

**Irish Summer Nationals – Coaches Report**

The Irish Summer National Meet is the National culmination of the long course season in the 2nd training cycle. There was a very high standard of swimming which attracted clubs from 9 different countries. This meet was the designated for qualification for the designated Winter International meets, including FINA World Championships & Toyota US Open and was attended by Regional representatives and the National Performance Director.

This year we had 12 swimmers represent Portmarnock SC and compete across 53 Individual Events. Portmarnock SC were represented by

**Finn Clifford**

**Holly Clifford**

**Ava Jones**

**Megan Jones**

**Ece Karamancil**

**Sarah Keane**

**Jack Lyons**

**Holly McCarthy**

**Sophie McDonnell**

**Jamie O’Keeffe**

**David Pau**

**Davide Scaringella**

From a performance perspective Portmarnock had

* 32 Finals (Top 10 Finishes)
* 21 Medal Placings – 11 Bronze, 6 silver, 5 Gold
* 37 Personal Best Times

Despite the magnitude of the meet all swimmers performed phenomenally well. All swimmers represented Portmarnock to the highest degree and we are immensely proud of how they performed. This Summer Nationals is the most successful for Portmarnock since 2013 in terms

* Number of swimmers who qualified
* Number of finalists
* Number of medals won
* Number of P.B’s acehieved
* Swimmers meeting the Qualification Criteria for National Performance Pathway Programme 2022 / 2023
* Swimmers meeting the Meeting Qualification Criteria for Regional Development Programme Stage 1
* Swimmers meeting the Meeting Qualification Criteria for Regional Development Programme Stage 2

As can be seen Portmarnock had a very successful Irish Summer Nationals and was a great finish to a very long and strenuous swimming season.

We would like extend our thanks to the team managers for IAG Division 1 & Division 2 (Siobhan Casey & Patricia Jones) for their assistance at the meets. We would also like to thank the committee and parents for their support throughout the season which helped Portmarnock achieve the ambitious targets set at the start of the swimming season.

We hope you enjoy the rest of your summer break and look forward to seeing you all again for the new swim season