



Limerick Performance Centre
"Superior in Skill" Pre-Season Training Camp
August 19th-23rd

Swim Ireland and the UL Arena are pleased to invite you to attend the *"Superior in Skill" Pre-Season Training Camp* this August.

This Pre-Season camp will be led by GB Paralympic and Olympic Coach Lars Humer. As the UL Arena Performance Centre Head Coach, Lars will be offering swimmers the opportunity to get ahead on the upcoming season by improving their swimming skills under his guidance

Location:	UL Arena 50m Pool, University of Limerick, Limerick.
Dates:	19 th -23 rd August
Availability:	Places are limited to a maximum of 25 spaces and a minimum of 10 spaces. All served on a first come, first served basis.
Cost:	€150 per swimmer <i>This rate is based on swimmers attending both sessions per day</i>
Swimmer Level:	This camp is open to all swimmers who compete at national and regional events
Accommodation:	Swim Ireland recommends that swimmers and parents attending the camp from outside of the Limerick area stay in the Castletroy Park Hotel , where they can avail of a special rate by using the code <i>"Pre-Season Swimming 2013"</i> Telephone: 061-335566 Email: reservations@castletroypark.ie



Training Schedule:

Please note that club coaches are welcome to attend part or all of the camps if they wish.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00
PM	15:00-17:00	15:00-17:00	14:00-16:00	15:00-17:00	15:00-17:00

Registration:

If you are interested in attending this training camp please complete the following information and email Niamh O'Sullivan (hp@swimireland.ie) to register:

Name of Swimmer:	
Club:	
Year of Birth:	
Level of Swimmer	

Once your application has been confirmed you will then receive details of the various payment methods to Swim Ireland. Please do not make payment to Swim Ireland until registration is confirmed.

If you have any additional questions please do not hesitate to contact Niamh O'Sullivan (hp@swimireland.ie)

Registration for this camp will close Monday 12th August.

