



INVITATION

SWIM ULSTER AGE GROUP SKILLS CAMP, HALLOWEEN 2011

Dear Swimmers & Coaches

Swim Ulster in partnership with Swim Ireland High Performance will host an Age Group Skills Camp for competitive club swimmers born 1997-2001. The camp will take place from 31 October to 2 November (swimmers born 1999-2001) and 2 -4 November (swimmers born 1997-1998) at Lagan Valley Leisureplex, Lisburn and will focus on developing basis swimming skills in and out of the water.

- Cost of the camp is £25 per swimmer (payable by cheque made out to Swim Ulster Ltd at the time of booking)
- Spaces are limited to 20 swimmers per camp and the closing date is Wednesday 19 October 2011
- Each Swim Academy group (as outlined in the Swim Ulster Academy Information 2011-2012 on the Swim Ulster website) will have 3 places reserved for each skills camp. The remaining 8 places will be available on a first come, first served basis. Any unfilled places will be offered on a first come, first served basis
- Please email Andrew Reid to provisionally book your place and include your date of birth/club & coach/best times

Camp Timetable

Camp 1 (swimmers born 1999-2001) Monday AM to Wednesday AM

Camp 2 (swimmers born 1997-1998) Wednesday PM to Friday PM

Pool Sessions: 9.00-10.15am & 2.15-3.30pm

Workshops: 10.45-11.30am (Camp 1 – Monday & Tuesday, Camp 2 – Thursday & Friday)

Further information can be obtained by contacting Andrew Reid, SI Ulster High Performance Coach:

Email: coachulster@swimireland.ie

Mobile: 07840102588

