

Emerging Talent

Programme 2022

Developing Emerging Athletes across
all sports codes from 15-18 Years Old



Closing date for application is
Friday 3rd December 2021



Mardyke Arena

UNIVERSITY COLLEGE CORK

Inspiring Excellence

Programme Partners



Introduction

The Mardyke Arena UCC, home to some of Ireland's most aspiring athletes, invites athletes aged 15 – 18 years to apply for our 2022 Emerging Talent Programme.

The programme offers those eligible for the programme a specialised vehicle to fulfil their sporting potential through access to sports science, athletic development, performance psychology, nutrition, lifestyle management and more. We act as a support function to the coach, athlete and parent.

“The emerging talent programme has helped me in many ways: by not only making me the strongest I have ever been but it also helped me mentally as there is always someone to talk to that can understand the challenges of high performance.”

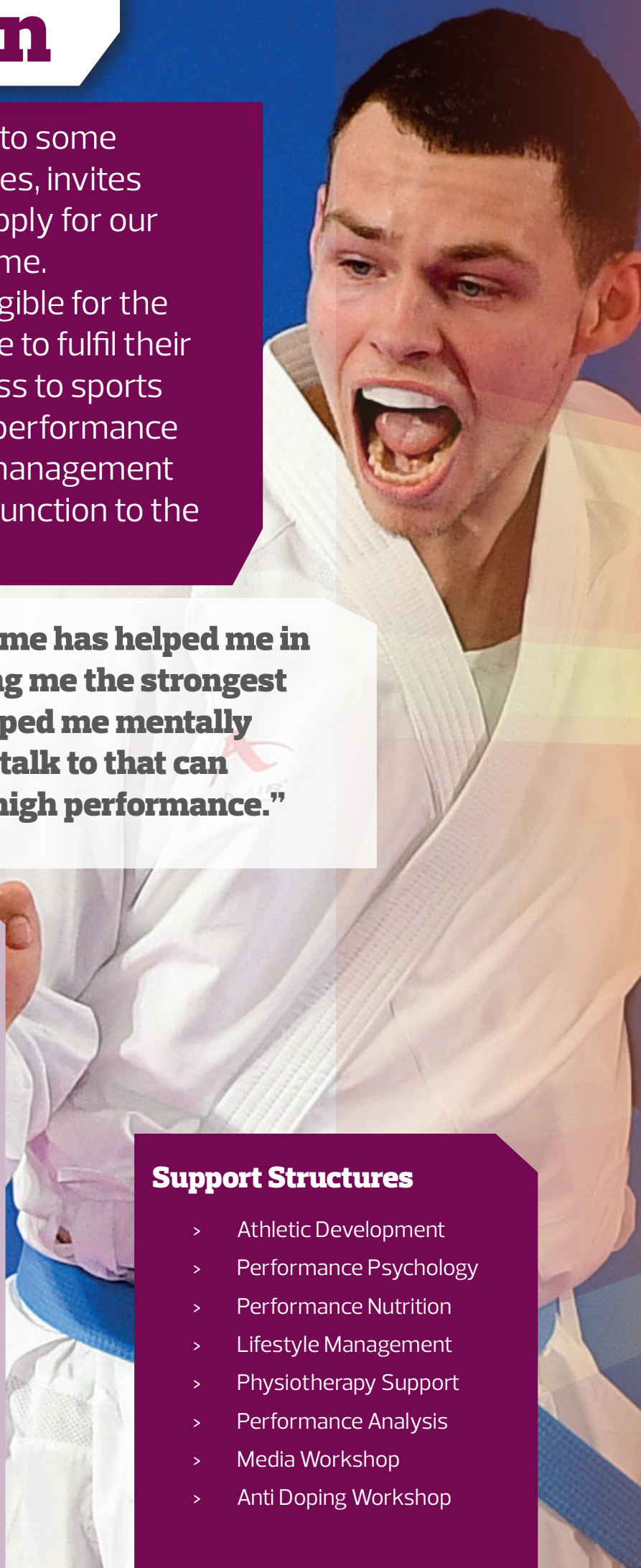
Saoirse Morrissey – Boxer – ETP Athlete

What the Emerging Talent Programme Offers?

- > Develop athletes to maximise their physical performance and to compete at the highest level.
- > Gives athletes the structured supports to achieve their goals/ambitions.
- > The Emerging Talent Programme maximises the resources available at the Mardyke Arena UCC and puts the selected athletes at the forefront of everything.
- > Athletes will be monitored and assessed on an on-going basis with regular communication kept with all relevant parties (coach, parents, etc.)

Support Structures

- > Athletic Development
- > Performance Psychology
- > Performance Nutrition
- > Lifestyle Management
- > Physiotherapy Support
- > Performance Analysis
- > Media Workshop
- > Anti Doping Workshop



Staff Profiles

Jeff Gomez

High Performance Manager - Mardyke Arena UCC & UCC Sport

Jeff Gomez has been involved in athletic development with various sporting disciplines and worked with athletes competing at Olympic, international and national level. His involvement with those athletes allowed him to develop his own physical athletic development philosophy with a focus on working towards an optimum quality of movement. Jeff completed a PhD investigating the challenges faced by student athletes.



Joe Normoyle

Clinical Lead - the arena clinic, Mardyke Arena UCC

MSc, BSc, Chartered Physiotherapist (MISCP) & CORU Registered

Joe qualified as a chartered physiotherapist in Edinburgh and has several years of experience working in both the public sector (NHS Scotland) and private sector.

Joe has a keen interest in all sports and has been working with various sports teams and individuals, from amateur to professional level. These include the Football Association of Ireland, Munster Rugby, Hearts FC, and the Scottish Hockey team. Currently, Joe is head physiotherapist for Cork City FC.

As part of his continuous professional development Joe trained as a certified Pilates instructor (through the Australian Physiotherapy and Pilates Institute, APPI), certified Acupuncturist (including dry needling), certified through the Titliest Performance Institute for Golf and biomechanical assessment for orthotic prescription. He is currently undertaking a diploma in Orthopaedic Medicine and he also guest lectures on the physiotherapy master's course in UCC. He works as part of the multidisciplinary team at the Arena Clinic and places a strong emphasis on combining manual therapy with functional rehabilitation and patient education.



Darren Dineen

Strength & Conditioning Coach, Mardyke Arena UCC

Darren has been working at the Mardyke Arena for 4 Years in the area of Athletic preparation and performance. He has a Level 7 in Sports and Recreation Management and worked with GAA clubs and athletes. He is currently completing his strength and conditioning accreditation with the UKSCA.



Billy Murphy

Performance Nutritionist

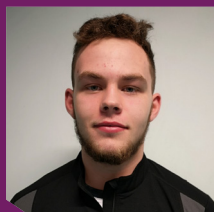


BSc Sport & Exercise Science; MSc in Human Nutrition; PgDip in Dietetics. Trained in ISAK Level 1 Anthropometry, Level 1 Interpersonal Skills Training and Level 2 Motivational Interviewing Skills. Since qualifying in 2007, Billy has worked as a Sports Nutritionist with numerous teams, sports centres and athletes across a wide range of sporting disciplines. He presently works as a Consultant Dietitian to the Cork Senior Hurling Team and collaborates closely with the Mardyke Arena UCC.

"The emerging talent programme has been a major benefit to Sean and Chris in the last year. It definitely was a contributory factor in Sean qualifying for the Youth Olympics. The athletic development and all the other components of this program are second to none. They have all the help they need to develop as athletes in the ETP".

Stephen O Callaghan - Karate Coach

Emerging Talent Programme Athletes 2019 / 2020



Chris McCarthy
Karate



Beth Nolan
Swimming



Daniel Drew
Soccer



David Ross Chu
Rowing



Sean McCarthy
Karate



Katie Moynihan
Javelin



Hanna D'Aughton
Modern Pentathlon



Harry Twomey
Sailing



Heiu Power
Karate



Isobel Kingston
Hockey



Saoirse Morrissey
Boxing



Kate Lynch
Squash

Key successes to date

Athlete	Sport	Achievement(s)
Meg Ryan	Gymnastics	· Tokyo 2020 Olympic Athlete
Hanna D'Aughton	Modern Pentathlon	· Road to Paris 2024 Athlete
Johnny Durcan	Sailing	· Road to Paris 2024 Athlete
Matthew Healy	Soccer	· Ipswich Town FC Scholarship Recipient · U-16 Irish International.
Sophie O'Rourke	Squash	· Junior National Champion 4 years in a row · Youngest Ever Senior National champion · Captain of the U19 Irish Team · Ranked Number 1 Irish Women's Squash Player · Represented Ireland at the Senior European Championships
Sara Byrne	Golf	· U18's Irish Girls International since 15 Year of age. · Irish Ladies Champion 2018. · Represented the Great Britain & Ireland Team V Europe · Miami U Scholarship Recipient 2020 - 2024
Sean McCarthy	Karate	· Bronze Youth Olympics Medalist – Buenos Aires 2018
Chris McCarthy	Karate	· European Champion 2018
Saoirse Morrissey	Boxing	· All Ireland Champion Twice · Munster Champion Four Times · Golden Girl Silver Medalist
Ellen Cassidy	Swimming	· Irish Team Representative 2017 / 2018 · European Junior Team 2018 · Bronze Medalist at the Slovenian Championships
Katie Moynihan	Javelin	· International Celtic Games Champion 2017 · Represented Ireland in the International Throws Fest in Halle, Germany (2018)

Eligibility Criteria

To be eligible to apply for the Mardyke Arena UCC Emerging Talent Programme, applicants must;

- > Be between 15 - 18 years of age
- > Compete at a high level within your chosen sport
- > Demonstrate a strong and ambitious mind-set

How to apply?

To apply, you are required to complete the application form on our website www.mardykearena.com.

The application process will remain open until **3rd December 2021**.

Following a short-listing process, applicants will be invited to attend for interview on either **6th or 8th December 2021**. Applicants shortlisted for interview will be required to submit a supporting statement from an appropriately qualified and experienced individual or organisation (Coach, National Governing Body or support staff) in advance of the interview.

Cost of programme

The annual cost per athlete for all the services listed is €700.

Direct debit option available:
€140 up front and 8 installments of €70.

For further information:

Please Contact:

Jeff Gomez - High Performance Manager

Email: j.gomez@ucc.ie

