



Irish Open – Coaches Report

The Irish Open is the National culmination of the long course season in the first training cycle. There was a very high standard of swimming and the meet was designated for qualification for International meets, including European Youth Olympic Festival, World & European Juniors as well as Commonwealth Games. This year we had 4 swimmers compete at the Irish Open:

David Pau

Anna Nikishkina

Megan Jones

Ava Jones

From a performance perspective the swimmers achieved

- 21 Personal Best Times
- 17 Finals

Individual achievements are

David

- Achieved consideration time for the Leinster Regional Programme in the 50 Freestyle
- 5 Personal Bests achieving these in a varying distances and strokes
- 5 finals, which included finishing 10th Junior 50 Backcrawl, 4th Junior 200 Backcrawl, 9th Junior 100 Backcrawl, 10th Junior 50 Free.

Anna

- Achieved Personal Best in the 400 FC
- 2 Finals, which included 7th in Junior 400 Final, 10th in the Junior 800
- Top 10 finish in the Junior 1500m (HDW)

Megan

- Achieved consideration time for the Leinster Regional Programme in the 50 Freestyle & the 200 IM. Megan was also within .03 of the qualifying time for the Irish National Programme
- 6 Personal Bests achieving these in varying strokes and distances
- 5 finals, which included 5th in the Junior 50 Free final, 10th Open 100 Breaststroke final, 10th Open 50 Breaststroke final, 1st in the Junior 200IM final & 9th in the Junior 200 Breaststroke Final

Ava

- Achieved 5 consideration times to retain her place on the National Performance Pathway Programme.
- Achieved consideration time for the Leinster Regional Programme in the 50 Free, 100 Free, 200 Free, 100 Breaststroke & the 200 IM
- 8 Personal Bests achieving these in a varying distances and strokes
- 5 Finals which included 7th Open 50 Free final, 1st Junior 100 Breaststroke final, 3rd Junior 100 Free Final, 6th Open 200 IM Final, 4th Junior 200 Free Final.

Ava was also awarded the swimmer of the day on day 4 of the Irish Open Meet. This is awarded by the National Performance Director, John Rudd, who commented that *“Ava Jones of Portmarnock was an exciting talent across so many strokes and events – one to watch for the future”*

As can be seen from the above, despite the magnitude of the meet all 4 swimmers performed phenomenally well. The National Performance Director and other club coaches were very complimentary in how all 4 swimmers conducted and performed.

Once again we were hugely impressed with how the swimmers performed and look forward to seeing how they do at the next meet.

Anne & Paul