Christmas Training!!

Date	AM	PM
Monday 20th December	9-11am Templemore	5-7pm Templemore
Tuesday 21st December		7-8.30pm Avoniel
Wednesday 22nd December	9-11am Templemore	5-7pm Templemore
Thursday 23rd December	9-11am Templemore	5-7pm Templemore
Friday 24th December	9-11am Templemore	
Saturday 25th Decmeber	Christmas Day!! Merry Christmas	
Sunday 26th December	Boxing Day!! Spend some time with Family!!	
Monday 27th December	9-11am Templemore	5-7pm Templemore
Tuesday 28th Deember	9-11am Templemore	Belfast Giants Hockey Match
Wednesday 29th December	9-11am Templemore	5-7pm Templemore
Thursday 30th December	9-11am Templemore	5-7pm Templemore
Friday 31st December	9-11am Templemore	
Saturday 1st January	New Years Day!! Happy New Year!!	
Sunday 2nd January	9-11am Templemore	5-7pm Templemore
Monday 3rd January	9-11am Templemore	Pool+Pizza Party- Templemore
Tuesday 4th January	Training as normal from today onwards	

Pool and Pizza Party	This is a reward for swimmers attending 66% (12) of the Christmas sessions and will be an hours free time in the swimming pool followed by Pizza upstairs

Christmas Training	This is a chance to kick start your training for the Youth Championships and the rest of the season and should be a personal challenge for each swimmer

Targets	The target for the whole period over 18 sessions is to achieve 140,000 yards at approximately 6,700 yards per session but set your own personal targets and work to achieve

Opportunity	This is a once a year opportunity to train as a full time sports person for 2 weeks with no major distractions and at no extra cost as opposed to the £1000 you'd pay for a training camp

Belfast Giants	There should be a sign up sheet for the Belfast Giants ice hocky match which is a social occasion for all senior squad members for a small cost determined by numbers

Apologies	Apologies to all swimmers, my mood at the start of the new Season has been far from encouraging. I discovered I had been suffering from a tooth abcess and hopefully my mood has notably improved since the problem was solved and I will endeavour to maintain this mood for the future
Training	However training for many has also not been exceptional, the next three months is an exam free period to work hard and seriously impress for the Ulster Youths and qualifying If you want to be the best you have to train like the best!