



Institute of Sport: February 2010

Mission

The mission of the Irish Institute of Sport is to produce sporting champions for Ireland. Its overall purpose is to create an environment which influences, supports and ensures that talented Irish athletes will achieve sustained levels of excellence in elite sport.

Resources

The Institute of Sport operates as a unit of the Irish Sports Council providing high performance services to athletes, coaches and sports. Gary Keegan is the Director of Performance Services and leads the Institute team of seven. The other service directors are Dr Rod McLaughlin (Medical) and Phil Moore (Science).

Model

The Institute model of operation is to work directly with athletes, coaches and the sports Performance Directors, providing interventions that will have a direct and positive impact on their performances. The interventions cover the full range of sports medicine and science disciplines including *physiotherapy, psychology, strength & conditioning, nutrition, coaching development & support, career & lifestyle support, performance analysis*.

In consultation with governing bodies the Institute has developed a service delivery model with the key services led and managed from Abbotstown. There will be two major centres where a full suite of services will be available and delivered; Abbotstown and Limerick (based at Coaching Ireland on the UL Campus). A number of limited service centres based at selected training venues will also be established in partnership with the sports.

Some highlights

Over the past year the Institute team have been working towards fulfilling the mission through;

- *Performance Management:* A series of new programmes have been developed and launched including Performance System Planning, Performance Director Development Programmes and High Performance Coach Development programmes. One example would be 16 coaches from 10 Olympic & Paralympic sports being part of the Pursuit of Excellence Programme.
- *Athlete Lifestyle:* 200 athletes have been supported to date through three specific programmes; Education Support, Career Development and Lifestyle Support.
- *Performance Science:* The Institute has completed the transfer of Carding services from Coaching Ireland. In addition a Professional Quality Assurance Programme has been established with more than 40 service providers accredited.
- *Performance Medicine:* An online medical records system, iZone, has been established to provide better coordination of medical care. An injury reporting protocol has been put in place for doctors and physiotherapists. The critical development is the consistent availability of an expert resource to athletes and sports that provides early diagnosis and accesses best possible care within the medical system.