Swim Ireland Ulster Performance Centre

Ulster Performance Centre Development Group 2015-2016

Raising Standards

Swim Ireland's Ulster Performance Centre will host an open session on Saturday 19th September 2015 (4.00-6.30pm) to launch the 2015-2016 Development Squad Programme. The programme will offer a session on Saturday afternoon 4.00-6.30pm at the Bangor Aurora Leisure Centre and swimmers for Irish Age Group & Summer Meet qualifiers born 2000-2005.

The programme will run from 19th September to 2nd July however several Saturday sessions may be cancelled due to special events.

Objectives:

- Develop technique in all four strokes including starts and turns
- Improve athleticism through dry land exercises
- Provide weekly long course training
- Opportunity to work with like minded swimmers
- Develop the ability to cope with life commitments – family, friends, school etc...

Criteria: Irish Age Group & Summer Meet Standards

Cost: £100 for the full season (1 session per week)

If you are interested in applying to join this group please complete the application form online at http://www.swimireland.ie/high-performance-swimming/high-performance-centres/ulster/

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