



Shark Group

The fourth group takes training to train to training to compete.

This group will have double/triple periodisation

- Sessions, 5 x 1.5hours & 1 x 1 hour, and 1x 2 hour, total of 10.5 hours per week to train to compete
- Emphasis is on introduction of more intensive training while maintaining good skills and techniques.
- Race management and personal development, organisational & decision making are also developed at this stage.
- Children are encouraged to take more control of their swimming and to get involved in decision making.

Connacht A Galas are entered and the objective is to improve times and standards to enable participation at National Competitions Connacht championships etc.