ULSTER PERFORMANCE CENTRE

AGE GROUP SKILLS CAMP

28TH OCTOBER TO 1ST NOVEMBER 2013

Swim Ireland and Swim Ulster are pleased to announce the Halloween Age Group Skills Camp at Bangor Aurora Aquatics & Leisure Centre from 28th October to 1st November 2013.

The camp will be delivered by Swim Ireland Ulster Performance Centre Coach Andrew Reid and is open to female swimmers born 2001-2003 and male swimmers born 2000-2002 competing at Swim Ulster Qualifying Meet level or above. The camp will focus on all four strokes including starts and turns with a series of drills and skills being taught to the swimmers over the five days.

- Cost of the camp is £40 per swimmer (payable by cheque made out to Swim Ulster Ltd at the time of booking or by BACS)
- Spaces are limited to 32 swimmers and the closing date is Wednesday 23rd October 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 & Stretching	9.30-11.15	9.30-11.15	9.30-11.15	9.30-11.15	9.30-11.15

Please note that club coaches are welcome to attend part or all of the camps if they wish.

Further information can be obtained by contacting Andrew Reid, SI Ulster High Performance Coach.

Email: coachulster@swimireland.ie

Mobile: 07840102588.