



Name of Coach: Marina Loughney			
Contact Information:			
Email:	Coolminecoach@gmail.com		
Mobile:	0879337772		
Competition Details			
Competition Name and Location		Leinster Distance Time Trials Meet 3	
Gala Start date:		02/06/2025	
Gala End date:		02/06/2025	
Squad (please tick)			
Senior Squad			
Development Squad			
Athlete List:			
1	Please see sign in sheet	9	
2		10	
3		11	
4		12	
5		13	
6		14	
7		15	
8		16	
Staff List:			
Lead Coach at Gala:	Marina Loughney		
Additional Coach:	N/A		
Team Managers:	None Available for this meet		
Chaperones:	Parents		

Coaches Report

Additional team staff (ie Physiotherapist/ S&C)	
Coaches Key Points:	
<p>This was a relatively quiet meet in terms of numbers, which allowed athletes to fully engage with the coach both pre-race and post-race.</p> <p>A promising sign of athlete maturity is when athletes arrive with their race plans clearly thought out and then return post-race to lead their own debrief. Many athletes took this approach, followed coaching feedback, and engaged in meaningful conversations about their training focus and technical goals moving forward. These were constructive and athlete-led interactions.</p> <p>That said, some athletes still need to develop this approach. Simply stepping up to the blocks without a clear race plan is not acceptable at this level/Senior Squad level.. Athletes must be accountable for their preparation, decision-making, and execution.</p>	
Food Notes (if applicable):	
<p>All athletes brought their own food and snacks. Water cooler on deck. Café on site for additional food options.</p>	
General Health Notes:	
<p>No New Illnesses or Injuries reported to the coach</p>	
Kit Notes:	
<p>All swimmers wore Club Kit.</p> <p>All (minus one) wore New Club competition hat.</p>	
Pool/Facility Notes:	
<p>10 lane Long Course format. Wave breakers, Dive Blocks, Backcrawl Flags, Backcrawl ledges, and electronic timing pads in suit on both ends.</p> <p>Diving pool was available for swimdowns.</p> <p>10minute break meant swimmers had a cooldown slot available in main competition pool also.</p> <p>Warm up provided general swim lane, pace lane and sprint lanes.</p>	
Athlete Notes:	
<p>Despite competing in a separate meet the previous day, all athletes were in good spirits and approached the day with positive energy and focus.</p>	
Financial Notes:	
<p>Swimmers paid their own gala entry fees.</p>	
Recommendations:	
<p>Continue to reinforce the importance of athletes creating and communicating their race plans prior to racing.</p> <p>Encourage consistent post-race debriefing led by the athlete, supported by coach feedback.</p>	

Signed by Coach: Marina Loughney

Date: 02/06/2025