



# IABA High Performance Unit January-April 2019



## Our Partners



Team Ireland



SPORT IRELAND



SPORT IRELAND INSTITUTE

## Squad Training

**40+**  
Athletes

**42**

Team Training Days



International Camp  
in Germany

## International Competition



EUBC European U/22 Championships  
Location: Vladikavkaz, Russia  
Team: 10 Athletes  
Medals: Gold x 1



Cologne Boxing World Cup  
Location: Cologne, Germany  
Team: 13 Athletes  
Medals: Gold x 1, Silver x 2, Bronze x1



Ireland vs Sweden  
Location: Stockholm, Sweden.  
Result: Ireland 2-3 Sweden  
Best Male Award: M.Nevin 75kg  
Best Female Award: A.O'Rourke 75kg

## Elite Champions 2019

Congratulations to all National Champions and well done to all clubs, coaches and volunteers who contributed to the success. Wishing you the best of luck in 2019!

### Roll of Honour

48kg Chloe Fleck (Canal)  
51kg Carly McNaul (Holy Family GG)  
54kg Emma Flannery (Baldoyle)  
57kg Michaela Walsh (Monkstown)  
60kg Kellie Harrington (St.Marys)  
64kg Amy Broadhurst (Dealgan)  
69kg Christina Desmond (Fr.Horgans)  
75kg Aoife O'Rourke (Castlerea)  
80kg Leona Houlihan (Crumlin)  
80kg+ Nell Fox (Rathkeale)

49kg Regan Buckley (St.Teresa's)  
52kg Adam Hession (Monivea)  
57kg Patryk Adamus (Drimnagh)  
60kg David Oliver Joyce (Ballymun)  
63kg James McGivern (St.Georges)  
69kg Kieran Molloy (Oughterard)  
75kg Gabriel Dossen (Olympic)  
81kg Thomas O'Toole (Celtic Eagles)  
91kg Kenneth Okungbowa (Athlone)  
91kg+ Dean Gardiner (Clonmel)

Best Female Boxer: Christina Desmond  
Best Male Boxer: Gabriel Dossen

## Physical Preparation



175  
Hydration  
Tests



20+  
Running  
Sessions



22  
S&C  
Sessions



New Physio  
Assessment



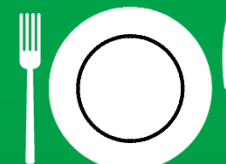
### Physiological Testing

1. Team Physiologist
2. Daily Wellness Survey
3. Physical Biomarker Testing
4. Athlete Monitoring Database

## Performance Support Services



23  
Pre-Competition  
Medicals



20+  
Nutrition  
One to Ones



25+ Sport  
Psychology  
Sessions



5  
Anti-Doping  
Workshops



Performance  
Analysis  
Seminar



10+  
Performance  
Lifeskill Sessions