



Ulster Performance Centre Development Group

Raising Standards



Swim Ireland's Ulster Performance Centre will host an open session on Saturday 20th September 2014 (3.30-6.00pm) to launch the 2014-2015 Development Squad Programme. The programme will initially offer a session on Saturday afternoon 3.30-6.00pm at the Bangor Aurora Leisure Centre and swimmers may be invited to attend additional weekly sessions.

The programme will run from 20th September to 11th July however several Saturday sessions may be cancelled due to events taking

place in Bangor Aurora.

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: £80 for the full season (1 session per week)

If you are interested in applying to join this group please contact

Andrew Reid,

SI Ulster High Performance Coach

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