



ESB SWIMMING CLUB

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INFORMATION PACK

Welcome Message

We would like to welcome you to another exciting season at **ESB Swimming Club**. This welcome pack contains important information regarding the swimming club as a whole, as well as some helpful resources for parents and athletes. With everyone's help, this will yet again be another fantastic and successful swim season!

Our primary focus is **providing each individual the opportunity to succeed in competitive swimming while still having fun**. We will be focusing on concepts such as teamwork, sportsmanship, goal setting, motivation, and dedication. ESB Swimming Club has a proud tradition of excellence in swimming and we are proud to keep up that tradition.

The ESB Swimming Club is a **tight-knit partnership** between the coaches, the swimmers and their parents. We are one team striving towards the goal of encouraging each and every member to achieve their peak potential as a competitive swimmer whilst developing a love of swimming as a life-long source of fitness, health, and friendship.

We also believe that swimmers get out of swimming what they put into it — commitment to training, regular attendance, effort and cooperation. The rewards for swimmers come first in the form of success in competitions, but there are also many hidden benefits: commitment, hard work, disappointment, and success all contribute positively to self-confidence, fitness, time-management skills, and self-discipline.

We have a strong and active Committee and a whole host of volunteers, without whom we could not run the club. Finally, we could not run the swimming club without the unending support of the parents who spend their evenings and weekends poolside. **Together we can create a pleasurable learning experience and a thriving, successful environment.**

Outline of the Programme

Swimming in the club has three main stages designed to develop swimmers to the best of their potential:

- **Learn to Swim (LTS) Programme**

Starting at age 4 and upwards, establishing the base skills required to be a swimmer and how to be safe in the water, while also promoting an atmosphere of fun.

Not all swimmers will go on from Learn To Swim to the Development Squad. For most, the goal is to finish the LTS Programme and graduate with their certificate.

- **Development Squad**

Those identified as ready to progress to the Development Squad will build on the LTS learnings, with advanced skills, endurance, and introduction to competitive swimming.

- **Junior A & B and National Squads**

Progress to the higher squads is determined by the Coaches with the swimmer's best interest in mind.

Swimmers may progress at their own pace with “Long Term Athlete Development” at the heart of what we do.

The Coaching Team

- **Head Coach Cian O’Keeffe Tighe**

- Training and coaching are provided by a **dedicated and qualified team**, many of whom are former competitive swimmers.

- Our coaching staff are dedicated to **continuous professional development** to support the high-performance athletes of the future.

The Club Season



- Training programmes run **September to the end of July**.
- **Galas:**
 - 25m pools (short course): October – December
 - 50m pools (long course): January – July
- The season culminates with the **National Finals in July**.
- Parents should note that **holidays before Nationals may affect performances**.

Competition Cheat Sheet – Athletes

What to Bring:

- Swimming Club Hat (available at the Club)
- Goggles (2 pairs recommended)
- Togs (2 pairs recommended)
- Racing suit (*13 years and older only*)
- Towels (2 pairs recommended)
- Club Brand Kit (shorts, t-shirt – link below)
- Suitable footwear (mandatory)
- Plenty of water (preferred over sports drinks)
- Light snacks (healthy choices recommended)

What to Expect:

- Arrive **15 minutes before warm-up** and check in with coach.
- Coaches will show key areas of the facility, then gather team for warm-up.

- Team should sit together throughout the meet to support teammates.
- Before and after each race, check in with coach for feedback.
- Club kit should be worn at all times during competition.

Competition Cheat Sheet – Parents

What to Bring:

- Plenty of water
- Healthy snacks
- Suitable footwear (mandatory)
- Club T-Shirt (*optional, recommended if acting as Team Manager*)
- Photo ID (required if registering phone/camera for photos)
- Any medical treatments required by your athlete (e.g., inhaler)

What to Expect:

- Arrive at least 15 minutes before warm-up.
- Sitting together as a team is recommended.
- Regional/National galas require every club to help with official duties (timekeeping, turn judge). If not, the Club may be excluded from further galas.
- Coaches will focus on athletes during the day but will be available during downtime for questions.

Registration

- New members are welcome. Register through the **club website**: www.esbswimmingclub.com.
- All swimmers are registered annually with **Swim Ireland** and receive a Swim Ireland membership number.
- Parents are encouraged to download the **Sports engine app** for attendance, PBs, and gala details.

A Note on Fees

- Training fees are kept as low as possible and based on squad training costs. Fixed per squad, **no refunds** for absence.
- Gala entry fees are **not included** and must be paid separately.
- See fee policy for more details

Attendance

The Athlete

Competitive Swimming requires **high commitment** to training. Swimmers are expected to attend the maximum hours available to progress with their squad and the club. The sport demands **personal discipline**.

The Parent


Every training session must be supervised by a parent for **child safeguarding**. A supervision roster is issued monthly. Parent cooperation is vital to club success. If a parent cannot cover duty, they must arrange a swap (WhatsApp group available for this).

Helpful Resources

- Club Gear: Link sent in whatsapp when order window is open, usually twice a year
- Pool Equipment Bundle (Mesh Bag, Kickboard, Pull Buoy, Fins, Paddles, Snorkel): [Entry Level Kit](#)

- Other Recommended Provider: [Proswimwear](#)

Contact Details & Social Media

-  esbswimmingclub@gmail.com
-  secretary@esbswimmingclub.com
-  headcoach@esbswimmingclub.com
-  newmembers@esbswimmingclub.com

 Take gala photos? Send them to our Instagram!

Hashtag: **#GoBolts**

Instagram: **@esb_swimming**

Facebook: **@esbswimming**

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