

Martin McGann

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PROFILE

Passionate swimming coach with 35 years' experience, with involvement in strategic development at national level as Chairman of the Swim Ireland High Performance Committee from 2005-2009. Demonstrated evidence of ability to develop and implement swimming development pathways and pipelines into high performance swimming. Highly knowledgeable in Biometrics, Sports Nutrition, Sports Psychology, Physiology and high performance coaching.

SELECTED COACHING ACHIEVEMENTS

Athlete achievements in which I have played an important coaching role:

- 2023** World Record (Daniel Wiffen 800Free) 3 Gold European Short Course (Mentoring role)
- 2022** Commonwealth Games (Daniel Wiffen Silver Medallist 1500m Free, 4th place 400m Free)
- 2022** World Championships (Daniel Wiffen Finalist 800m and 1500m Free)
- 2021** Tokyo Olympics (Daniel Wiffen 800m Free, Russell White Triathlon)
- 2019** Irish Nationals (Top Men's Team Overall, 3 Irish Senior & Junior Records, 15 Ulster Senior & Junior Records)
- 2017** Commonwealth Youth Championships (Rachel Bethel Silver Medallist 400m & 800m Free)
- 2017** European Junior Championships (Rachel Bethel)
- 2017** Youth Olympics (Daniel Wiffen)
- 2016** Rio Olympics (Aileen Reid Triathlon)
- 2013** World Paralympic Games (James Scully Silver Medallist 200m Free)
- 2012** Paralympic Olympic Games (James Scully 5th place 200m Free)
- 2011** Irish University Championships (Top Team Overall, Top Men's Team Overall)
- 2009** Irish University Championships (Top Team Overall, 3 Irish Senior Relay Records)
- 2008** Irish University Championships (Top Men's Team Overall)
- 2007** Irish University Championships (Top Men's Team Overall)
- 2007** World University Games (Kevin Stacey 400m Free)
- 2006** Irish University Championships (Top Men's Team Overall)
- 2006** European Junior Championships, European Youth Olympics & Irish Junior Record (Carl Burdis 50m Backcrawl)
- 2003** European Youth Olympics (Sean Redmond, 50m Backcrawl)

COACHING AWARDS

- 2022** Swim Ireland President's Award
- 2019** Lisburn & Castlereagh County Council Coach of the Year Award
- 2017** Swim Ireland Pathway Coach of the Year Award

SELECTIONS

- 2019** World Junior Championships Ireland Coach
- 2019 & 2017** Irish Interprovincial Championships Ulster Coach
- 2018-2019** Swim Ireland Advanced Coach Programme
- 2017-2019** Scottish National Championships Ulster Coach
- 2007** World University Games (Thailand) Ireland Coach
- 2006** European Junior Championships (Spain) Ireland Coach
- 2005** European Youth Olympics (Italy) Ireland Coach
- 1993-2019** Irish National Squad Coach
- 1993-2005** Leinster Squad Coach

COMMITTEES

- 2021-Present** Connaught Technical Committee
- 2016-2019** Swim Ireland Performance Advisory Group Member
- 2005-2009** High Performance Committee - Chairman
- 2004 & 2010-2012** High Performance Committee - Member
- 1999-2012** Leinster Technical Committee

SWIM COACHING EXPERIENCE

Family Sheikh Fawaz Abdulaziz Fahad Alhokair

Sept 2023-Dec2023

Head Coach

- Initially teaching 8yr son, with severe Autism and ADHD, the role developed to coaching swimming to the Sheikh, his daughter and niece
- Role further expanded to land training for the Sheikh, to increase overall fitness and health and wellbeing strategies

County Sligo Swimming Club, Ireland

Nov 2021 - Aug 2023

Head Coach

- Have delivered significant results in a short time – achieved highest number of athletes qualifying for regional squad, highest number of national qualifiers, with 2 swimmers qualifying for the interprovincial development squad.
- 2 gold medals & 5 silver medals at Irish National Championships.
- Leveraged extensive knowledge and experience in swimming coaching to establish a high performance culture, for example, practicing performing under pressure in training, focussing on processes rather than outcomes and working on an individual basis with swimmers to enable them to reach their potential.

Aquatix Dubai, United Arab Emirates

Jan 2020 - Sep 2021

Head Coach

- Demonstrated strategic planning and ability to deliver successful development pathways when appointed Head Coach of swim team with large Learn to Swim company attached, and successfully bridging the gap between the learn to swim and squad swimmers.
- Ability to deliver in the face of significant challenge demonstrated through adapting training and approach during Covid lockdowns – negotiated new venue for the club when home pool closed during lockdowns. Also introduced sea training, introduced virtual galas, delivered zoom based land training and delivered mental fitness training during this period.
- Mentored and developed assistant coaches – running stroke clinics and CPD sessions for coaches and teachers.
- Developed positive club culture and ethos, introducing the “Aquatix Family”, encouraging parents to be more involved in the club and supporting the development of our swimmers through running fun galas and socials.

Lisburn City Swim Club, United Kingdom

May 2016 – Dec 2019

Head Coach

- Developed and implemented strategic plan that improved swimming standards within the club from the Learn to Swim programme right through to the High Performance Squad. Part of this plan included me motivating, mentoring and working closely alongside 34 part-time and volunteer staff, which led to Lisburn being awarded the Swim Ireland ClubMark Award.
- Developed strategic alliance with Swim Ulster and Swim Ireland leading to Lisburn being awarded the pathway performance club both nationally and regionally.
- Achieved significant success during this period, with Lisburn finishing first overall for points in the Irish National Championships in 2019.
- Directly responsible for increasing membership numbers – and achieved membership numbers of circa. 1,000. This was achieved through increasing efficiencies in the Learn to Swim programmes, developing Diving, Water polo and disability swimming.

Swim4Life, Ireland

Sep 2013 - May 2016

Director

- Established private swim school, providing swim lessons for school groups and individuals. Negotiated pool access in multiple locations across Dublin, grew the programme to c.850 swimming students and coordinated 30 weekly swimming lessons.

Maynooth University, Ireland

May 2006 - Aug 2013

Head Coach & Swimming Development Officer

- Successfully made the case to University senior management for an innovative plan to develop a profitable learn to swim programme that would enable the University to offer a swimming scholarship to attract high performance athletes to the University.
- Delivered on all strategic goals; launched first high performance swimming programme in any Irish University, developed from zero base a Learn to Swim school providing lessons for c. 1,000 students per week that made the programme self-sufficient financially, and achieved considerable success – sending swimmers from the programme to World University Games, Celtic Tri Nations and World Paralympic Games.
- Created high performance swimming squad: awarded University Championships Champions (Mens – 2006, 2007, 2008, 2011; Overall – 2011), achieved 3 Irish Senior Men’s Relay Records (4 * 100m Free LC, 4 * 200m Free LC, 4 * 100 Free SC).

Portmarnock Swim Team, Ireland

2004 - 2006

Head Coach

- Delivered significant improvement in swimming achievement throughout my time at Portmarnock – growing from 3 Irish Age group qualifiers and 3 Division 2 qualifiers to 16 Irish Age group qualifiers, 12 Division 2 qualifiers and 7 National Senior titles.

Templeogue College Swim Pool, Ireland

2000 - 2009

Pool Manager & Manager of Learn to Swim Programme

- Responsible for day to day management of successful swimming facility in Dublin, including line management responsibilities of c. 40 staff. Redefined key elements of the learn to swim programme, increased participation to c. 1,600 and increased profitability year on year throughout my tenure (bank balance 2000: €7k, 2009: €600k).

Phoenix Swim Team, Ireland

1999 - 2004

Head Coach

- Successfully established new swimming club following the closure of Kings Hospital Swim Team, including developing short, medium and long term strategic plans and ensuring all necessary procedures and structures were in place to comply with Swim Ireland requirements.
- Negotiated swimming pool time in 3 different pool facilities and developed a positive and inclusive team environment. Successfully coached 4 swimmers onto the National Elite Senior Squad (Team 2000).
- Developed masters swimming stream, amassing 54 National Masters records.

The Kings Hospital Swim Club, Ireland

1986 - 1999

Head Coach | Assistant Head Coach | Learn to Swim Coordinator | Age Group Assistant Coach

- Started as age group assistant coach and gained a wide range of experience as progressed to roles including learn to swim coordinator, assistant head coach and eventually head coach. Developed Learn to Swim from zero base to c.500 children which made a significant financial contribution to the club.
- Placed swimmers on European Youth Olympic teams and European Junior teams. Also coached numerous masters to Irish records, and coached World and European Master medallists.

EDUCATION

University of Ulster

2018 - Present

MSc Sports Coaching & High Performance

- Completed all taught modules, including Performance Analysis & Monitoring, Personal Skill & Leadership Development and Motor Cognition & Performance.
- Research module ongoing.

Swim Ireland Level 3 Swim Coach

Irish Water Safety Swimming Tutor

CONTINUOUS PROFESSIONAL DEVELOPMENT

- Informal Mentors: Dr. Jan Olbrecht – Sports Physiologist & Biomechanics, Dr. Mike Peyrebrune – Sport Science & Physiologist, Dr. Julie Johnson – Sport Psychology, Bobby Madine – Lactate Analysis, Dr. Conor Osborough – Biomechanics, Julianne Larkin – Sports Nutritionist.
- Coaches Clinics attended: ASCA World Coaches Clinic (Las Vegas & San Diego), British Swim Coaches Association Clinics (various).

- Self-directed reading has included: including “The Science of Winning” by Dr Jan Olbrecht, “Swimming Fastest” by Dr Ernie Maglisco, “Championship Swim Training” by Bill Sweetenham & John Atkinson and “Complete Conditioning for Swimming” by Dave Salo
- Specialist in Lactate Testing (with access to software generating individualised training times) and high altitude training.

REFERENCES

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