



# RAISING **THE** LEVELS

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**Canoeing**  
*Ireland*

Performance Programme

Paris – Los Angeles

2024 to 2028

Raising the Levels  
*one team, one goal, no excuses*

## Introduction

“Raising the Levels” 2020-2028 is Canoeing Ireland’s 4-8-year performance programme covering 2 Olympic cycles: Paris 2024 and Los Angeles 2028. Raising the Levels is the operational function of the Canoeing Ireland high performance strategy – *Pathway to Performance Paris 2024 & Beyond*.

## Objectives

- Build a collaborative, sustainable and inclusive high-performance system which is athlete centred, facilitated by strong and experienced coaches, and NGB managed.
- Within 8 years Ireland will be fully represented in canoe sport at the highest level of international competition (Olympic Games, World Championships, European Championships) in all Olympic classes (K1W, K1M, C1W, C1M and crew boats) and in all age categories (Senior, U23, U18) whilst delivering podium performances.

Canoeing Ireland aims to implement the new structure from the beginning of the Paris 2024 cycle (Q4 2020) with the overlap of the extended Tokyo 2021 cycle (end date 08/08/21) running parallel in year 1. The future programme and structure aim to meet current and future athletes’ performance needs while building a sustainable, inclusive, and integrated pathway within the overall structure of Canoeing Ireland.

**RAISING THE LEVELS**  
**Canoeing Ireland**

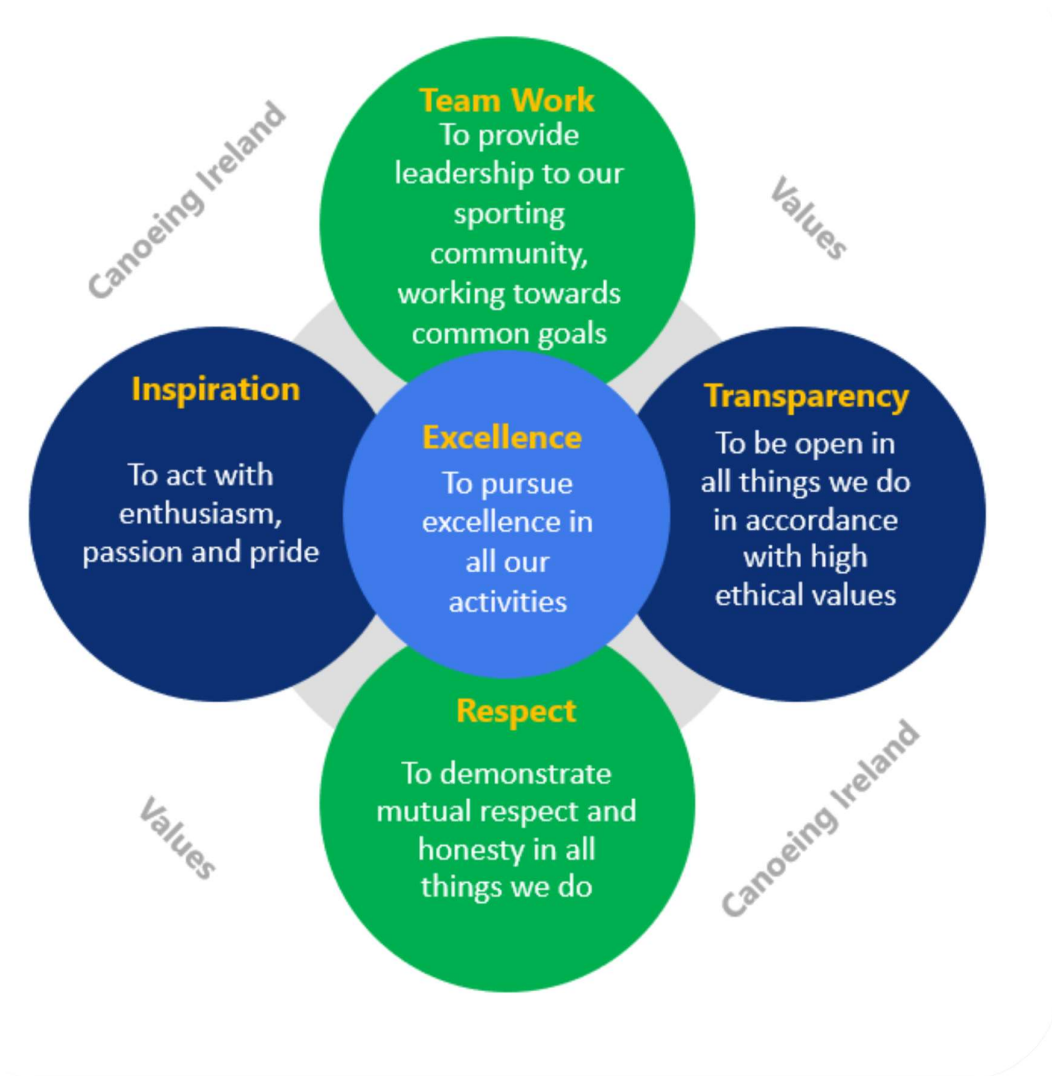
**Our vision**  
To support and develop current and future talented athletes by creating clear pathways, systems and programs.

**Our philosophy**  
One team - one goal - no excuses  
Together we are stronger

**Our strategy**  
Will be our guiding light which will be delivered in partnership with the Irish canoe sport community



## Canoeing Ireland Values



Programme structure



## The triple 'I' model of programme focus



### **Identify ...**

New and emerging talent within both Olympic disciplines of canoe slalom and sprint.

Talent ID days → talent within the diaspora → talent within other disciplines

### **Induct ...**

Potentially talented and dedicated athletes into the programme. Establish clear and transparent criteria for inclusion.

### **Improve ...**

Ability and performance through dedicated training camps with internationally recognised coaches.





# Performance Programme

▶▶▶ *Training to compete* ◀◀◀



**National & Regional Events - Training Camps - Time Trials**

▶▶▶ *Talent ID* ◀◀◀



**Club/Hub Development -Schools Programme**

▶▶▶ *Increase participation numbers* ◀◀◀

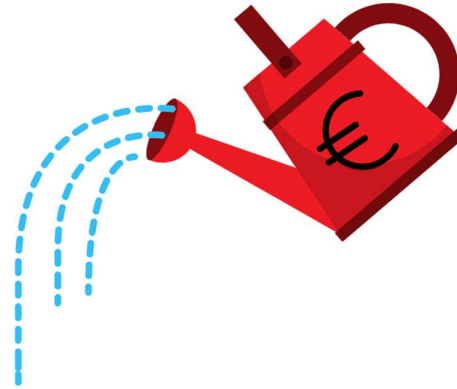


## Investment Model

The key to the success of *Raising the Levels* is strategic investment. Ensuring that budget allocations are aligned with agreed objectives and goals is paramount.

With that in mind, the following investment principles have been identified:

1. Expansion of the talent pathway
2. Supporting current performance athletes with a clear trajectory towards Paris '24 and LA '28.
3. Coaching and sport science support.
4. Programme development and capital.



Pathway development Coaching/Sports science	Junior & U23's	Performance athletes with a trajectory towards Paris '24 & LA '28
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## Execution and Evaluation model

### Planning

Round table planning will take place in Q4 of every year after the competition season has closed. Planning for the following season will include committees, coaches and support staff. The planning meeting will be convened and chaired by the PD.

- Development plan presented
- Coaching plan presented
- Team selection discussed
- A provisional budget will be agreed on.

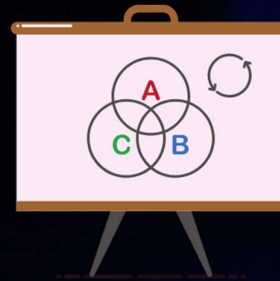
The PD will deliver an operational report to the CEO once the plan for the season ahead has been agreed.

### Reviewing

Reviews will take place after training camps and competitions;

- What worked well?
- What needs attention?
- What did we learn?
- Did we achieve an objective?

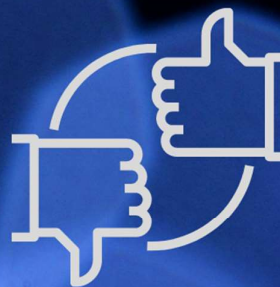
A year-end review will be conducted prior to the planning meeting in Q4. The PD will deliver an overview of the season and identify where gains were made, what objectives were met and what area of the programme needs attention.



**Plan**



**Do**



**Review**





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Ireland