



AGE GROUP SKILLS CAMP

FINN VALLEY LEISURE CENTRE

11th TO 15TH AUGUST 2014

Swim Ulster are pleased to announce the Pre-Season Age Group Skills Camp at Finn Valley Leisure Centre, Stranorlar, Co Donegal from Monday 11th to Friday 15th August 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 Female swimmers born 2003-2005

Male swimmers born 2002-2004.

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

Male swimmers born 1999-2001.

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 per swimmer (payable in advance by BACS Transfer to Swim Ulster Ltd) or by cheque to the SU Office by the closing date of Friday 18th July 2014.
- Spaces are limited to 24 swimmers per group and allocated on a first come, first served basis. The closing date is Thursday Friday 18th July 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	10am-11.30am	10am-11.30am	10am-11.30am	10am-11.30am	10am-11.30am
Intermediate	11.30am-1.30pm	11.30am-1.30pm	11.30am-1.30pm	11.30am-1.30pm	11.30am-1.30pm

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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