Ulster Squad Academy Training

Ulster squad academy are holding Long Course at the Magherafelt swimming pool on Sunday 4th November (this Sunday!). There will be land training 3.30-4.30pm and a swim session 5-7pm, the cost to the swimmer is £5. Please tick your name on the board at Templemore if you plan on attending. Your Travel needs to be arranged amongst yourselves, Ross Gillespie will be attending the training as our coaching representative. Eligible swimmers are listed below.

Anna Best
Maia Dougan
Glen Higgins
Leigh Higgins
James Hume
Christina McDowell
Ethan Mc Knight
Ross Mc Knight
Olivia Nelson
Jamie Nichols
Megan Simpson

Due to this disruption we will no longer be running a T20 on Sunday, the session will be run as normal, but there will be no land work before hand. The T20 will be run the following Sunday as previously suggested with Development squad running 5-6pm and national squad running 6-7pm.

Many Thanks,

Mark