

NAC PERFORMANCE CENTRE Easter Skills Camp 2014

Swim Ireland & the NAC Academy are pleased to invite you to attend the Easter Skills Camp at the NAC Performance Centre

This camp is recommended for National & Regional Division 2 level swimmers, as well as swimmers who have attended regional graded galas.

The camp will be coordinated and delivered by NAC Performance Centre Head Coach Paul Donovan, with NAC Academy staff on deck assisting throughout.

The primary focus of the camp will be on technical development, with time spent on all 4 competitive strokes over the course of the week. A portion of each session will also be spent on developing swimmers fitness and improving their training habits. This dual focus will help the participants prepare for the summer racing season, as well as adding value to their long term development.

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Location	0	National Aquatic Centre, Abbotstown, Dublin 15
Dates	0	Mon 14 th April – Fri 18 th April
Training Schedule	0	Pool sessions will take place daily between 10AM & 12PM (Mon-Fri)
	0	On Wed 16th April between 12.15PM & 1.15PM there will be a swimmer/parent talk given by Paul Donovan on "What Makes a Competitive Swimmer"
Availability	0	First come first served
Cost	0	€75
Closing Date	0	As spaces are limited the closing date to apply for the camp is Friday 4 th April 2014 Payment information will be sent to successful applicants following this date.
To Register:	0	To register for the camps please email Niamh O'Sullivan (hp@swimireland.ie) with the following details: Swimmer's Name:
	0	Club:
	0	Year of Birth:

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.

Cancellations made within 7 days of the camp's start date will not be refunded and must be paid in full within 30 days of the camp.