ULSTER PERFORMANCE CENTRE

AGE GROUP SKILLS CAMP

17TH TO 21ST AUGUST 2015

Swim Ireland and Swim Ulster are pleased to announce the Summer Age Group Skills Camp at Bangor Aurora Aquatics & Leisure Centre from 17th to 21st August 2015.

The Lead Coach for the Camp will be Sue Iveston, SI Level 3 and Ulster Performance Centre Development Squad Coach. The camp is open to competitive male and female swimmers born 2003-2005. 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 £45 per swimmer (payable by BACS Transfer to Swim Ulster Ltd)
- Spaces are limited to 32 swimmers and the closing date is Friday 10th July 2015
- Please email Andrew Reid to book your place and include your date of birth, club, and level of competition

Camp Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Pool & Stretching	9.15-11.15	9.15-11.15	9.15-11.15	9.15-11.15	9.15-11.15
Workshops	12.00-12.45			12.00-12.45	

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.