

DEVELOPMENT CAMP:

Leinster Swimming & Swim Ireland's Performance Centre are pleased to announce that a Development Training Camp will take place from Thursday 2nd January – Sunday 5th January. The camp will take place in conjunction with Swim Ireland's NAC Performance Centre and be led by Leinster Squad Coach Alan Turner

ELIGIBILITY:

Athletes with an Irish Age Group/Youth/Open qualifying time are welcome to apply. Spaces are limited and will be allocated on a first come, first serve basis, once swimmers meet the above criteria.

Interested athletes should apply to Linda Tormey (leinstersquadtraining@gmail.com) via their club coach. Only applications received through the coaches will be accepted and we will inform you if the application was successful as soon as possible. Please include the swimmer's name, D.O.B., club and event they have achieved the QT in in your e-mail.

CAMP GOALS:

- To offer additional long course training to regional athletes
- To reinforce basic training skills that are vital to Long Term Development
- To encourage a highly competitive training environment between like minded athletes

CAMP SCHEDULE:

Thu 2 nd Jan	Fri 3 rd Jan	Sat 4 th Jan	Sun 5 th Jan
14.00-15.00 Talk w/Paul Donovan, SI NAC PC Head Coach	14.00-15.00 Q&A w/European Championship team members	Breaststroke Drills & Skills	09.00-10.00 Parents Information Talk
15.00-17.00 Pool Session	15.00-17.00 Pool Session	16.00-18.00 Pool Session	08.00-10.00 Pool Session

CAMP COST:

Cost for the camp is €30