LIMERICK PC Easter Training Camps, March 25th– 30th & April 1st– 4th 2013

Swim Ireland's Performance Centre at the University of Limerick is holding their 2013 Easter training camp this March and April. Division 1&2 swimmers as well as Age Group swimmers will have the opportunity to train in the National 50m pool twice a day during the camp. We will organize workshops to help improve your swimming. The Camp will be over seen by Limerick Performance Centre Head Coach Lars Humer.

Training will be available to Division 1 swimmers (born 2000 and before) who will train under Limerick Performance Centre Development Squad's Coach Diana. Next to this there will be a specific Age Group (born 2001, 2002 & 2003) programme running in which technical skill development will be the main focus. Division 2 swimmers will be accepted into this group as well.

Training dates:

- From Monday March 25th AM until Saturday March 30th AM (AG) & PM (Div1) 2013
- From Monday April 1st AM until Thursday April 4th AM (AG) & PM (Div1) 2013
- Training schedules & workshop details can be found on pages 4 & 5

Availability:

- There are 25 places available for Division 1 swimmers – first come, first served
- There are 25 places available for Age Group swimmers – first come, first served

Accommodation:

- The Carlton Castletroy Park Hotel offers cheap accommodation for swimmers who will travel to our camp
- The Castletroy Park Hotel is located on the Dublin Road, Limerick, Co. Limerick, Ireland
- Tel : 00353 (0) 61 335566
- Email : reservations@castletroypark.ie
- Website: http://www.castletroy-park.ie/
- You can call the hotel and use the code "SWIM".

Workshops:

- *Wednesday 27th March 2013: Butterfly Technique for Age Group Swimmers*
    - Diana Daly will work together with you at the basic skills required to swim correct *Butterfly* necessary for long term swimming development
    - Q&A about your swimming

- *Wednesday 3rd April2013: Breaststroke Technique for Division1 Swimmers*
    - Diana Daly will look together with you at the basic skills required to swim correct *Breaststroke* necessary for long term swimming development
    - Q&A about your swimming

- *Daily dryland sessions will be given by coach in function of preparing each session as well as to educate swimmers around injury prevention*

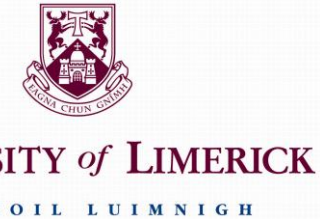
Entry Fees:

- ***<u>Your entry will only be accepted after payment has been received</u>***
- Entry price per week:
    - Division 1&2 group 100 euro euro for the first Camp (March 25th – 30th) and 80 for the second Camp (April 1st - 4th,)per swimmer paid by cheque made payable to Swim Ireland, no cash can be accepted.
    - For swimmers who will be attending two camps (weeks) is 160 euro.
    - Age Groupers (born 2001-2002-2003) 100 euro for the first Camp (March 25th – 30th) and 60 for the second Camp (April 1st - 4th,)per swimmer paid by cheque made payable to Swim Ireland, no cash can be accepted.
    - For swimmers who will be attending two camps (weeks) is 150 euro.
- Cancellation + refund is possible until March 19th 2012, after this date no refunds will be made
- The camp is free for swimmers who train 4 sessions or more with the LPC Development Squad on weekly basis

Registration:

- For registration please contact Diana Daly by email only on dinanaluka@gmail.com with following information:
    - ***Name, age, club of swimmer***
    - ***Name of coach***
    - ***Indicate Division 1 camp, Division 2 camp or Age Group camp***
    - ***Week 1 / week 2 / week 1&2***
- After reply by Diana Daly you can send in a cheque to:
    - ***Diana Daly – Swim Ireland Coach***
      University Arena
      Castletroy
- Closing date for entries is Monday March 18th 2013 or whenever the camp is fully booked before this date
- For any further questions please contact Diana Daly by email only on dinanaluka@gmail.com

WEEK 13	AM DIVISION 1 SESSION	AM AG & DIV2 SESSION	DRYLAND / WORKSHOP	PM DIVISION 1 SESSION	AM AG & DIV2 SESSION
Monday 25/03/13	Pool Opens at 05h00 05h10 – 05h30 Dryland 05h30 – 07h00 Swim	07h00 – 07h30 Dryland 07h30 – 9h00 Swim		14h30 – 15h00 Dryland 15h00 – 17h00 Swim	17h00 – 18h00 Swim
Tuesday 26/03/13	Pool Opens at 05h00 05h10 – 05h30 Dryland 05h30 – 07h00 Swim	07h00 – 07h30 Dryland 07h30 – 9h00 Swim		14h30 – 15h00 Dryland 15h00 – 17h00 Swim	17h00 – 18h00 Swim
Wednesday 27/03/13	Pool Opens at 05h00 05h10 – 05h30 Dryland 05h30 – 07h00 Swim	07h00 – 07h30 Dryland 07h30 – 9h00 Swim	09h15-10h00 AGE GROUP Workshop: BUTTERFLY TECHNIQUE	Off	Off
Thursday 28/03/13	Pool Opens at 05h00 05h10 – 05h30 Dryland 05h30 – 07h00 Swim	07h00 – 07h30 Dryland 07h30 – 9h00 Swim		14h30 – 15h00 Dryland 15h00 – 17h00 Swim	17h00 – 18h00 Swim
Friday 29/03/13	Pool Opens at 05h00 05h10 – 05h30 Dryland 05h30 – 07h00 Swim	07h00 – 07h30 Dryland 07h30 – 9h00 Swim		15h15 – 15h45 Dryland 15h45 – 17h45 Swim	Off
Saturday 30/03/13	Pool Opens at 05h00 05h10 – 05h30 Dryland 05h30 – 07h00 Swim	07h00 – 07h30 Dryland 07h30 – 9h00 Swim		15h15 – 15h45 Dryland 15h45 – 17h45 Swim	Off
Sunday 31/03/13	Off	Off	Off	Off	Off

WEEK 14	AM DIVISION 1 SESSION	AM AGE GROUP SESSION	DRYLAND / WORKSHOP	PM DIVISION 1 SESSION	PM AGE GROUP SESSION
Monday 01/04/13	Pool Opens at 05h00 05h10 – 05h30 Dryland 05h30 – 07h00 Swim	07h00 – 07h30 Dryland 07h30 – 9h00 Swim		Off	Off
Tuesday 02/04/13	Pool Opens at 05h00 05h10 – 05h30 Dryland 05h30 – 07h00 Swim	07h00 – 07h30 Dryland 07h30 – 9h00 Swim		16h30 – 17h00 Dryland 17h00 – 18h00 Swim	Off
Wednesday 03/04/13	Pool Opens at 05h00 05h10 – 05h30 Dryland 05h30 – 07h00 Swim	07h00 – 07h30 Dryland 07h30 – 9h00 Swim		Off	Off
Thursday 04/04/13	Pool Opens at 05h00 05h10 – 05h30 Dryland 05h30 – 07h00 Swim	07h00 – 07h30 Dryland 07h30 – 9h00 Swim		16h30 – 17h00 Dryland 17h00 – 18h00 Swim	Off

This training camp is supported by: