INVITATION

AGE GROUP SKILLS CAMP, 26-30 AUGUST 2013

Swim Ulster and Swim Ireland are pleased to invite you to attend a "Skills Camp" at Bangor Aurora Aquatics & Leisure Centre from 26 to 30 August 2013. The camp is open to competitive female swimmers born 2001-2003 and male swimmers born 200-2002. The camp will focus on freestyle and backstroke skills and dry land conditioning.

- Cost of the camp is £30 per swimmer (payable by cheque made out to Swim Ulster Ltd at the time of booking or by BACS, details provided by request)
- Spaces are limited to 32 swimmers and the closing date is Friday 2 August 2013
- Please email Andrew Reid to book your place and include your date of birth, club, and level of swimmer.

Camp Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Pool	9.30-11.00	9.30-11.00	9.30-11.00	9.30-11.00	9.30-11.00
Dryland		11.30-12.30		11.30-12.30	

The camp will be delivered by Andrew Reid, SI Ulster High Performance Coach. Coaches are invited to attend the camp, please let Andrew Reid know in advance. Further information can be obtained by contacting Andrew Reid, SI Ulster High Performance Coach:

Email: coachulster@swimireland.ie

Mobile: 07840102588