

Swim Ireland Ulster Performance Centre at the Bangor Aurora Aquatic & Leisure Complex

Swim Ireland's Ulster Performance Centre is based in Bangor Aurora Aquatics & Leisure Centre Northern Ireland's first Olympic 50m pool and will be led by a full-time Swim Ireland High Performance Coach. The facility includes a 10 lane x 50m pool, 7 lane 25m diving pool, a brand new high performance Strength and Conditioning suite staffed by Sports Institute of Northern Ireland and a new camera system used for technical analysis.



We believe that the Swim Ireland Ulster Performance Centre (SI UPC) has three objectives:

- Provide a Full Time Performance Programme
- Support the Regional Programme
- Support Regional Clubs

Full Time Performance Programme

The vision for the SI Ulster Performance Centre is to create a full-time high performance training environment in which swimmers can consistently achieve their potential and become the best that they can be. The programme is designed to raise the level of training opportunities for Irish swimmers and to provide the structures and programmes for our top swimmers to achieve success at European, Commonwealth, World and Olympic level while based in Northern Ireland.

As a full time member of the Ulster Performance Centre you will benefit from:

- Full time, professional coaching support
- Pool access – up to 10 sessions per week
- Physiotherapy and Strength & Conditioning support
- Holistic support including:
 - >Lifestyle and academic support with schools, colleges and universities
 - >Support with applying for university scholarship and talent athlete schemes
 - >Time management
 - >Career advice



	AM	PM
Monday	05.15-07.30	16.15-18.45
Tuesday	05.15-07.30	Gym
Wednesday		16.15-18.45
Thursday	05.15-07.30	16.15-18.45
Friday	05.15-07.30	16.15-18.45
Saturday	06.45-11.30	

Swim Ireland Ulster Performance Centre

At the Bangor Aurora Leisureplex



Support the Regional Programme

Swim Ireland have identified in their High Performance Strategy 2013-2016 that strong regional squad structures are essential to raising the standard of swimming in Ireland. The SI Ulster Performance Centre will provide the following support:

- ◆ Talent Development – holiday skills camps, weekend starts & turns sessions
- ◆ Regional Development Squad including the Disability Squad – access to long course training by rotation (Youth, Junior, Senior, Disability), holiday camps
- ◆ Ulster Performance Squad – as above plus testing days (3 per year)

Support Regional Clubs

Swim Ireland strongly believe that one of the key roles of the Performance Centre's is to support club structures where possible and not to replace them. Although some clubs are in a position to provide full-time programmes with full-time coaches and holistic support, many clubs are not in this position. The purpose and role of the Performance Centre is to increase frequency of training, allow access to long course training, and access to full-time coaching and sports science/medical support. The Performance centre will support clubs in three ways:



- ◆ Part time access to the Performance Centre Programme (minimum 2 sessions per week)
- ◆ Access to sessions in preparation for Irish LC Nationals and Irish Summer Meet
- ◆ Development Squad - Monday 5.30-7.15am and Saturday 3.30-6.00pm for Irish Age Group/Summer Meet Qualifiers

Application Information

If you feel the Performance Centre meets your training and lifestyle needs, please contact either Andrew Reid, SI Ulster High Performance Coach coachulster@swimireland.ie or 07840102588, or Peter Banks, National Performance Director npd@swimireland.ie or 00353867808734.

Athletes can apply to become members of the programme on a part-time or full-time basis. Membership of the Performance Centre will start at £120 per year depending on the number of sessions attended (minimum two sessions per week) and £60 per session thereafter.