



ANNUAL REVIEW 2014

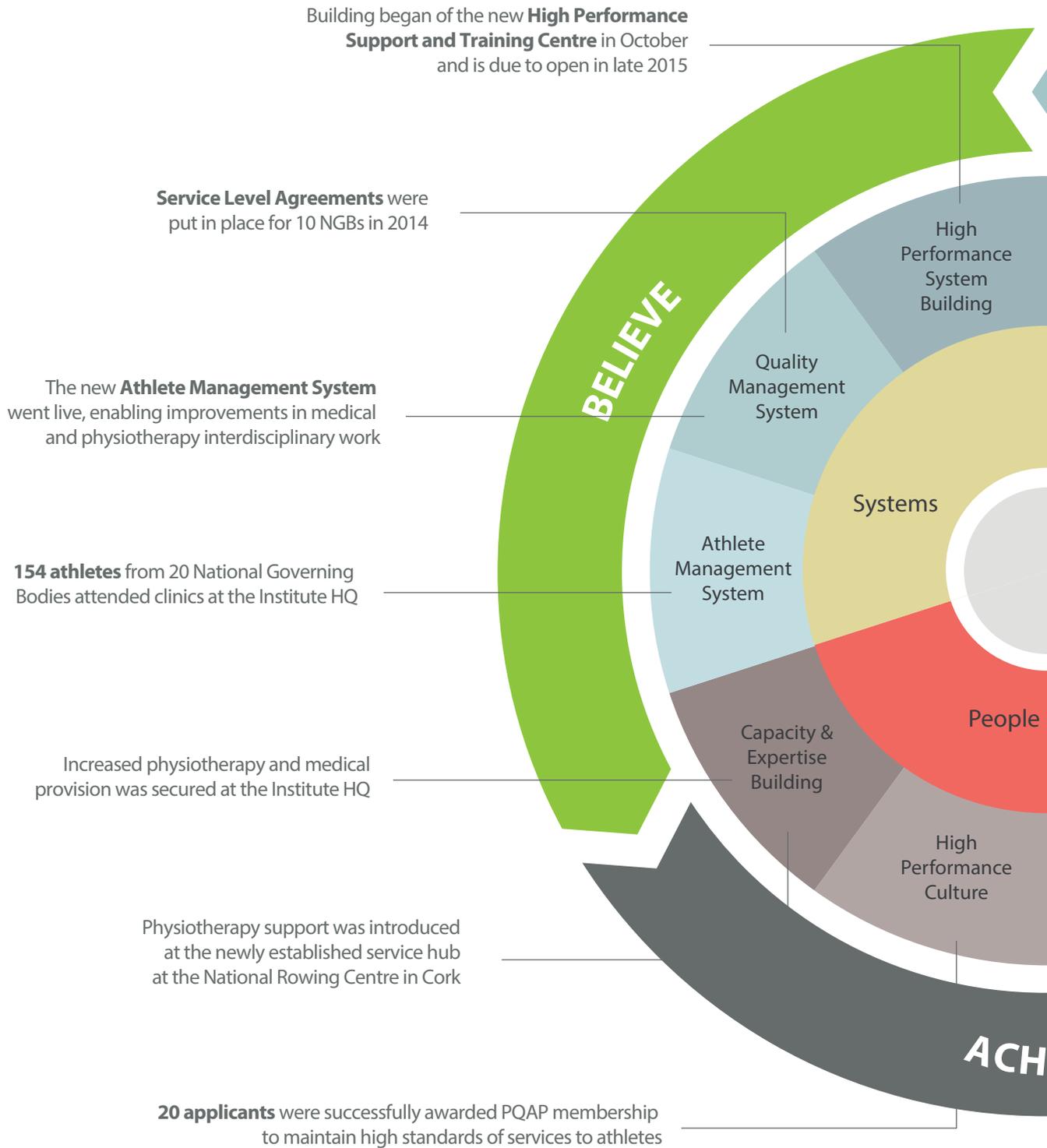


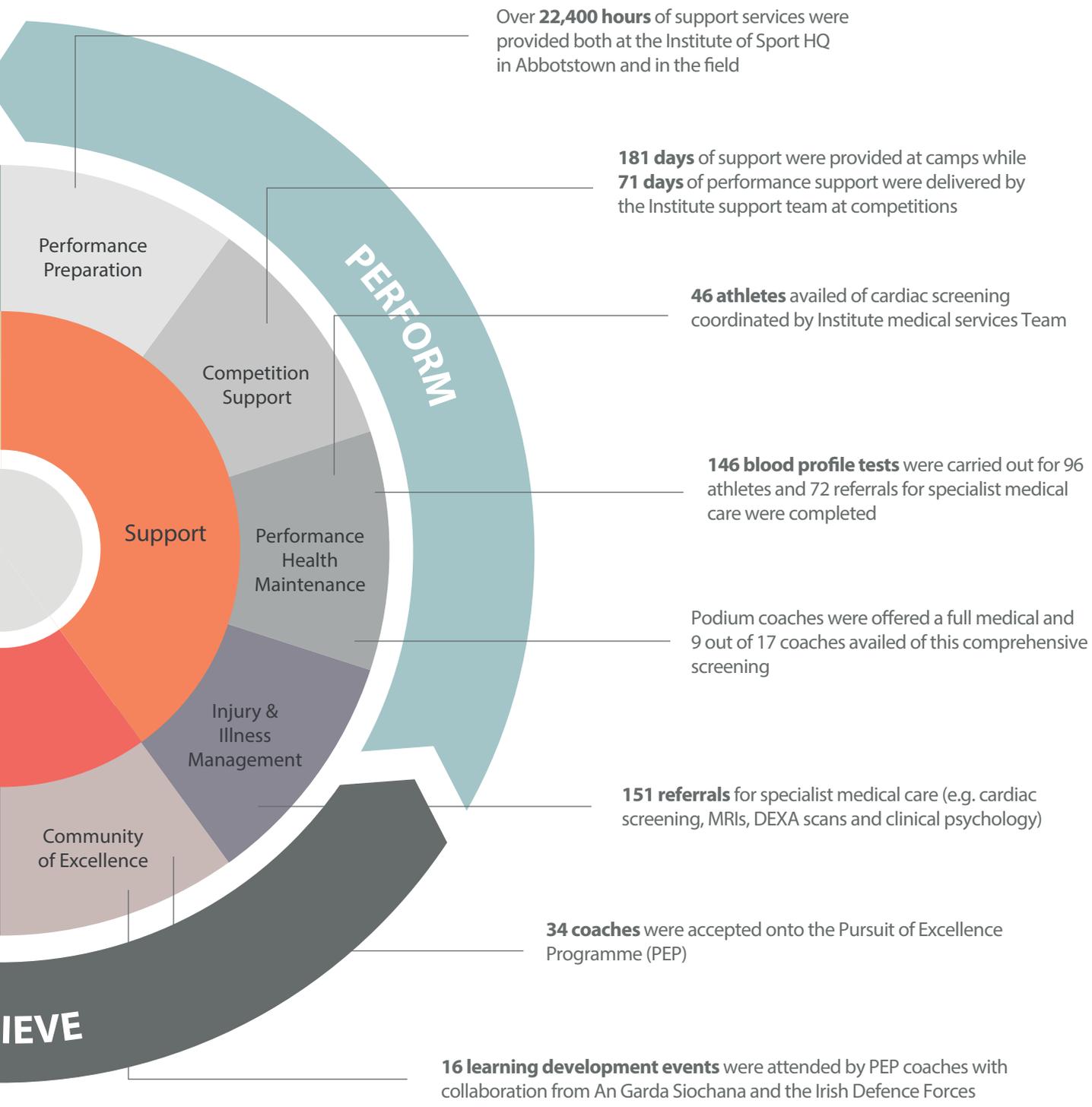
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HIGHLIGHTS FROM 2014





CEO FORWARD



The Irish Sports Council's Institute of Sport saw demand for its services grow in 2014 in the second year of 4 on the Road to Rio. Over 22,000 hours of services were delivered to support athletes as they prepare for European, World, Paralympic and Olympic qualification tournaments across the world. No fewer than 154 athletes across 20 NGBs regularly attended the Institute support services.

The Institute increased its support services by extending physiotherapy and medical provision including the establishment of a psychology clinic at its HQ. Outside of Dublin the Institute recently established a service hub at the National Rowing Centre in Cork.

Cardiac Screening has been established with 46, out of the 123 athletes who were offered screening, availing of the service. The Institute support team were also busy in the field in 2014 with 181 days of support provided at various camps while 71 days of support was provided at competitions.

A new endeavour for the Institute this year and one I was happy to see was the provision of medical screening for coaches who are part of the Pursuit of Excellence Podium Programme. Many of the coaches on this programme will hopefully be performing their roles in Rio. Having our coaches in good health is important and impacts on their capacity to deliver a quality coaching support to athletes. The coach support provided by the Institute under the Pursuit of Excellence continues to go from strength to strength, coach engagement with the programme is very high and positive with coaches reporting through their feedback the positive impact the programme support is having on their practice.

2014 signalled an important new development for the Institute when the construction workers arrived on Campus to begin building works on the Institute's new High Performance Training Centre. I have no doubt that the enhancements that will be achieved with this new environment will bring support services at the Institute to new standards by providing athletes, coaches and the experts working alongside them with a truly world class facility that has been meticulously thought-out and designed to achieve maximum athlete conditioning, health and recovery. The project is due to be completed in August of 2015 with the first athletes through the doors by early November.

A lot has been achieved in 2014 and I have no doubt the team at the Institute will be pushing on again in 2015.

I want to take this opportunity to wish all the athletes and NGBs well in their efforts to qualify to compete in Rio.

John Treacy
CEO, Irish Sports Council



Pursuit of Excellence (PEP) coaches attending the 2-day "High Performance Leadership for Podium Coaching Success" training event at the Curragh Army Training Camp, in collaboration with the Irish Defence Forces.



DIRECTOR'S REPORT



I hope you enjoy reading our 2014 review which outlines our focus, activities and achievements in 2014. Year two of the cycle is significant as it provides a good measure of the level of alignment our support services and programmes are achieving in support of the high performance programmes. For many of the sports, activity around planning, preparation and competition has intensified as their teams prepare for the Olympic and Paralympic qualifiers.

The Institute team, alongside the sports, have worked hard to embed the new learning arising out of the previous cycle aimed at evolving practice and process to enhance performance. During these times the drive for improvement sees professional relationships getting stress tested and appropriately so as the challenge to be better gets more focused. You will see more detail in our section on impact of performance review (pages 13-17).

The Institute currently have Service Level Agreements (SLAs) with 10 NGBs and also provide a variety of support to a further 10 NGBs running programmes that come under the high performance system. The SLA ensures that athletes are prioritised, needs are appropriately assessed and objectives for each support service are set and clearly communicated. The process also helps us to achieve greater focus on delivering an integrated approach to support services. There's more work to do here but a good platform is now in place to build from.

We now have clinics running out of Dublin, Limerick and Cork. Cork is the latest addition to our support network, facilitated by a partnership with Rowing Ireland at their National Rowing Centre that allows not only rowers to access support but also other athletes training around that area. This year we have started with physiotherapy with the aim of adding S&C when resources permit.

We processed 25 applications for the Institute's Professional Quality Assurance Programme (PQAP) for Service Providers. It was encouraging to see 11 of the 25 applicants were new practitioners while the other 14 were applicants applying for reaccreditation.

This year also saw a significant development around the support we provide under the Pursuit of Excellence Programme for coaches with collaboration with the Irish Defence Forces. Together we created a 2-day problem based learning event in the Curragh Military Camp in Co. Kildare. This event was attended by 16 coaches from both our Podium and Horizon streams. The Defence Forces Team were hugely generous in their support that helped us create an environment and development experience that tested each of the coaches at a deep level. In the coaches' own words, the learning effect will impact positively on their practice and journeys as professionals. There is more on this in our section on High Performance Coach Support (pages 9-12).

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Great session with the @IIS_S&C in the @Inst_of_Sport today! #bringon2015 ”

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In the last quarter of 2014, the Rio Strategy, the NGBs presented their reviews of the year, setting out their goals, objectives and plans for 2015. 2015 is a big year with many of the NGBs facing qualification tournaments. We worked closely with our colleagues in the High Performance Unit to assess each of the 2015 High Performance Plans and provide feedback to each performance lead in advance of the investment meetings with the ISC.

In his foreword, John Treacy highlighted that the building activity on Campus has everybody energised and talking about the possibilities offered to us as a high performance community. The team at the Institute have thought long and hard about what this athlete support environment needs to represent to the athletes who will use it and the experts who will work in it. We have consulted with a number of performance directors, coaches and athletes on how it can best meet their needs. We have researched high performance centres across the world and in Ireland and our Operations Team visited a number of centres both in Ireland and the UK. Our aim is to create a unique support and learning environment that more holistically caters for the high performance support needs of athletes. At the Institute, athletes already have access to an integrated model of support services that deliver the highest standards of prehab, physical conditioning, precision testing, performance nutrition, rehab, medicine and recovery alongside the opportunity to meet, train and share experiences with athlete peers across the high performance sport spectrum.

Finally I would like to extend a warm thank you to the NGBs, Performance Directors, coaches, athletes for your engagement and partnership in our joint endeavours to compete with success at the highest level of elite sport. To An Garda Síochána and the Defence Forces, I wish to thank them for all their expertise, collaboration and support around the Pursuit of Excellence Programme and the development of high performance coaches across 2014. Your support has meant that we can access a wealth of knowledge to provide the highest standards of support to coaches.

Gary Keegan

Director, Irish Institute of Sport

“



@Inst_of_Sport
thank you for all the
support over the
years. Invaluable.

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PEOPLE

HIGH PERFORMANCE COACH SUPPORT

Introduction

The Pursuit of Excellence Programme (PEP) now reaches 34 coaches who are receiving support and development around their performance as coaches. This breaks down into 17 coaches in each of our programme stands Horizon and Podium. Twenty NGBs have coaches on the programme all of which are operating high performance programmes funded by the Irish Sports Council.

Sports involved include:

Irish Sailing Association, Irish Judo Association, Irish Amateur Boxing Association, IPC Swimming, Cycling Ireland, Swim Ireland, Badminton Ireland, Irish Ladies Golf Union, Athletics Ireland, Rowing Ireland, Triathlon Ireland, Tennis Ireland, Horse Sport Ireland, IPC Athletics, Pentathlon Ireland, Canoeing Ireland, Paralympic Cycling, Paralympic CP Football, Irish Hockey Association and Cricket Ireland

The following is the output of both strands of the programme over 2014:

1

Problem Based Learning (PBL)

In 2014, the PEP team delivered two problem-based learning events where PEP coaches were exposed to a range of high pressure training situations. These performance-related simulated training experiences provided coaches with much sought after feedback from their peers and key experts on how they respond to situations and scenarios that are typical of a highly dynamic and volatile performance environment. The first event took place on June 18th & 19th in the Garda Training College, Templemore. The theme for the event was 'Building and Maintaining Successful Working Relationships in High Performance Sport'. Thirteen PEP Horizon coaches from 10 NGBs were joined by 20 staff from An Garda Síochána in delivering a cutting edge training experience.

HORIZON COACH TESTIMONIES

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"The Role Play Scenario is the most valuable component, as this is the only opportunity available to do this and get good advice and feedback, without being made to feel insecure."

"The scenario training on camera really placed us under pressure and we got to see how we react and take the good and bad from that. But it was also very valuable to see how others reacted in that situation and learn from the shared experience."

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Then on October 2nd & 3rd, the PEP Team expanded their collaboration network by delivering a two-day training event for PEP Podium coaches in collaboration with the Irish Defence Forces in the Curragh Army Training Camp. The theme for this event focussed on 'High Performance Leadership for Podium Coaching Success'. Eleven Podium coaches from 11 NGBs were exposed to the very best military training across a range of physical and mental exercises designed to provide feedback to coaches as they evolve their professional practice.



PODIUM COACH TESTIMONIES

"I would describe the two days as "education as it should be" - very demanding but at a level where we could still reflect, contrast and compare. I would hope that I can create some very useful management and leadership tools going forward that may be useful in a multitude of situations."

"Great effort from the Irish Defence Forces and the IIS. I felt that both teams had gone the extra mile to help us get a great experience from the two days. There was a very good, hard hitting learning style mixed with some excellent take away information"

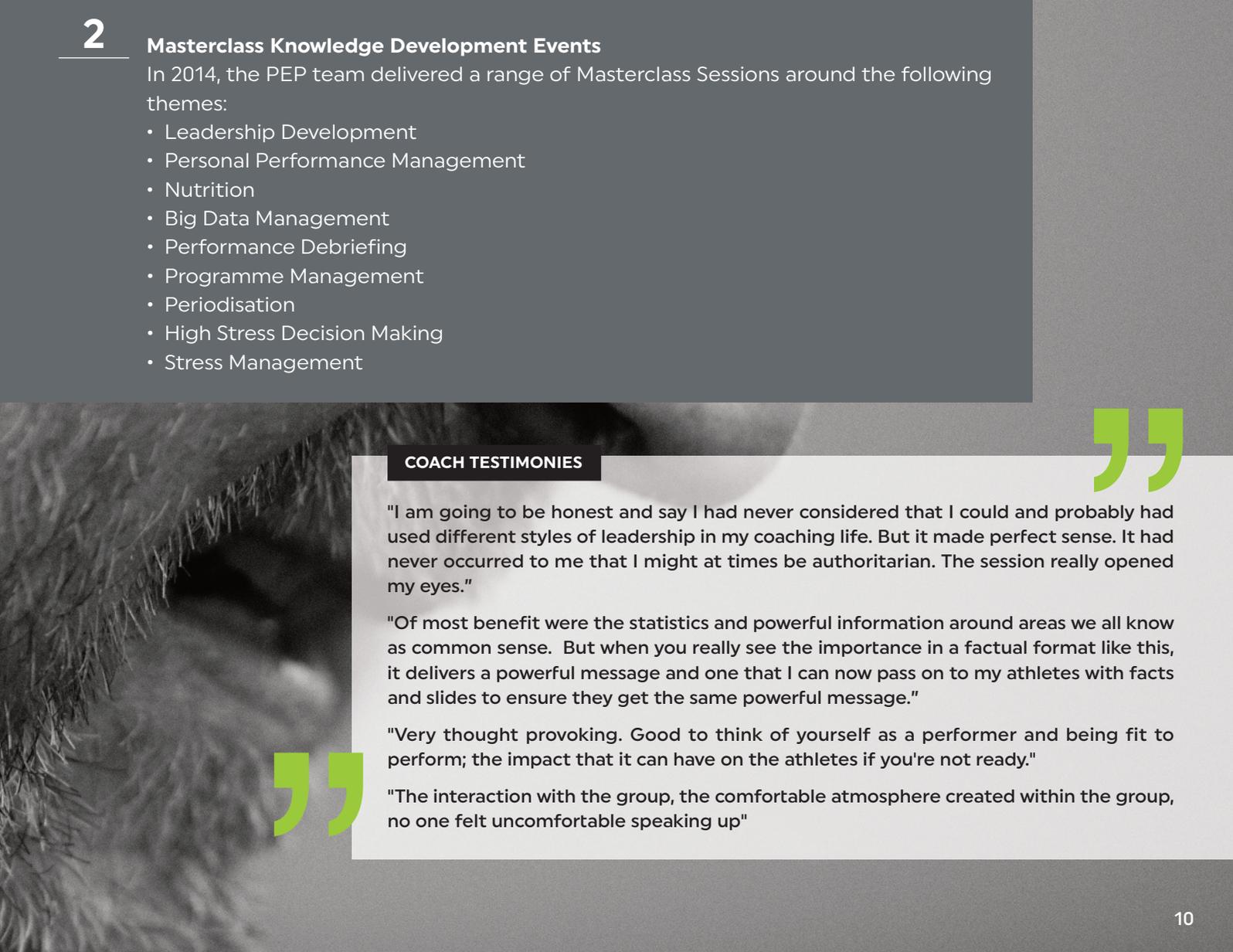


2

Masterclass Knowledge Development Events

In 2014, the PEP team delivered a range of Masterclass Sessions around the following themes:

- Leadership Development
- Personal Performance Management
- Nutrition
- Big Data Management
- Performance Debriefing
- Programme Management
- Periodisation
- High Stress Decision Making
- Stress Management



COACH TESTIMONIES

"I am going to be honest and say I had never considered that I could and probably had used different styles of leadership in my coaching life. But it made perfect sense. It had never occurred to me that I might at times be authoritarian. The session really opened my eyes."

"Of most benefit were the statistics and powerful information around areas we all know as common sense. But when you really see the importance in a factual format like this, it delivers a powerful message and one that I can now pass on to my athletes with facts and slides to ensure they get the same powerful message."

"Very thought provoking. Good to think of yourself as a performer and being fit to perform; the impact that it can have on the athletes if you're not ready."

"The interaction with the group, the comfortable atmosphere created within the group, no one felt uncomfortable speaking up"



3 Hawkeye Coach Peer to Peer Observation

The PEP Hawkeye initiative is a peer to peer learning exercise whereby PEP Horizon coaches are paired up to observe and critically analyse each other's professional practice. The objective of the initiative is to create valid feedback for coaches from the peers in order to drive improvements in their practice while consolidating top existing practices that are positively impacting athlete performance.

4 Performance Impact Projects (PIP)

In 2014, the Institute of Sport provided funding to 6 podium coaches in order to assist them as they acquire highly technical niche expertise to support the development of their professional practice. A key example of this targeted performance support investment is reflected in PEP Podium Coach, James Laverty. He used his funding to recruit top swim bio-mechanist, Dr Carl Payton from Manchester Metropolitan University, to complete a biomechanics profile (passive and active drag analysis) of athletes in the Paralympic Swim Programme. The outcome from this analysis will allow James the opportunity to identify a best fit swim technique that is aligned with each swimmers biomechanics profile and associated physical disability. The knowledge derived from this investment also positively impacts other key performance support service areas including S&C, Performance Analysis and Physiotherapy.

5 Coach Medical Screening

The Institute of Sport provided a full medical screening support to 11 coaches in the PEP Podium Community. Coaches received a full cardiac screening, blood profiling and a lifestyle audit courtesy of Dr Rod McLoughlin, Director of Performance Medicine. This was the first time PEP coaches have accessed such comprehensive wellbeing support from the Institute of Sport. The outcome from the screening process will enable coaches to establish a standard around their health and embrace new lifestyle behaviours designed to positively impact this critical personal performance pillar.

6 PEP Conference

On April 24th & 25th, coaches from both the Podium and Horizon programmes attended a 2 day conference in the IMI, Dublin. The conference focused on the theme of 'Philosophy and Culture Driving Excellence'. Coaches were joined by their professional peers from the science, medical and leadership world in discussing the impact on culture on driving and sustaining excellence. This event signalled the start of the PEP support experience for coaches on both the Horizon and Podium programmes.

Key Lessons Learned Driving 2015 Podium Programme

- 1. Appetite for Feedback** - The PBL event in the Curragh was cited as the most impactful support, given its ability to provide feedback after a range of challenging tasks – the community want PEP to provide more feedback at this level of detail.
- 2. Peer to Peer Support** – Peer to peer sharing has acted as a stress buffer by normalizing common problems and reducing role isolation.
- 3. Support Timing** – The fact that the programme only fully activated in Q2 had a significant bearing on providing a set of supports that were aligned with the competition season. Coaches found a high volume of supports in Q3 clashed with their individual recovery from the summer competition season and were misaligned with their planning mindset for 2015.
- 4. Individualization** – Coaches cited a need for more depth and greater support to be provided at an individual level.
- 5. PEP Support Ethos** – The medical screening support has been perceived by the coaches as a real 'human care' indicator from the IIS.
- 6. High Level Supports** – The dynamic supports derived from SAS; Microsoft and the Defence Forces have added a real cutting edge to the programme and have created a new support vibe: the best want to support the best.

Service Profile

1-2-1 Mentorship: 30%

Group Based
Training Events: 40%

Domestic Training
Environments: 20%

International Camps
& Competition: 10%



Dave Passmore, Institute PEP Consultant, presenting a framed, community signed, Institute of Sport t-shirt to An Garda Siochana at Garda Training College, Templemore in recognition of all their support in the development of high performance coaches over the last number of years.

SUPPORT

SCIENCE, MEDICINE AND LIFE-SKILLS SUPPORT SERVICES

The following examples summarise our focus and learning across 4 of our support services in 2014.

Introduction

The drive for improved quality in our work with athletes, coaches and sport is an ongoing focus and 2014 saw significant efforts by the team to achieve greater alignment in the support processes the team use in their work. In our attempt to reach the potential of the multidisciplinary approach we encouraged greater collaboration across support disciplines.

The impact of our work is closely related to the quality of the relationship with the coach, to this end we are working to ensure that clarity and understanding around what the coach is aiming to achieve with the athlete is in place. The outcome of achieving this is a more accurate focus around our attention which ultimately enhances our ability as a support team to have real impact on athlete performance.

Physiology

In 2014, we started to put a number of processes in place to ensure that this occurs more consistently and effectively. The focus of these processes is on needs analysis and feedback of data to coaches and service teams. The daily online monitoring of athletes training load is facilitated by the Institute Team and is being utilised by an increasing number of athletes, coaches and sports. This simple tool is having a positive impact on the ground, coaches and service teams receive daily updates regarding the athletes' well being. Over time, coaches use the data to inform training programmes.

Supporting Nutritional Intervention: Recently we have been using physiological testing in the lab to provide feedback on changes in fuel utilisation and metabolism under various training intensities and simulated race intensities following a nutritional intervention. This provides the nutritionist with objective scientific data to assess the effectiveness of nutritional interventions, allowing the optimisation and individualisation of athletes' diets.

Strength and Conditioning

The Strength and Conditioning (S&C) Team spent significant time in 2014 developing standard practices and procedures within the department and across the athletes and sports we support. Members of the S&C team spent a total of 42 days providing support at away camps. The team supported 76 senior and 19 developmental athletes throughout 2014.

Various models of support apply across different sports and these include:

- Regular (weekly, fortnightly) 1-2-1 S&C delivery. This model involves integrated planning with services team and sport coaches
- Intermittent (monthly, bi-monthly) S&C delivery
- Group, squad S&C programme planning and coaching. This model also includes group educational workshops
- Remote S&C programme planning and coaching to athletes based abroad

Nutrition

The Nutrition Team have been involved in the development of a wide range of nutrition resources and educational tools which are available to all athletes. Coaches have provided feedback to the team that these resources were extremely useful for supporting them in their work around fuelling performance.

Nutrition clinics are available to all sports across the 20 NGBs currently supported by the Institute. This is where many of the interventions with athletes and coaches occur either from our HQ in Dublin or in the University of Limerick. Support is also provided through Skype and phone when athletes are away at camps. NGBs currently drawing down on this service are Swim Ireland, Triathlon Ireland, Badminton Ireland, Irish Judo Association, Canoeing Ireland, Athletics Ireland, Cycling Ireland, Rowing Ireland, Irish Amateur Boxing Association, Pentathlon Ireland, Paralympics Ireland, Irish Hockey Association.

A core squad of 18 Women's Hockey players, in preparation for the Olympic qualifying campaigns in World League 2 and World League 3, have had support around planning itineraries and recovery strategies for camps both home and abroad.

In total, up to 85 athletes were supported by the Nutrition Team in 2014, both senior and developmental. In 2014, the focus has been on integration of services and communication through regular team meetings where potential issues are picked up discussed and addressed.



Performance Analysis

Our focus in 2014 has been on two areas:

1. Competition support which aims to access and understand individual athlete competitive performance and in so doing, mapping the performance environment.
2. Results progression: We have been working with Paralympic sport on a project with the support of 3 final year students in UL. The focus of this work was to create a database of heats and finals finishing times from which we plotted the progression of these results across 2011, 2012, 2013 and through the 2004, 2008, 2012 Paralympic Games.

Physiotherapy

Our focus in 2014 has been around 3 objectives:

Working in conjunction with the Institute's Service Team as a whole, our aim is to maximise an athlete's 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.



Through the development of the Service Level Agreement process with NGBs, our focus was to move towards early in season identification of target athletes and priority camps and competitions for service delivery. This included negotiation with NGBs around needs analysis for the support service in their sport.

We have worked to develop our Athlete Management System 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 learning for us this year was a move away from focused individual support areas to a greater focus on integrated service teams. In consultation with Rowing Ireland, we have decentralised some direct service delivery to the National Rowing Centre (NRC) and the expansion of the physiotherapy clinic time available at the NRC. We have increased our capacity in physiotherapy at our HQ to provide cover when providers are on camp and competition duty and in particular to allow greater support during Olympic and Paralympic qualifying year in 2015.

Institute HQ: Multidisciplinary Support Centre

2014 Performance Support Profile:

- Performance support provided to 20 sports and 154 athletes.
- 8 Service disciplines – Medicine, Physiotherapy, Strength & Conditioning, Physiology, Performance Lifeskills, Nutrition, Performance Analysis and Psychology.
- In the 8 service disciplines mentioned above, the Institute provided a total of 22,400 hours both at the Institute of Sport HQ in Abbotstown and in the field.
- Psychology is provided mainly through referrals and sport-specific recruitment. In 2014, the Institute established a psychology clinic operated out of our HQ one day a week.
- The Institute also acts as a base from which a number of service providers working for NGB's can operate clinics.

Specialist Referrals:

The Institute continues to operate a rapid referral pathway with the National Orthopaedic Hospital which provides it with rapid access to Imaging (e.g. X-Rays and MRI's) guided injections, consultant opinions and treatment interventions. In 2014, there was a 22% increase in the number of tests and referrals provided through the Institute of Sport.

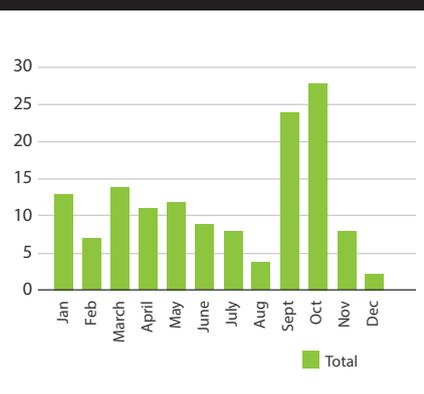
High Performance sport is a challenging space in which to live and many athletes need support at some point in their career to overcome obstacles. Whilst a minority would need clinical referral, it's important that such a pathway exists and that athletes are supported through this system as appropriate.

Blood Profiling for Performance and Health:

The Institute continues to use blood profiling as one of a number of tools to monitor the athlete's training load and wellness. In 2014, 83 athletes from 14 NGB's were supported to have 140 blood tests carried out through the Institute's blood profiling programme.

During the busiest testing period, occurring in September/October 2014, the number of tests peaked with 28 tests taking place during October. Regarding the distribution of tests by sport, 19% of tests were carried out in Athletics, 18% in Paralympics, 14% in Hockey, and 9% in both Boxing and Swimming.

Blood Profile Test	140
Cardiac Screen	28
Clinical Psychology	47
CT Scan	2
DEXA Scan	30
External Consultant Referral	3
Guided Injection	2
MRI	33
PRP Injections	1
Ultrasound Scan	4
X-Ray	1
Total	291



SERVICE AREA	SPORTS	SERVICE PROVIDERS
Medicine	Athletics Ireland, Badminton Ireland, Canoeing Ireland, Cycling Ireland, Irish Amateur Boxing Association, Pentathlon Ireland, Rowing Ireland, Irish Sailing Association, Swim Ireland, Triathlon Ireland	Rod McLoughlin, Alan Rankin
Physiotherapy	Athletics Ireland, Badminton Ireland, Canoeing Ireland, Horse Sport Ireland, Paralympics Ireland, Pentathlon Ireland, Rowing Ireland, Swim Ireland, Team Ireland Golf Trust, Triathlon Ireland	Sarah Jane McDonnell, Emma Gallivan, Sinead Murphy, Scott Murphy, Caroline Woods
S&C	Athletics Ireland, Badminton Ireland, Canoeing Ireland, Cycling Ireland, Horse Sport Ireland, Irish Amateur Boxing Association, Paralympics Ireland, Pentathlon Ireland, Irish Sailing Association, Swim Ireland, Team Ireland Golf Trust, Triathlon Ireland	Tom Comyns, Martina McCarthy, John Cleary, Noel Murphy
Physiology	Athletics Ireland, Badminton Ireland, Canoeing Ireland, Cycling Ireland, Horse Sport Ireland, Paralympics Ireland, Pentathlon Ireland, Rowing Ireland, Irish Sailing Association, Swim Ireland, Triathlon Ireland	Caroline MacManus, Toni Rossier, Ciara Sinnott - O'Connor
Nutrition	Athletics Ireland, Badminton Ireland, Canoeing Ireland, Cycling Ireland, Irish Amateur Boxing Association, Paralympics Ireland, Pentathlon Ireland, Rowing Ireland, Irish Sailing Association, Swim Ireland, Team Ireland Golf Trust, Triathlon Ireland	Sharon Madigan, Ronan Doherty
Performance Analysis	Irish Amateur Boxing Association, Swim Ireland	Alan Swanton, Robert Mooney
Lifestyle	Athletics Ireland, Badminton Ireland, Canoeing Ireland, Cycling Ireland, Horse Sport Ireland, Paralympics Ireland, Pentathlon Ireland, Rowing Ireland, Irish Sailing Association, Swim Ireland, Triathlon Ireland	David McHugh
Psychology	Athletics Ireland, Irish Sailing Association, Swim Ireland, Triathlon Ireland	Siobhain McArdle

SYSTEMS

HIGH PERFORMANCE SYSTEMS DEVELOPMENT

High Performance Training Centre

Construction of the new training centre is well underway with the structure very identifiable on the Campus landscape. Excitement is building among the athletes and Support Services Team as the building gets closer to completion. We expect to complete a hand over of the facility mid August 2015 at which point the equipment fit out can begin. We are aiming to be operational by early to mid November 2015.



High Performance Planning

The Institute completed analysis on 26 High Performance Plans through October and November of 2014 and provided feedback to each of the sports' Performance Directors to assist them in sharpening their focus on critical factors in advance of the pitch for investment to the ISC. Feedback was also provided to the ISC High Performance Unit (HPU) as part of their analysis of each of the NGBs cases for investment. The Institute also worked hand in hand with the HPU through the planning process and investment meetings held with each of the NGBs.

Athlete Management System

Our new Athlete Management System achieved its first phase rollout in November 2014 with the introduction of our new medical records system which allows for the recording and management of our entire athlete medical and physiotherapy interventions across key teams. This has enhanced interdisciplinary work practices that help to prevent injuries and aid recovery rates.

The platform can analyse data across multiple disciplines including medical, physiotherapy, strength and conditioning, physiology, nutrition, performance analysis, lifestyle and administration. It is our future aim to share this system with targeted practitioners and athletes across Ireland's high performance sport system to build a comprehensive library of athlete data and trends to maximise preparations that contribute to successful performances.

Our clinic appointment booking and science practitioners systems are our next launch components and will be rolled out in 2015.

COSTS

Costs of Programmes & Services 2014

Expenditure Heading	Cost (€)
Programmes	102,065
Direct Services and Operations	1,452,683
Overheads	121,165
Total	1,675,913
Total Income	89,095

RESEARCH

In 2014, Institute support professionals were involved in the delivery of a number of research projects:

McArdle S M, Moore P M, and Lyons D (2014)

Olympic Athletes' Experiences of a Post Games Career Transition Program. *The Sport Psychologist*, 28, pp269-278

Sheridan D, Lavallee D, Coffee P (2014)

A Systematic Review of Social Support in Youth Sport. *International Review of Sport & Exercise Psychology*, Volume 7, pp198-229

Research Grant awarded by the Irish Research Council Enterprise Programme (€64,000):

Feasibility, acceptability and effectiveness of a career transition programme to increase career adaptability and psychological well-being in elite Irish athletes.

MEET THE TEAM

Gary Keegan
Director

Phil Moore
Performance Services
Director

Rod McLoughlin
Performance Medicine
Director

Alison Porter
Head of Operations

Caroline MacManus
Head of Performance
Science

Sarah-Jane McDonnell
Head of Sports
Rehabilitation

Alan Rankin
Sports Medicine

Emma Gallivan
Physiotherapist

Caroline Woods
Physiotherapist

Scott Murphy
Physiotherapist

Sinead Murphy
Physiotherapist

Tom Comyns
Head of Strength
& Conditioning

John Cleary
Strength & Conditioning

Martina McCarthy
Strength & Conditioning

Noel Murphy
Strength & Conditioning

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Head of Exercise Physiology

Sharon Madigan
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BELIEVE.
PERFORM.
ACHIEVE.







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