish Swimming Coaches Association	What is next for Irish coaches
16:00 – 16:20	Tea/Coffee Break	Tea/Coffee Break
16:20 – 17:30	Adrian Birrell	Aspiring for Success – sustainable competitive advantage
17:30 – 18:00	Panel Discussion	Open Questions & Answers forum
19.30	Conference Dinner and Awards Ceremony	

**SUNDAY, 14TH OCTOBER 2007
TEACHING THEME**

TIME	SPEAKER	TOPIC
8:30 – 9:30	Registration	Registration in the Foyer of John Hume Building, North campus
9:30 – 9:45	Charlotte Parker Bob Nixon President Swim Ireland	House Keeping Issues Official Welcome
9:45 – 10:45	Jenny Gray	Long Term Athlete Development (FUNdamentals and developing the athlete across the Aquatic Disciplines)
10:45 – 11:00	2012 squad captains	Creating role models for young athletes
11:00 – 11:30	Tea/Coffee Break	Tea/Coffee Break
11:30 – 12:45	Conor Osborough	Biomechanics for teachers (swim skills)
12:45 – 14:00	Lunch	Lunch
14:00 – 15:30	6 Workshops (See Overleaf)	* See Overleaf
15:30 – 16:00	Tea/Coffee Break	Tea/Coffee Break
16:00 – 16:20	Charlotte Parker	Education Update/UKCC
16:20 – 17:20	Martyn Woodroffe	Changing attitudes - focus on Training to Train (suitable for teachers and coaches)
17:20 – 17:30	Closing Remarks	Closing Remarks

The timetable may be subject to change - please check Swim Ireland website www.swimireland.ie closer to the event and check packs on arrival.

- Please note that although the general times will not change, the official agenda including order of speakers will be issued to each delegate on the day of arrival.
- Numbered certificates will be issued on receipt of a post conference evaluation form. These numbered certificates may count as part of collecting Continuing Professional Development (CPD) credits for future licensing.

WORKSHOPS

6 WORKSHOPS:

- A. Tutoring Workshop:** This workshop is designed to provide currently qualified and in training Swim Ireland tutors with some new ideas
- B. Martyn Woodroffe:** The development of Butterfly from learn to swim to the competitive swimmer
- C. Keith Bewley:** Developing starts from novice to Olympian
- D. Conor Osborough:** Stroke analysis for the club based coach
- E. Jenny Gray:** Integrating Aquatic Disciplines into Learn to Swim programme
- F. John Fox:** Integration of athletes with disabilities into mainstream aquatic activities

Each Workshop is 35 minutes long with a change over of 15 minutes. All attendants will select 2 workshops they wish to attend and put them in order of preference on the registration form.

REGISTRATION FEES

BOTH DAYS:

ASTCI / IoS / BSCTA Members €120/£80 Non Members €190/£125

SINGLE DAY FEE:

ASTCI / IoS / BSCTA Members €75/£50 Non Members €130/£90
(Registration No. must be provided)

Conference Dinner €50/£35

(Price Includes Lunch and CPD Certificate)

CONFERENCE DINNER & AWARDS CEREMONY

On Saturday evening, Swim Ireland will host a conference dinner and awards ceremony. A special guest speaker will host the dinner and present the awards. Tickets for the conference meal and awards ceremony will be €50. We would encourage you all to come along and meet up with old and new friends and enjoy the evening.