AGE GROUP SKILLS CAMP

LAKELAND FORUM LEISURE CENTRE, ENNISKILLEN

27th to 31st October 2014

Swim Ulster are pleased to announce the Pre-Season Age Group Skills Camp at Lakeland Forum Leisure Centre, Enniskillen from Monday 27th to Friday 31st October 2014.

The Camp will be divided into Junior and Intermediate groups and will be delivered by Swim Ulster Talent ID Coach Mark Craig.

The Junior group is open to competitive swimmers born 2003-2005

The Intermediate group is open to competitive swimmers born 2000-2002

The Junior Camp will focus on all four strokes including starts & turns with a series of drills and skills being taught to the swimmers over the 5 days. The Intermediate Camp will focus on light aerobic development with a heavy focus on maintaining technique and skills.

- Cost of the camp is £40 (€50) per swimmer (payable in advance by BACS Transfer to Swim Ulster Ltd) or by cheque to the SU Office by the closing date of Monday 20th October 2014.
- Spaces are limited to 20 Junior swimmers and 16 Intermediate. Places allocated on a first come, first served basis. The closing date is Monday 20th October 2014.
- Please e-mail Mark Craig to book your place and include your date of birth, club and level of competition.

Camp Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Junior	9.30am-11am	9.30am-11am	9.30am-11am	9.30am-11am	9.30am-11am
Intermediate	11am-12.30pm	11am-12.30pm	11am-12.30pm	11am-12.30pm	11am-12.30pm

Please note that Club Coaches are very welcome to attend part or all of the camp if they wish. Further information can be obtained by contacting Mark Craig, Swim Ulster Talent ID Coach.

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