

# Emerging Talent

Programme 2017 – 2018

Developing emerging athletes across  
all sports codes from 15–18 Years Old



Commencing in  
September 2017



**Mardyke Arena**

UNIVERSITY COLLEGE CORK

*Inspiring Excellence*

In Partnership with



**Evening Echo**



# Introduction

The Mardyke Arena UCC, home to some of Ireland's most aspiring athletes, invites athletes aged 15 – 18 years to apply for our 2017/2018 Emerging Talent Programme. The programme offers those eligible for the programme a specialised vehicle to fulfil their sporting potential through access to sports science, strength & conditioning, performance psychology, performance analysis, nutrition and lifestyle support. We act as a support function to the coach, athlete and parent.

**“The Emerging Talent Programme is giving me the power not only physically but mentally to succeed in my chosen sport. The ETP team have me as the athlete at the centre of everything it does. I couldn’t recommend it more to any athlete looking to get to the next level of performance.”**

**Ellen Cassidy** – Swimming –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

- > Strength and Conditioning
- > Performance Psychology
- > Performance Nutrition
- > Lifestyle Management
- > Physiotherapy Support
- > Access to our online monitoring platform
- > Performance Analysis



# Staff Profiles

## Jeff Gomez

Sport & Athlete  
Performance Manager



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 its own physical athletic development philosophy with a focus on working towards an optimum quality of movement. Jeff is currently a PhD candidate.

## Michael Kearney

Sports Psychologist



Michael completed his undergraduate degree in Recreation and Leisure Management in Waterford Institute of Technology, he went on to complete his masters in Sport and Exercise Psychology. Michael has worked with inter-county GAA teams, rugby and soccer teams as well as individual athletes from a variety of sporting backgrounds. Key areas which Michael works on with athletes are Goal Setting, Pre Performance Routines, Positive Self talk and Visualisation. The aim of the performance psychology element is to assist athletes in achieving the optimal mental state for optimal performance.

## 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.

## James Peckitt

the arena clinic Manager



James has worked extensively within professional and elite-level sport having previously held the roles of Head Physiotherapist at London Irish Rugby Club and Barnet Football Club, and has previous experience within professional cricket with Surrey Cricket Club.

James also worked at the London 2012 Olympic Games and Glasgow 2014 Commonwealth Games working with rugby. The arena clinic provides the medical services to Cork City FC, which James oversees..

## Sarah Cunningham

Sports Scientist



Sarah has a Masters in Sports Performance from the University of Limerick. She is an employee of the Mardyke Arena UCC working mainly in the area of youth player development and fitness testing and screening. Sarah has experience working with local clubs and development squads from GAA, soccer and rugby. Sarah is also a Titleist Performance Certified coach in golf and has represented Ireland at both junior and senior level.

**Johnny Durcan** – Sailing – ETP Athlete

"The Mardyke Arena UCC has made me stronger physically and psychologically. They're making a huge impact in my Sailing career".

"I would like to sincerely thank the Mardyke Arena UCC and especially Jeff Gomez for the tremendous work done with Sara Byrne. Sara represented Great Britain & Ireland in the Vagliano Trophy and Ireland at the Europeans this year. As a coach I am very appreciative of what Jeff and the rest of the Mardyke Arena UCC staff have done for Sara's development. I'm looking forward to next year when Sara will develop further from the programme."

**Fred Twomey** – Munster GUI High Performance Branch Lead Coach

# Emerging Talent Programme Athletes 2016 / 2017



**Ally Cunningham**  
Swimming



**Aishat Onilogbo**  
Athletics



**Ellen Cassidy**  
Swimming



**Johnny Durcan**  
Sailing



**Jayne Fitzgerald**  
Basketball



**Peter Kenna**  
Shotokan Karate



**Rachel Thompson**  
Golf



**Sara Byrne**  
Golf



**Sarah Hoare**  
Climbing



**Sean Hoare**  
Climbing



**Sophie O'Rourke**  
Squash



**Sharon Semchiy**  
Swimming



**Valerie Clancy**  
Golf

## 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](http://www.mardykearena.com). Applications will remain open from 10th August – 7th September 2017.

Following a short-listing process, applicants will be invited to attend for interview on either 13th or 14th September. 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 €800.  
*Direct debit options available.*

## For further information:

Please contact the Mardyke Arena UCC High Performance Manager **Nora Aherne**  
Tel: 021 490 47 93  
Email: [n.aherne@ucc.ie](mailto:n.aherne@ucc.ie)

