

ULSTER PERFORMANCE CENTRE

EASTER AGE GROUP SKILLS CAMP 2016 (SEE DATES BELOW)

Swim Ireland and Swim Ulster are pleased to announce the Easter Age Group Skills Camp at Bangor Aurora Aquatics & Leisure Centre in March and April 2016.

The Lead Coaches for the Camp will be Andrew Reid, SI Ulster High Performance Coach and Sue Iveston. The camp is open to competitive male and female swimmers born 2004-2006. The camp will be split over Easter as follows:

	Thursday 24/03/16	Tuesday 29/03/16	Wednesday 30/03/16	Thursday 31/03/16	Friday 01/04/16
Pool & Stretching	9.30-11.00 Starts & Posture	9.30-11.00 Stroke Technique	9.30-11.00 Stroke Technique	9.30-11.00 Stroke Technique	9.30-11.00 Stroke Technique
Workshops			11.30-12.15 Stretching & Core Exercises		11.30-12.15 Goal Setting

- Cost of the camp is £50 per swimmer (payable by BACS Transfer to Swim Ulster Ltd)
- Spaces are limited to 32 swimmers and the closing date is Friday 11th March 2016
- Please email Andrew Reid to book your place and include your date of birth, club, and level of competition

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.

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Mobile: 07840102588.