

Lisburn City Swimming Club



Age Group Squads Information Evening

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- Dave Stronge - Head of Development, Age Group 1 Lead Coach
- Paige McKeown - Age Group 2 Lead Coach
- Squad Lead Coaches and Assistants
- Structure
- Galas / Swimming Meets / Competition
- Equipment
- Club Contacts
- Questions

Dave Stronge - Head of Development Age Group 1 Lead Coach



DS - Swimming Career

- Learnt at Templemore ASC (East Belfast), started aged 8.
- Moved to New Northern ASC aged 15 (now City of Belfast SC).
- Senior achievements,
Ulster Championships, 5 individual bronzes, 2 relay silvers and a bronze.
Irish Nationals, individual silver and 12 other finalist placings plus 3 relay silvers.
- World Police and Fire Games 2009 - Gold, Silver and Bronze Medals (Northern Ireland Prison Service)
- Member of Ulster Squad from Feb 2008 to March 2010.

DS - Coaching Career



- Started with learn to swim for CoB aged 15 as a volunteer helper / assistant.

Gain ASA level 1 teaching qualification aged 16. ASA level 2 aged 18.

- Teacher / Coach for CoB for 10 years.
- Level 3 June 2013.
- Moved to Larne Oct 2010, part of senior coaching team.
- Started with Lisburn SC Jan 2017.
- Head of Development Sept 2017

Paige McKeown

Lead Coach Age Group 2 Squad

- A member of Lisburn City Swimming Club for over 15 years, learn to swim member, competitive swimmer, teacher and coach.
- SI Level 2 Teacher
SI Level 2 Coach
- Starting volunteering as a teacher at 16 years old with the learn to swim programme, then moved to lead coach of Development 1 Squad and now lead coach for the Age Group 2 Squad.
- Currently studying and living in Coleraine at the University of Ulster Studying Geography in my final year.
- SU Skills Academy Coach.

Age Group Squads - Lead Coaches

- Age Group 1 Squad,
Lead Coach - Dave Stronge
Assistant Coaches - Agneiszka Wysocka (Tues, Wed, Thurs + Sat)
- Claire Alison (Wed)

Age Group 2 Squad,
Lead Coach - Paige McKeown
Assistant Coaches - Dave Stronge (Mon + Fri)
Konstantin Marfunin (Sun)
Agneiszka Wysocka (Tues)
Jamie Alison (v) (Sun)

Age Group Squads Training Times

- Age Group 1 - Monday 0600-0730
Tuesday 1845-2015
Wednesday 1700-1800
Thursday 1845-2015
Saturday 0700-0900
Land Trg - Tuesday 1745-1830
Thursday 1730-1800
- Age Group 2 - Monday 1700-1800
Tuesday 1745-1845
Friday 1700-1800
Sunday 0900-1000
Land Trg - TBC

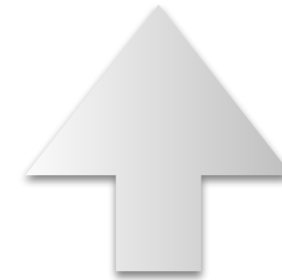
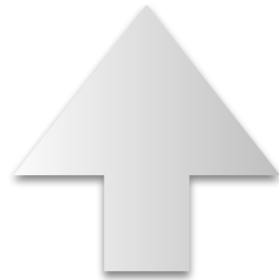
Age Group Squads Vision

- **To coach swimmers to be skilful both physically and mentally, to be resilient, to be focused and show attention to detail using best practice following the principles of LTAD in order that every swimmer attains their full potential and reaches national level competition at age group level.**

Non Competitive Club Structure

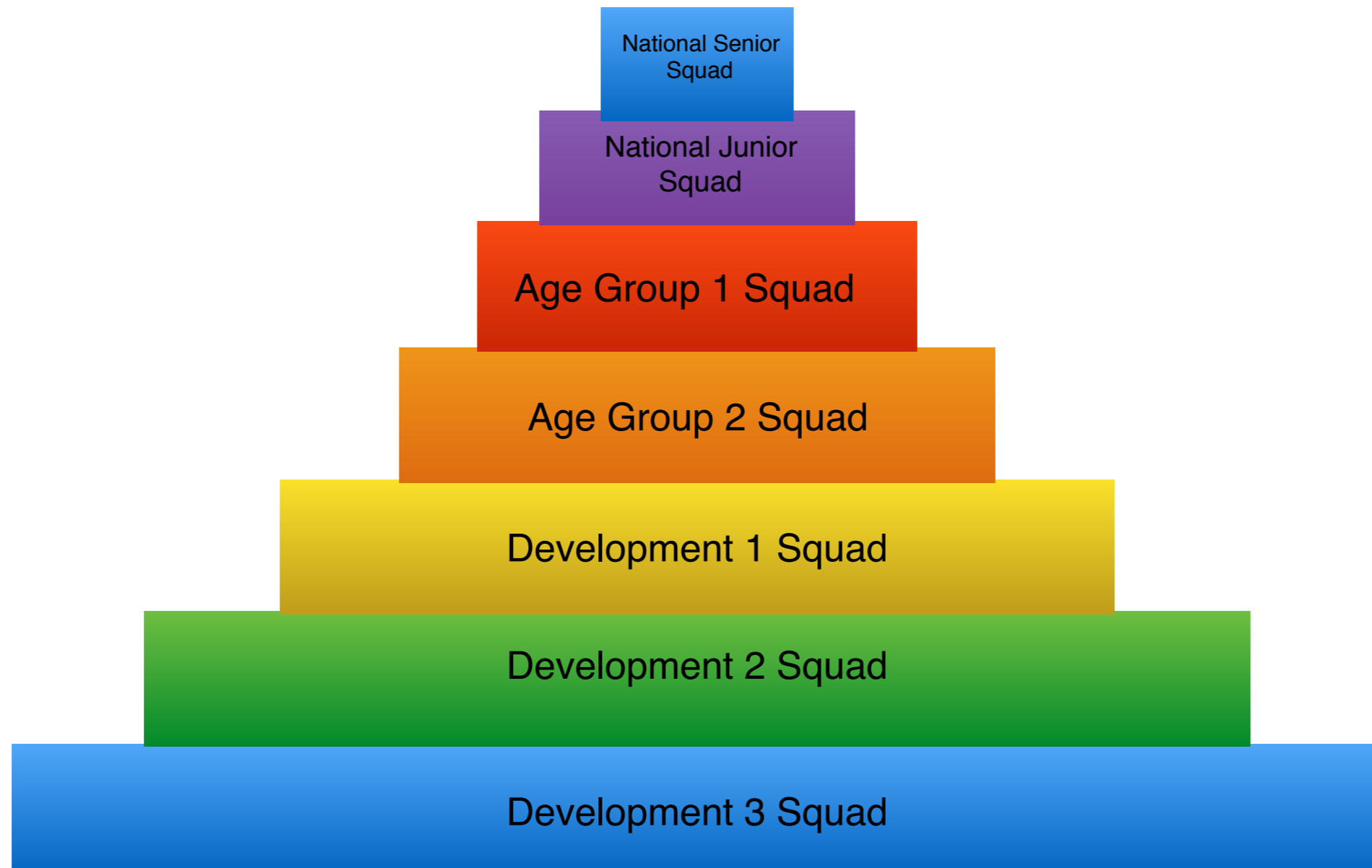
Competitive Club

Non Competitive Club,
SwimFit, Club Squad,
Waterpolo and Diving



Lisburn City Swimming Club Learn to Swim

Competitive Club Structure



Gala's, Swim Meets, Competition

- Club Time Trials
- SU Skills Meets
- Forestfeast Aquasprint Junior Swimming League
- SU Development Meets
- SU Qualifying Meets
- SU Age Group Championships
- SI Division 2 Irish Age Group Championships
- SI Age Group, Youth, Open Summer Meet

Lisburn City SC Calendar

- Age Group Squads

Subject to Change - Version 1.1

Date	Meet Type	Squads
Sunday 5th November	Aquasprint Squad / Development Time Trial (1/3)	AG2 + 2006's and under
Saturday, 2nd December	Ards Christmas Meet (TBC)	All
Sunday 7th January	Aquasprint Squad / Development Time Trial (2/3)	AG2 + 2006's and under
Sunday 14th January	SU Development 2 - Armagh	Those not at QM level
Fri-Sun 19th-21st January	Bangor Open Meet LC (TBC)	All
Saturday 3rd February	Aquasprint v Limavady (Away) 4pm warm up	Those selected
Sunday 18th February	Aquasprint v Banbridge SC (Home)	Those selected
Sunday 4th March	SU Development 3 - Newry	Those not at QM level
Sunday 4th March	Aquasprint v Templemore SC (Home)	Those selected
Sunday 25th March	Lisburn City SC Easter Extravaganza	All
Sunday 22nd April	Bangor Open Meet LC (TBC)	All
Sunday 29th April	Aquasprint v Ards SC (Home)	Those selected
Saturday 12th May	Ards Junior Meet (TBC)	Those not at SUAG
Saturday 19th May	SU Development 4 - Lisburn	Those not at QM level
Sat-Sun 26th-27th May	Antrim Open Meet - Larne	All
Friday 8th June	Aquasprint Finals	Those selected
Sunday 17th June	SU Swim Festival - Newry	Those not at QM level
Saturday 23rd June	Down Minor Meet (TBC)	Those not at Div2

Lisburn City SC Calendar

Subject to Change - Version 1.1

Date Still To Be Confirmed

Date	Meet Type	Squads
October	Swimmers Meeting with Lead Coach and Head of Development (after a session)	All
TBC	Aquasprint v Bangor (Away)	Those selected
March	Aquasprint Squad / Development Time Trial (3/3)	AG2 + 2006's and under
Sunday June 10th	NAC Long Course Meet - NAC, Dublin	All

Swimming Equipment

- **All Age Group Squads Current Kit List**

- Pull Buoy
- Short Fins
- Kick Board
- Water Bottle (1 Litre)
- Silicon Swimming Hat and Goggles (plus spares)

- **All Group Squads Future Kit List
to begin 7th January 2018**

- Small Pull Buoy
- Short Fins
- Alignment Kick Board
- Water Bottle (1 Litre)
- Silicon Swimming Hat and Goggles (plus spares)
- Tennis Ball (x2)
- Front Facing Competitive Swimmers Snorkel
(Childs size)

Swimming Equipment



General Points

- **Swimmer Etiquette for Training,**
 - Arrive 10 minutes prior to session start for pre pool exercises, either coach or swimmer lead.
 - Ensure training equipment is with you.
 - Inform coach of any injuries or recent illnesses.
 - Show respect for coach and other team mates.
- **Parents Rota,**
 - parents responsibility to ensure book is signed and duty is done, - if unable to attend duty it is parents responsibility to find a replacement.

Club Contacts

- **Head of Development, Age Group 1 Lead Coach, Dave Stronge**
email - swimmingdevelopment@lisburncityswimmingclub.org
- **Age Group 2 Lead Coach, Paige McKeown**
email - paigemckeown@hotmail.co.uk
- **Club Administrator, Mandy McKeown**
email - adminofficer@lisburncityswimmingclub.org
- **Head Coach, Martin McGann**
email - icscheadcoach@hotmail.com
- **Age Group Squads Reps,**
AG 1 - Elina Slattery
email - eslattery@sky.com
AG2 - Kelly Robson
email - kellymarie01@hotmail.com



Questions

