



**AGE GROUP SKILLS CAMP  
Cookstown Leisure Centre**

**20<sup>th</sup> TO 24<sup>th</sup> August 2018**

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Swim Ulster are pleased to announce the Pre-Season Age Group Skills Camp at Cookstown Leisure Centre from Monday 20<sup>th</sup> to Friday 24<sup>th</sup> August 2018.

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 Swimmers born 2007-2009

The Intermediate group is open to competitive Swimmers born 2003-2006

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 £50 per swimmer (payable by BACS Transfer to Swim Ulster Ltd).
- Spaces are limited to 20 Junior and 16 Intermediate and allocated on a first come, first served basis.
- Please e-mail Mark Craig to book your place and include your date of birth, club and level of competition. (booking is by e-mail only)

**Camp Timetable**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Junior	8am- 9.30am	8am- 9.30am	8am- 9.30am	8am- 9.30am	8am- 9.30am
Intermediate	9.30am- 11am	9.30am- 11am	9.30am- 11am	9.30am- 11am	9.30am- 11am

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.

Email : [talentid@swimulster.net](mailto:talentid@swimulster.net)