



## *Performance Programme*

The Olympic Federation of Ireland is committed to providing support to athletes in training for Team Ireland events and future Olympic Games

Thanks to the support of our Energy partner, Flogas, we are delighted to introduce the **Flogas Performance Programme**. This fund seeks to support athletes and coaches in 2025 prepare for competition at the highest levels.

In total, the fund is 75,000 euros.

This Performance fund will be aimed at providing support for activities in the following areas:

1. Enhanced training or competition support
2. Performance Coach Support
3. Enhanced Sport Science Provision





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### **Enhanced training or competition support**

Applications will focus on enhancing or supporting daily training environments for a particular period. For example, extended training camps, training partners or additional competitive opportunities.

### **Performance Coach Support**

Applications can be made to facilitate:

- Additional coaching hours in a daily training environment or enhanced training environment
- Travel costs associated with international travel to events
- Further learning and coaching qualifications

### **Enhanced sport science provision**

Applications can be made for additional or enhanced:

- Physiotherapy, physiology, data-analysis, nutrition, strength and conditioning, or psychology support in your daily environment, in training camps, or at competition
- Specific sport science testing
- Specific sport science testing equipment



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### **Funding Principles**

The following core principles apply:

1. Athletes, coaches and NF programmes whose sports are included in the Milano Cortina 2026 and LA 2028 programmes can apply for funding.
2. The maximum award for individual athletes or coaches is €5,000. National programmes when multiple athletes will benefit can apply for up to a maximum €10,000.
3. Applications need to have at least one authorised signatory from the National Federation on their application.
4. Funds should be used to support projects where that funding can add value, make a real difference and deliver impact over a set period of time.
5. The OFI will work closely with other stakeholders within high-performance sport in Ireland to ensure the funding is co-ordinated and complimentary to other funding supports made available to NFs through Sport Ireland and other funding bodies.
6. Funds will not be used to fund new/existing 'positions' within NFs.



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### **Any National Federation, athlete or coach receiving the funding must:**

- Provide the OFI with all necessary information and supporting documentary evidence (including receipts) related to the use of the allocated funds and the implementation of the activity/programme;
- Use the funds made available solely for the purpose outlined in the application process;
- Inform the OFI at any time if the National Federation encounters any issue with the implementation of the activity/programme;
- Take sole responsibility to ensure appropriate income declarations are made to the relevant authorities;
- Support the OFI by promoting Program X1 on your social media channels and, upon request, be available to assist in creating OFI social media content for the relevant activity.



## Performance Programme

A weighted criterion will be applied to all applications under the following headings:

Criteria	Key Considerations	Weighting
<b>Performance Focus</b>	How does the project/application demonstrate a clear performance focus ?	40%
<b>Planned outcome</b>	How does the application detail a proposed positive outcome ?	30%
<b>Planned Expenditure</b>	How much detail has been provided outlining the proposed costs?	15%
<b>Accountability</b>	What processes are proposed to assure that recipients complete the intended courses within the	15%

**Applications for 2025 funding are invited, using the forms below, by February 20<sup>th</sup> 2025.**

**Programme decisions will be communicated on or after the 26<sup>th</sup> of February 2025**



### Performance Programme

<b>Full Name:</b>	
<b>Email:</b>	
<b>Telephone Number:</b>	
<b>Address:</b>	
<b>National Federation:</b>	
<b>Funding Request</b> (please highlight one)	Enhanced training or competition support  Performance Coach Support  Enhanced Sports Science Provision
<b>Programme Summary, Costs, dates/timeline</b>	



## Performance Programme

### Project/Programme Evaluation

<p><b>Performance Focus (40%)</b> (Please summarise the project/programme and demonstrate it's performance focus and potential positive outcomes. Provide additional attachments as required)</p>	
<p><b>Planned Outcome (30%)</b> (Please summarise the planned outcomes and how they will be measured. Provide additional attachments as required)</p>	
<p><b>Planned expenditure (15%)</b> Please indicate in as much detail as possible the potential costs</p>	





### Performance Programme

<b>Accountability (15%):</b> Please provide details of the processes that will be used to ensure the funds are used for the sole purpose of the project/ programme applied for	
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I, the undersigned, certify that the information provided in this application is accurate and true and that the National Federation performance has reviewed and approved this submission.

\_\_\_\_\_  
Name Title Date

\_\_\_\_\_  
Name Performance Director / Lead Coach Date





