



Damian Ball

(Damo)

Head Coach and Diving Manager at National Aquatic Centre Dublin

Swim Ireland National Diving Coach

Greatest Coaching Achievements:

Coaching Jack Laughler to become double Gold medallist at European Junior and World Junior Championships 2010.

Graduated from UK Sport Elite Coach Apprenticeship Programme 2013

British Coach at the 2013 Australian Youth Olympics

Coaching Oliver Dingley to Bronze medal at 2014 Commonwealth Games.

Appointed National Diving Coach for Ireland 2014

I started diving in Harrogate, North Yorkshire about the age of 10, and as an athlete I progressed quickly and competed at National level. I began coaching aged 16 and started out as a volunteer for the club I trained at, Harrogate District Swimming Club. Over the next few years coaching became more of a priority, to me, than my own training. When the new pool opened in Harrogate in 1999, I was appointed by the Local Authority as a full time Diving Development Officer and Head Coach.

I formed Harrogate District Diving Club as an independent club to the swimming club and developed a large and successful scheme for the Local Authority.

I spent a total of 12 years as a full time coach in Harrogate, coaching many athletes to National and International Level, including Oliver Dingley and Jack Laughler.

To further my career, I moved to Southend-on-Sea, Essex to become Head Coach of one of the best purpose built 10M diving venues in Britain. I set up Southend Diving and grew a professional programme to 450 athletes and the venue becoming the Elite Beacon Centre for the South East of England.

After 4 years in Southend, and a Commonwealth Games Bronze medal with Oliver Dingley, I found myself looking for a new challenge and a new direction in my career. The timing was perfect as Swim Ireland were on the lookout for a new National Coach.