



**AGE GROUP SKILLS CAMP
Omagh Leisure Centre**

20th TO 24th August 2018

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

The Camp will be divided into Junior and Intermediate groups and will be delivered by Swim Ulster Talent ID Coach Mark Craig. With the exception of the first day when a combined session will be delivered, this is due to pool availability.

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 £45 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

	Monday	Tuesday	Wednesday	Thursday	Friday
Junior	10.15am-12pm	9am-10.30am	9am-10.30am	9am-10.30am	9am-10.30am
Intermediate	10.15am-12pm	10.30am-12pm	10.30am-12pm	10.30am-12pm	10.30am-12pm

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