



# ANNUAL REVIEW 2015

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NO DIVING

NO BOMBING

Widetelez  
International

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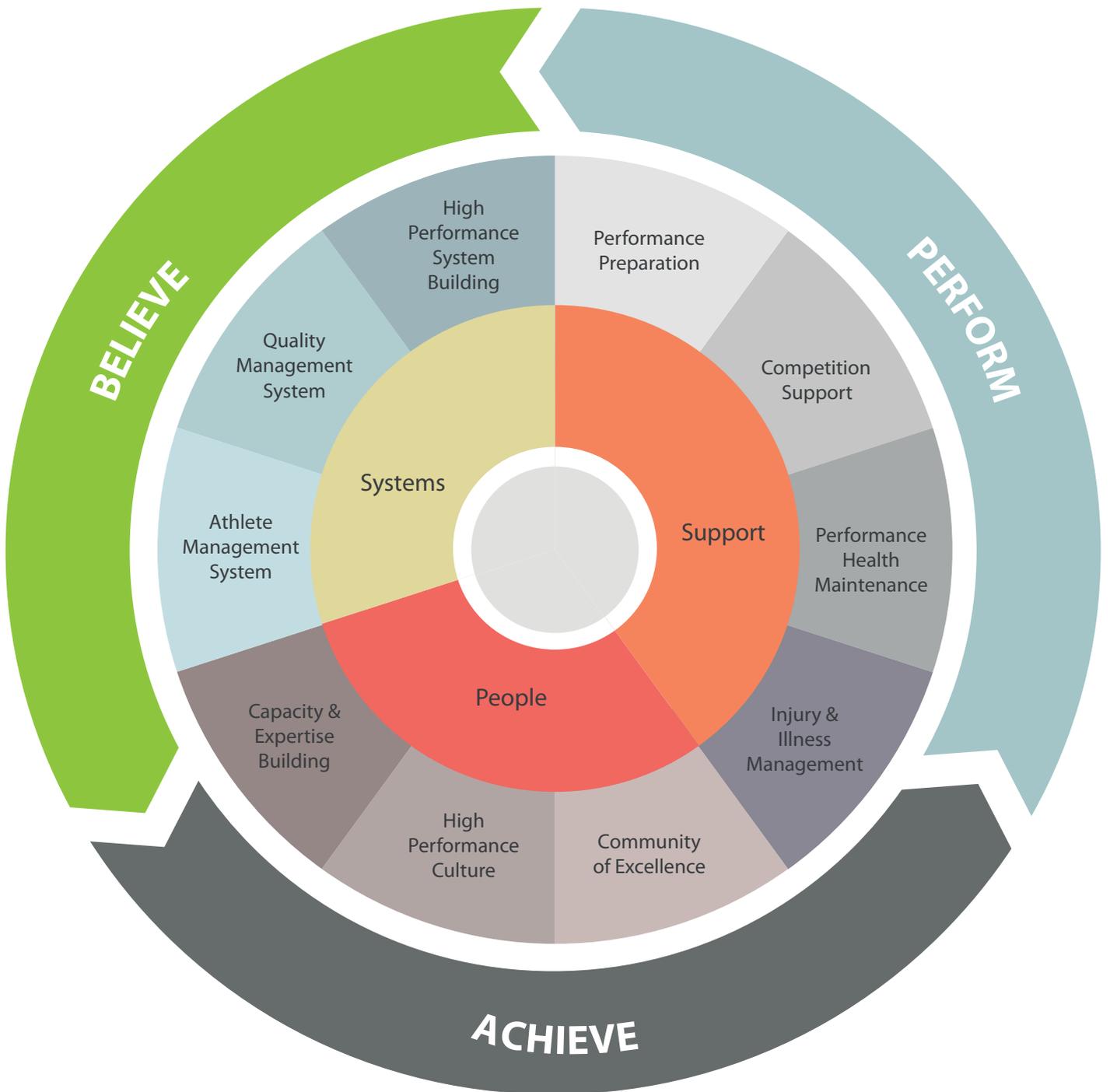
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**ULSPORT**  
IRELAND'S SPORTS CAMPUS

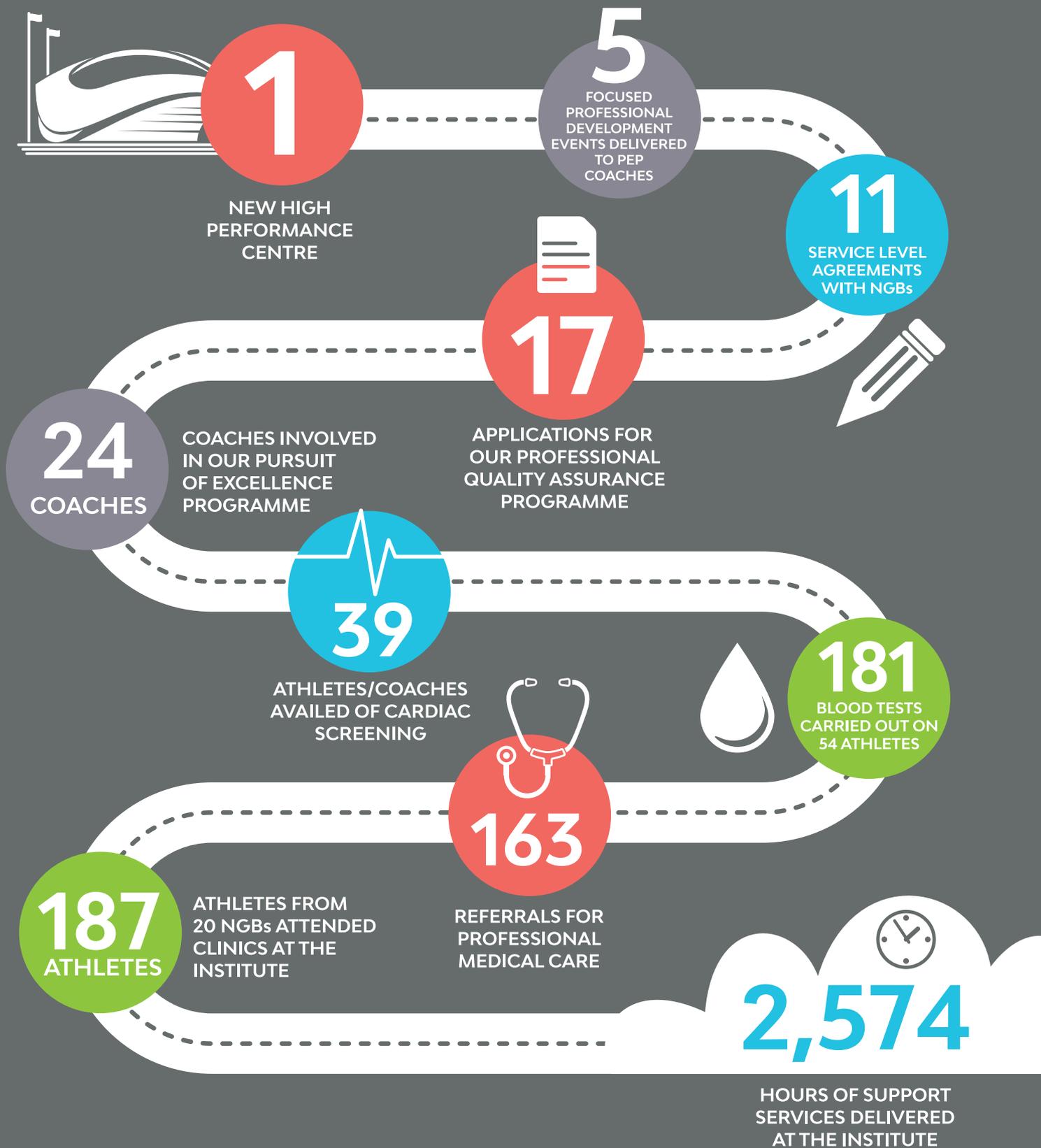
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Quell

# OUR MODEL



# INSTITUTE BY NUMBERS



# DIRECTOR'S REPORT



Following a status check and needs analysis survey carried out at the end of 2014 with Performance Leads we started 2015 with a 24 month plan which set out our support focus around the key sports and athletes leading into the Rio Games and out the other side.

We prioritised 5 objectives:

- 1) Focus on athletes with the greatest medal potential (as determined by high performance directors)
- 2) Focus on sports with the structure to most effectively support their athletes
- 3) Focus on key coaches and support their performance
- 4) No compromise support for these priority athletes and coaches
- 5) Ensure we provide a fully integrated support service aligned to performance, driven by coaches, managed by professionals and delivered by experts

These objectives were kept in focus during our discussions and interactions with sports on the ground and informed our interventions throughout 2015. They also influenced our decisions around support services investment.

## **2015 Highlights**

We kicked off our 1st quarter with our HPX Conference at the Irish Management Institute which was very well received by the high performance community in attendance. In total, 170 participants made up of Performance Directors, Coaches, Sport Scientists and CEO's took part in the conference to share and challenge best practice in leadership, coaching and science. The conference was primed to specifically impact on thinking, planning and execution as the sports entering into the Olympic and Paralympic preparation and qualification period.

By the end of 2015 we saw the completion of our new high performance centre, a development that will take the support environment that we can provide to athletes and coaches to a whole new level. The new centre provides a one-stop-support environment for sport specific physical conditioning, physiology testing, rehab, medicine, nutrition, training load monitoring, blood monitoring, performance analysis and athlete advisory. All this alongside strong links and partners the National Orthopedic Hospital and the Mater Hospital.

Very close to the ethos of the team here at the Institute is our drive to work more cohesively from a multidisciplinary perspective, the new centre will enhance our ability to achieve this aim largely facilitated by having our experts working closely together under one roof for a significant proportion of their time with the athlete. Our hub services at UL provides a small service in Strength and Conditioning (S&C) and Physiotherapy to athletes from Athletics, Para-athletics, Swimming and Triathlon, the National Rowing Centre which primarily provides physiotherapy services to the Rowers supplemented with some clinics in nutrition and life skills. This hub also facilitates access to athletes from Sailing, Athletics and Paralympics.

## **Gary Keegan**

Director, Irish Institute of Sport

# CEO FOREWORD



Overall 2015 has been another year of new developments and steady progress for the Institute across many of its services and programmes. A particular highlight for me was the 2015 HPX Conference - held over two days in April at the Irish Management Institute. It served as the Institute's flagship high performance knowledge exchange event. The array and quality of speakers both within our own high performance community and international contributors was outstanding. The conference explored, "What is Truly World Class" through a variety of key note speakers, case studies and workshops from key influencers from the world of sport, business, music and the military. The conference showcased many excellent examples in what was a truly enriching experience from a personal learning perspective and, following the feedback we received much of my own experience was reflected across the high performance community in attendance.

Additional to the conference is the ongoing support we provide through the Pursuit of Excellence Programme (PEP) to our high performance coach community. New developments in 2015 included an exciting collaboration with the Irish Defence Forces aimed at supporting the Institute's people development remit, I am delighted to acknowledge the contribution of the Defence Forces in supporting the PEP team, both organisations engaged in knowledge and support exchanges involving staff and key projects.

The priority for 2015 was supporting coaches that are working with athletes targeting qualification for Rio. In total, 24 coaches from 19 sports were, and will continue to be supported on this programme. It is important that the support around the coaches is closely aligned to the performance objectives of the sport, to this end, the PEP team have completed feedback sessions for CEOs and Performance Directors from 11 sports. These sessions were designed to provide detailed updates on the programme's activities and future support plans around the sports coaches leading into and out the other side of Rio.

The way in which the Institute's resources are managed is vitally important, the Service Level Agreements (SLAs) that the Institute have in place with 11 sports ensures that support services are prioritised and targeted for greatest impact. These sports include:

1. Athletics Ireland
2. Badminton Ireland
3. Irish Athletic Boxing Association
4. Cycling Ireland
5. Horse Sport Ireland
6. Pentathlon Ireland
7. Paralympics Ireland
8. Rowing Ireland
9. Irish Sailing Association
10. Swim Ireland
11. Triathlon Ireland

The agreements provide both the NGB and the Institute with clear goals, and work programmes around identified targeted athletes. Services are aligned and focused to support delivery of performance outcomes. The strategic direction and deployment of services is led by the Performance Lead (identified from the Institute's team) of the sport. While the deeper level of support services are targeted at the priority athletes the Institute has managed to provide services to up to 187 athletes across 20 sports in 2015. In 2016, that focus intensifies around the Rio bound Olympic and Paralympic athletes.

The Transition Programme I championed in the lead up to the London Games has again been activated for Rio. Following a review of the programme post London, the Rio Transition Programme (Preparing for The Games) has evolved following research conducted by the Institute and Dublin City University. The research highlighted the psychological challenges of the post-Games transition for Irish athletes. Consequently the Institute identified a need to provide high performance athletes with greater individual and system support around the Olympic/Paralympic experience, career transition and mental health. These workshops are led by athletes and psychologists working collaboratively together.

Finally after a year of construction I'm delighted to see the new High Performance Centre will be operational in January 2016. The development of this infrastructure will enhance the Institute's services and ability to deliver support in a world class environment in time for final preparations leading into Rio.

I'd like to thank the National Governing Bodies of Sport for their continued engagement with the Institute team. We know quality engagement enhances the Institute's ability to provide the right support and grow the services and programmes available to our best talent.

**John Treacy**

CEO, Sport Ireland



# PEOPLE

## HIGH PERFORMANCE CENTRE (HPC)

The Institute has come a long way since its beginnings in a few borrowed rooms in what was then a Marine Institute building, and now the refurbished Sport HQ. The construction of the new High Performance Centre (HPC) continued at a rapid pace in 2015 with the build being fully completed by September 2015. The fit out of the new centre is due to be completed by January 2016.

To ensure athletes and coaches are given every support needed to impact performance on the world stage, the HPC features a 4 lane indoor 130m track with performance analysis equipment, integrated long jump and a fully equipped world class S&C area. There is also an integrated medicine and rehab area, athletes' kitchen with nutrition demonstrations and education area and a social ecology space where athletes can rest between training/appointments, catch up on study and meet peers. The Centre features a new changing village with recovery suite and integrates existing areas of the Institute that deliver High Performance Physiology and Life skills support services.

In addition to supporting the High Performance athletes, coaches and support staff, the facility will also support the Irish Athletic Boxing Associations High Performance Programme. The HPC has a fully equipped boxing gym including 4 training rings and 1 full size competition ring, performance analysis equipment and coaches'/ administration offices.

## HPX CONFERENCE



Expert speakers on high performance sport were invited from around the world for the Institute of Sports Pursuit of Excellence Conference which took place over two days, 28<sup>th</sup> and 29<sup>th</sup> April 2015 in the IMI Conference Centre. The conference was well attended, attracting 143 attendees on day 1 and 139 on day 2.

The theme of the conference focused on "What is Truly World Class" delivered through a variety of key note speakers, case studies and workshops from key influencers from the world of sport, business, the defence forces and music. Keynote speakers included Prof. Asker Jeukendrup (Nutrition), Prof. Richard Wiseman (Psychology), Commandant Declan Sheridan & Billy Walsh (Military Debriefing), Dr. Peter Keen (High Performance Systems), Prof. Andy Lane (Emotional Regulation), Dave Brophy (Musical Leadership) and Trish Heberle (Australian Hockey). Members of the Institute's Science and Medicine Team also led and presented a variety of workshops within the conference programme.

The abundance of positive feedback received in the post conference survey painted the 2015 Pursuit of Excellence Conference as an undoubted success and appears to have generated strong appetite for this kind of engagement with our high performance community.



*“Training in the High Performance Centre allows me to avail of world class facilities, coupled with the knowledge of the country’s best sport science practitioners and intertwined in a friendly atmosphere. It is an essential resource in my preparation of the 2018 winter Olympics.”*

Brendan Doyle, Skeleton

# SYSTEMS

## RIO TRANSITION PROGRAMME

### PREPARING FOR THE GAMES: THE EVOLUTION SERIES

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#### Introduction

Research conducted by the Institute of Sport and Dublin City University following the London Olympics highlighted the psychological challenges of post-Games transition for Irish athletes. Difficulties in career transitions have also been publicly highlighted by several high-profile male athletes in several Olympic and non-Olympic sports (i.e. GAA and Rugby). Consequently, the Institute identified a priority need to provide high performance athletes with greater individual and system support around the Olympic/Paralympic experience, career transition and mental health.

The Institute of Sport and DCU successfully secured funding from the Irish Research Council to further develop effective support for high performance athletes and coaches through the "Games Experience". Following a needs analysis survey with the athletes, coaches and service providers, the team developed a package of three workshops with a short animated video. The package was titled "The Evolution Series" and was designed to educate the high performance athlete community about the Games experience, including preparation, competition and adjustment to the post-Games period.

The workshops are led by athletes and psychologists working together to bring expertise together with vast Games experience.

The aims of the series are to support athletes and coaches to:

- Prepare effectively for the Games and the post-Games experience
- Adapt to solve problems as they arise
- Evolve their thinking skills to put them in the driving seat of their Games experience

The research project ran concurrently with the delivery of the workshops to evaluate their implementation, and their feasibility and acceptability within the community.



Figure 1 Delivery Model of The Evolution Series

### Delivery of the series

Workshops were delivered to 126 athletes and staff from 10 sports to date including: Rowing Ireland, Pentathlon Ireland; Badminton Ireland, Irish Athletic Boxing Association; Paralympics Ireland; Women's Rugby 7s; Badminton Ireland; Irish Sailing Association; Triathlon Ireland; and Athletics Ireland. In addition, the series was delivered to the Institute Service Provider Team and coaches on the Institute's PEP programme.

The workshops were delivered on a sport by sport basis with the delivery team travelling to the training grounds of that sport. Workshops were 90 minutes in duration with a mix of lecture, discussion, group work and video delivery methods. Each attendee was provided with a pack of educational materials to support the workshop content. This included the workshop slides, 4 worksheets, a list of resources to follow up on their learning and a research pack with 4 feedback forms within it.

### Results

Overall assessment of the workshops

Attendees were asked to rate the workshops overall and given options of poor (1), fair (2), good (3), very good (4) and excellent (5). All workshops were rated by attendees as very good, or excellent.

## PURSUIT OF EXCELLENCE PROGRAMME

**Increased Community Reach:** 24 coaches from 19 sports are now connected with the PEP Podium Programme. In 2015, 9 new coaches joined the PEP Podium Programme from 8 sports including Boxing, Womens Rugby 7s, Pentathlon Ireland, Eventing, Para Cycling, Hockey, and Golf. The aim of this recruitment drive was to ensure that coaches who are not on the PEP Podium and who may be performing at the Rio 2016 Games have an opportunity to get supported appropriately leading into the Rio 2016 Games.

**5 Professional Development Events Delivered:** Five focused professional development events were delivered. In a review of the 2014 PEP Podium Programme, coaches requested that high performance planning and debriefing be a major targeted master class theme in 2015. As a result, 2 master class level events were delivered in March and September 2015. In October 2015 a master class was delivered on the theme of managing transitions relating to the Olympic Games experience. This signalled the start of a pre Games support strategy for coaches on the programme.

**2015 HPX Conference:** On April 28<sup>th</sup> – 29<sup>th</sup> 2015, 4 PEP Podium Coaches delivered conference sessions at the Institute of Sport's flagship high performance knowledge event. Coaches presented across key topics including: debriefing, relationship management, decision making under pressure and performance analytics.

**Vantage Point Pilot:** High Performance Coach Observation & Feedback System. In response to a request from coaches on the PEP Podium Programme, a coach observation and feedback system was effectively piloted across 4 sports in 2015. The pilot which was entitled 'Vantage Point' involved coaches inviting a performance observer from the PEP Podium programme to observe their professional practice at a major competition or training event. The results from the pilot were significant and demonstrated the programme's ability to create new supports in line with the needs of high performance coaches.

**4 Targeted Performance Impact Projects:** In February 2015, 4 coaches were awarded financial investment under the auspices of the Performance Impact Project (PIP) initiative. PIP works through enabling coaches to access funding in order to drive innovation in their professional practice. Here is a reflection of the investment profile for 2015:

- James Laverty, Paralympic Swimming – invested in a world class biomechanist to complete an advanced underwater 3D profile of swimmers on his programme
- Tommy Evans, Triathlon Ireland – invested in a series of advanced accelerometers in order to effectively monitor training load in his programme;
- Rory Fitzpatrick, Sailing – invested in an electronic sensor system that can store and analyze weather data;
- Don McLachlan, Rowing – invested in a highly specialist biomechanist support in order to achieve a best fit boat set up for his athletes.

**NGB CEO & PD Outreach:** PEP connected with CEOs and Performance Directors from 11 sports and provided feedback on the programme's activities and future support plans leading into Rio 2016 games.

**Partnerships:** In 2015, the PEP Podium programme expanded its partnership with SAS and the Irish Defence Forces. Boxing, Sailing and Para Swimming are engaged in advanced big data consultancy support with SAS. The Irish Defence Forces continue to support the PEP Podium Programme with top expertise in key areas including debriefing, decision making and strategy.



*“PEP has been a keystone guide in my development as a high performance coach. It’s assessed my specific needs and brought the right expertise, with the right messages, at the right times.”*

Rory Fitzpatrick — Coach to Annalise Murphy

# SUPPORT

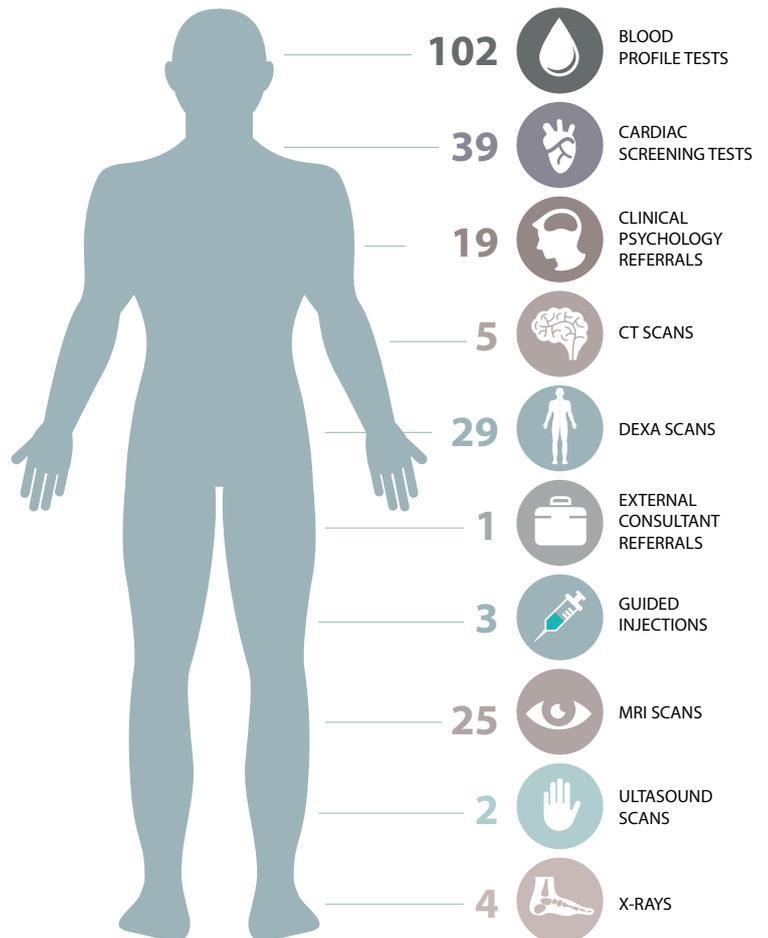
## PERFORMANCE MEDICINE

The focus for the medical department in 2015 was to develop a pro-active service that helps to maintain an athlete in optimal health to train. We developed an athlete performance profiling system that involves assessing the athlete's risk profile across the most common medical areas that have been shown to impair performance. We also assessed and continue to assess the athletes overall 'Rio Readiness'.

The purpose of the profiling is to enable us to plan how we can maximize the athletes likelihood of performing their best in Rio by developing an individual medical care plan for each athlete focusing on their specific medical related performance needs.

The Institute offered influenza vaccinations to athletes and has continued to offer a cardiac screening service. We are now also offering travel vaccinations to athletes for Rio.

The medical team moved into their new facility in the High Performance Centre and migrated Edge10 medical system to athletes medical notes which will support integrated multidisciplinary teamwork. Our blood profiling service has moved to the Mater Hospital and this provides us with a fast and efficient results service. We also continue to operate a rapid referral pathway with the National Orthopedic Hospital to deliver a fast response medical service when needed.





## SUPPORT ACTIVITY PROFILE

### PHYSIOLOGY

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In 2015, 280 days of direct athlete support was delivered by the physiology team to 138 athletes (78 senior athletes). 80 of these support days took place at training camps or competitions.

To recap, in 2014 we strengthened interdisciplinary work within the Institute significantly by putting emphasis on establishing daily online load monitoring across as many athletes as possible. This tool allows coaches and service providers to receive daily updates on the athletes' training status, health and wellbeing, thus assisting coaches and service providers in making decisions regarding athletes' training programme.

In 2015 we built on this by exploring the introduction of regular monitoring of biological markers such as IgA and cortisol by a simple non-invasive test that requires the collection of a small amount of the athletes' saliva. IgA and cortisol levels are not only just affected by physical factors such as training load and sleep; psychological and emotional stresses also have a large part to play in altering responses. Thus this is an ideal tool to further inform interdisciplinary monitoring.

We also introduced a robust protocol used to assist in the identification of Non-Functional Overreaching (NFOR) and Overtraining Syndrome (OTS) which looks at the stress hormonal response to maximal exercise. This further strengthens interdisciplinary monitoring and responsive decision making around the athletes' day to day training.

## **STRENGTH & CONDITIONING**

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A significant amount of work was undertaken in 2015 to establish the new S&C facility in the High Performance Centre, a state of the art, high performance centre aimed at supporting the physical development of Ireland's best athletes. From January 2016 the facility will be fully operational and contain numerous pieces of high-precision measurement kit allowing us to be highly specific and scientific in how we assess and program for our athletes. Such high level assessment tools will allow us to follow evidence based practice and help us to add value within the IIS multi-disciplinary team.

Physical performance testing, training load monitoring and training practices continue to be areas where we prioritise alignment across service providers against sound scientific principles to further improve quality of service. In conjunction with the Physiology Department, athlete monitoring and load management strategies have become a key part of our daily practice to ensure athletes are managed in an individualised, reactive and informed manner.

With new S&C coach appointments in 2015, we increased the number of athletes we supported in 2015 and we strive to increase this capacity to better meet demand in 2016.

## **ATHLETE ADVISORY SERVICE**

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The Athlete Advisory Service is designed to meet the personal development needs of athletes throughout every stage of their careers from development to elite and into life beyond competitive sport. Below is a summary of services provided in 2015:

- SWAP – implementation of 24hr/7days a week confidential helpline for all HP athletes
- Griffith College – development of Cert (level 7) in Dual career
- Athlete engagements – approx. 130
- Return to college for Michael Conlan and Paddy Barnes, successful completion of college for Natalya Coyle, Transition management for Barry Murphy, Martyn Irvine, Mark Rohan
- Teams/squads worked with – Boxing, Cycling, Para Cycling, Para Swimming, Para Athletics, Badminton, Pentathlon, Canoeing, Triathlon, Sailing, Horse Sport and Athletics
- Attended camps with Cycling, Boxing, Triathlon and Sailing
- External workshops provided for the community – Twitter, LinkedIn, Financial planning, Tax & Career coaching
- Up-skilling of team with specific tools– Thomas Sport, Strengthscope, Catseye Coaching
- Part-time appointments to deliver performance life skills and work with Youth and Junior groups of larger sports
- Participation on EU Dual Career development program – working with other EU bodies on developing a standardised dual career program across HP sport



**TEAM**



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## PHYSIOTHERAPY

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### **Our focus in 2015 has been around embedding our 3 main objectives:**

1. Maximising the athletes' availability to train both when fit and injured, using both load monitoring and screening for "at risk" athletes. Vital to this is building relationships with athletes and coaches to allow us to educate on early recognition of signs of injury presentation.
2. Focusing on service early in the season identification of target athletes and priority camps and competitions for service delivery through the ongoing development and refining of the Service Level Agreement process with NGBs. This included negotiation with NGBs around needs analysis for the support service in their sport.
3. We now have our Athlete Management System, Edge10, up and running and available to all NGB medical service providers to aid in our quality assurance of the service. The result of this work is a customised system to meet our needs to include appropriate measures for the high performance athlete population. The system allows central storage of all athlete medical information, allowing ease of access to all medical information across disciplines whilst providing off site accessibility.

The learning for us in 2015 was a move away from focused individual support areas to a greater focus on integrated service teams through the SLA process. The development of a rehab hub in the National Rowing Centre has now been extended to provide not only support to Rowings target athletes but also to Athletics Ireland and Paralympics Ireland for their Munster based athletes. We increased capacity in physiotherapy at the Institute providing cover when service providers were on camp and competition duty, and in particular allowing greater support during Olympic and Paralympics qualifying in 2015.

Another major focus for the Rehab team was the planning, design and fit-out of the new rehabilitation facility within the new High Performance Centre. The main goal of the rehab facility was to aid ease of access of clinic time during in demand times and maintain a sense of inclusion of the rehab area within the training environment.

## PERFORMANCE ANALYSIS

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It is imperative to ensure that competition support and analysis procedures in place are tried, tested and robust enough to aid the athletes to secure Rio qualification.

### Tailored Performance Analysis Support

2015 had a busy competition schedule with a key objective for the year to provide tailored performance analysis support to the high performance boxing program, which had its business competition year to date with 3 major championships, (European Games, European Championships and World Championships), as well as the World Series of Boxing (WSB) and a new venture into 6 & 8 rounds through AIBA Pro Boxing (APB). Continued Performance Analysis support was also provided to the Paralympics performance programs, primarily within track cycling and swimming as they build towards Rio.





## NUTRITION

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Nutrition support continued to be provided at the Institute in 2015 and we also grew our support to athletes and coaches in the camp environment out of the country. This was often integrated with other services such as strength and conditioning and physiology.

Many athletes require project type interventions to deal with nutrition and performance related issues and service delivery tends to peak and flow depending on competition and specific interventions.

One of the major projects for 2015 was planning and supporting the operations team with the completion of the High Performance Centre kitchen fit-out. It is often said that the kitchen is the heart of the home and in the athlete's kitchen, we believe that this will be the heart of our service delivery. The nutrition team was involved in all aspects of the delivery of this service area and are truly excited about the extra practical dimension that this area will bring to service delivery from 2016.

There is a real appetite for robust information and resources from credible sources and through our various social media platforms, we have developed and released various athlete and coaching resources. This is also used very successfully as communication tool for athletes where specific forums are set up and athletes can ask and have nutrition questions answered.

In 2015 we dedicated specific time to ensure that we had regular social media posts and we saw a massive increase in the engagement on the page. This is an area which we hope to develop further in 2016.

The nutrition team at the Institute have been involved in a number of ongoing research projects as well as securing funding for a PhD student who will join the team early in 2016. It is hoped that we continue to develop research partnerships across a range of nutrition areas in applied sports nutrition.

# SERVICE PROFILE

The following service profile shows the sports that received high performance sports medicine and science services from Institute of Sport service providers.



# ACTIVITY IN THE FIELD



## LIFE SKILLS

**CAMPS:**  
 Cycling – Palma July & November  
 Triathlon – Alicante January  
 IABA – Dungarvan (January) Belfast (May)  
 Athletics – Athlone (March)

**OFF SITE:**  
 NRC, Boxing National Stadium,  
 Sailing – Cork & Dun Laoghaire  
 Athlone IT (Athletics)

## PERFORMANCE ANALYSIS

**CAMPS:**  
 Para Cycling – Newport – January  
 Para cycling – Majorca – February

**COMPETITIONS:**  
 Paracycling world championships –  
 Appledorn, Holland – March  
 ParaSwimming World Champs: Glasgow – July  
 Boxing European Champs: Sofia – August  
 Boxing World Champs: Doha – October

**OFF-SITE:**  
 Coaching Ireland & Boxing National Stadium

## PHYSIOLOGY

**CAMPS:**  
 Pre comp work in Rio with test event  
 for Triathlon

**COMPETITIONS:**  
 Triathlon Olympic test event,  
 Rio August 2015

**OFF SITE:**  
 NRC, CI & Morton Stadium



## REHAB/PHYSIOTHERAPY

### CAMPS:

Rowing: Varese, Italy 18-23Feb  
 Rowing: Seville 02-12 Dec  
 Athletics: Florida April  
 Athletics: Pre Camp world Champs Hong Kong August

### COMPETITION:

Badminton: European Team Championship Belgium 11-16 Feb  
 Rowing: World Cup Luzern Switz 08-13 July  
 Swimming: World Champs Kazan, Russia 27/07 – 09/08  
 Rowing: World Champs France 01-06 September  
 European Champs AAI June Crete  
 World Relays AAI Bahamas May 2015  
 World Champs: AAI Beijing August 2015

### OFF SITE:

NRC, Morton Stadium

## NUTRITION

### CAMPS:

Boxing: Belfast April & May  
 Hockey: Philadelphia April  
 Toronto April (Pre World League)  
 Sailing: Irish Sailing Camp (Schull) October

### COMPETITION:

Hockey: World League (March & May)  
 Singapore

### OFF SITE:

NRC, UCD, NAC, Dun Laoghaire, CI, UL,  
 National Stadium, SINI

## S&C

### CAMPS:

Boxing: Baku European Games  
 June 2015  
 Sheffield Camp July 2015  
 Italy September 2015  
 Cycling: Majorca 3 camps in 2015

### OFF SITE:

National Boxing Stadium &  
 Morton Stadium

# FINANCE

## Cost of Programmes & Services 2015

<b>Expenditure Heading</b>	<b>Cost (€)</b>
Programmes	58,744.43
Direct Services and Operations	1,683,107.01
Overheads	92,344.00
<b>Total</b>	<b>1,834,195.44</b>
<b>Total Income</b>	<b>87,566.50</b>

# RESEARCH

Davies R, Hughes K, Toomey C, McCormack W, Sinnott-O'Connor C, Cremona CO, Alexandra N, Francis P, Leahy S and Jakeman P (2015) Dual energy x-ray absorptiometry based evaluation of elite Gaelic athletic association players. *European Journal of Clinical Nutrition* (Vol. 69, pp. S24-S24)

Todd JJ, Pourshahidi LK, McSorley EM, Madigan SM, Magee PJ (2015). Vitamin D: recent advances and implications for athletes, *Sports Medicine*. 2015, 45 (2):213-229 IF: 5.32

### **Published abstracts:**

Todd JJ, McSorley EM, Pourshahidi LK, Madigan SM, Laird E, Healy M, Magee PJ (2015) Total serum 25-hydroxyvitamin D concentration is independently linked with haematocrit and mean corpuscular haemoglobin concentration in elite athletes. *Journal of Sports Sciences*. 33(S1):1-9. IF: 2.25

Todd JJ, McSorley EM, Pourshahidi LK, Madigan SM, Laird E, Healy M, Magee PJ (2015) Vitamin D3 supplementation using an oral spray solution resolves deficiency but has no significant effect on VO2 max in Gaelic athletes, *Standardy Medyczne*. 5(12):901

# MEET THE 2015 TEAM

**Gary Keegan**  
Director

**Rod McLoughlin:**  
Performance Medicine  
Director

**Alan Rankin**  
Performance Medicine

**Phil Moore**  
Performance Services  
Director

**Caroline MacManus**  
Head of Performance  
Science

**Sarah-Jane McDonnell**  
Head of Performance  
Rehabilitation

**Emma Gallivan**  
Physiotherapy

**Caroline Woods**  
Physiotherapy

**Sinead Murphy**  
Physiotherapy

**Tom Comyns**  
Head of Strength  
& Conditioning

**Eamonn Flanagan**  
Head of Strength  
& Conditioning  
(from Nov 2015)

**John Cleary**  
Strength & Conditioning

**Martina McCarthy**  
Strength & Conditioning

**Noel Murphy**  
Strength & Conditioning

**Toni Rossiter**  
Head of Performance  
Physiology

**Ciara Sinnott-O'Connor**  
PhD Student (Physiology),  
Paralympics Ireland

**Sharon Madigan**  
Head of Performance  
Nutrition

**Rónán Doherty**  
Performance Nutrition

**Orla Walsh**  
Performance Nutrition

**Alan Swanton**  
Head of Performance  
Analysis

**Daragh Sheridan**  
PEP Podium Lead

**David Passmore**  
PEP Horizon Lead

**Giles Warrington**  
PEP Science and Medicine  
Consultant

**Tadhg MacIntyre**  
PEP Community CPD  
Consultant

**David McHugh**  
Head of Athlete Advisory

**Eoin Rheinisch**  
Athlete Advisory Assistant

**Alison Porter**  
Head of Operations

**Audrey Donovan**  
Medical Services  
Coordinator

**Ciaran Flynn**  
Performance Services  
Officer

**Alison McMahon**  
Operations and Services  
Executive

**Lorraine Aughney**  
Medical Secretary



BELIEVE. PERFORM. ACHIEVE.



**sport ireland**

The Irish Institute of Sport, National Sports Campus, Abbotstown, Dublin 15

Tel: +353-1-8097865 | Fax: +353-1-8243521

[contactus@instituteofsport.ie](mailto:contactus@instituteofsport.ie) | [www.instituteofsport.ie](http://www.instituteofsport.ie) | [#thisistheinstitute](https://twitter.com/thisistheinstitute)