



Swim Ireland High Performance Open Water Distance Training Camp

Date: Sunday 18th April 2010

Location: National Aquatic Centre, Dublin

As part of the Swim Ireland High Performance (HP) National Development Plan, a one-day HP Open Water Distance training camp is being proposed, to be held on the above date in the National Aquatic Centre, Dublin and the Park Plaza Hotel, Tyrrellstown, Dublin.

The purpose of this camp is to explore the opportunities for Irish distance and Open Water swimmers who are interested in getting involved in the 5k and 10k Open Water events at International level.

Format:

10.00 – 12.00 Pool Session, NAC
12.00 – 13.00 Lunch
13.00 – 15.00 Theory Session, Park Plaza Hotel

Theory Topics Covered:

- International Calendar of Open Water events
- How do we select Irish Open Water swimmers?
- High Performance Open Water swimming in Ireland

Selection:

Selection for this camp will be based off the following:

1. Results from the Dave McCullagh Memorial Gala 2010
2. Current Irish Rankings for 800m (women) and 1500m (men)
3. Plus invited swimmers from the 2009 open water swimming season.

For Further Information Please Contact:

Chantal Gibney: 01-6251190/086-3817933/edo2@swimireland.ie or
Robert Mooney: 01-6251127/hp@swimireland.ie