

Training And Development Officer – Report.

Past Training and Development Officers have focused their attention on providing freestyle coaching to ladies, juniors and the general public. For my term I decided to concentrate on training and development of the Irish Freestyle team.

The team was selected from two selection events over subsequent weekends in September. People who did not make the cut for the team were invited to join a development panel and take part in any coaching event in order to improve on their skills for the next selection series.

We held two team/development training weekends that featured competition practice, video feedback and fitness training coaching. Killian Kelly, Joe Ryan, Dave Ryan and Kipper Maguire provided coaching free of charge and I would like to take this opportunity to express the committees gratitude once again. The development panel itself did not fully take advantage of the coaching weekends. This is an area that has great potential and should be encouraged by the incoming training officer.

Kipper Maguire was also appointed as manager to the team in Australia. I feel this was a positive move forward in terms of professional attitude towards international competition.

This years world championships were our most successful in terms of results with Moe Kelleher taking 6th place in men's K1 and Lenny Kelleher taking 15th in junior K1. These results are down to the outstanding individual effort that the athletes put into their preparation. However I wish to point out that the first year we had structured selection, training and an experienced manager dedicated to the success of the team was also the first year that we attained great results.

For this reason I advise the incoming Training and Development officer to apply and develop these policies with regard to the national team in the future.

I will not be standing for a second term as Training and Development Officer. I wish to thank the other members of the committee for their support in the various projects relating to my position and to congratulate Shane Cronin on two successful years as IFC chairperson.

Best of luck to the new committee and of course, I will be available to assist or advise in any capacity that I can.

Ross Redmond