



## HPC-NAC CHRISTMAS TRAINING

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Swim Ireland's High Performance Centre at the National Aquatic Centre in Dublin is pleased to announce its CHRISTMAS TRAINING PROGRAMME, which is taking place over the Christmas holidays.

Athletes at a variety of levels, from Elite to Regional to Developmental, could potentially have an opportunity to train at the world class National Aquatic Centre, under the supervision of Swim Ireland's High Performance Centre's staff for the duration of the camp.

### **ELITE CAMP:**

The Elite Camp takes place over 2 weeks, the first from Dec 28<sup>th</sup> – Dec 31<sup>st</sup> and the second from Jan 2<sup>nd</sup> – Jan 7<sup>th</sup>. Athletes can choose to attend either week 1, week 2 or both weeks in their entirety.

### **ELIGIBILITY:**

Athletes who are members of Swim Ireland's National Squads Programme are welcome to attend. Swimmers who attend the camp will join in with the HPC-NAC full time squad's training programme, as listed below. Applications should be made directly through their home coach.

### **CAMP GOALS:**

- To offer an increased amount of training hours to our National Squad athletes
- To reinforce the repetition of basic training skills
- To encourage a highly competitive training environment between like minded athletes

### **CAMP SCHEDULE**

	Mon 26th	Tue 27th	Wed 28th	Thu 29th	Fri 30th	Sat 31st	Sun 1st
AM			08.00 – 10.00	08.00 – 10.00	08.00 – 10.00	07.00 – 10.00	
LAND			14.45 – 15.45	14.45 – 15.45	14.45 – 15.45		
PM		16.00 – 18.00	16.00 – 18.00	16.00 – 18.00	16.00 – 18.00		

	Mon 2nd	Tue 3rd	Wed 4th	Thu 5th	Fri 6th	Sat 7th	Sun 8th
AM	07.30 – 09.30	07.30 – 09.30	07.30 – 09.30	07.30 – 09.30	07.30 – 09.30	07.00 – 10.00	
LAND	15.45 – 16.45	15.45 – 16.45	15.45 – 16.45	15.45 – 16.45	15.45 – 16.45	10.30 – 11.30	
PM	17.00 – 19.00	17.00 – 19.00	17.00 – 19.00	17.00 – 19.00	17.00 – 19.00		

### **CAMP COST:**

The camp is free to all athletes who have qualified and participate in Swim Ireland's National Squad programme.





## **DEVELOPMENT CAMP:**

The Development Camp takes place from Mon 2<sup>nd</sup> Jan – Fri 6th Jan. This camp doubles up as a Leinster Swimming supported Regional Training Camp, operated by the NAC- HPC.

### **ELIGIBILITY:**

Male athletes born between 1994 & 1998 and Female athletes born between 1996 & 2000 who are on the Leinster Regional Squad Programme will be contacted directly by Leinster Swimming to confirm their availability to attend. A maximum of 35 athletes will be in attendance over the duration of the week.

### **CAMP GOALS:**

- To expose regional athletes to the training volumes undertaken by National level athletes
- To reinforce basic training skills that are vital to Long Term Development
- To educate athletes on the important role dryland preparation & training plays in sustaining a training programme at the National level
- To educate athletes on the consistency needed in and out of the water to be successful at the National level

### **CAMP SCHEDULE:**

	Mon 2nd	Tue 3rd	Wed 4th	Thu 5th	Fri 6th	Sat 7th	Sun 8th
AM		06.00 – 07.30		06.00 – 07.30	06.00 – 07.30		
LAND	Dryland Training Clinic 14.00 – 14.45	Stroke School Free&Back 14.00 – 14.45	Dryland Training Clinic 14.00 – 14.45	Stroke School Breast&Fly 14.00 – 14.45	Nutrition "What should I bring to a swim meet?"		
PM	15.00 – 17.00	15.00 – 17.00	15.00 – 17.00	15.00 – 17.00	15.00 – 17.00		

### **CAMP COST:**

Entry price for the week is 100 euro per swimmer paid by cheque made payable to Swim Ireland





## **SKILLS CAMP:**

The NAC – HPC is pleased to offer it's first Skills Camp, taking place from Jan 3<sup>rd</sup> – Jan 6<sup>th</sup>.

### **ELIGIBILITY:**

Athletes born before 2002 are free to apply and space will be allocated on a first come first serve basis. Interested athletes should apply to Head Coach Paul Donovan ([coachnac@swimireland.ie](mailto:coachnac@swimireland.ie)) and he will respond to let you know if the application was successful as soon as possible. Please include the swimmer's name, D.O.B. and club in your e-mail.

### **CAMP GOALS:**

- To show athletes some key skills necessary to improve technique
- To teach athletes how to make their body's aware of the correct swimming posture
- To introduce drills & skills that will help their understanding and ability to perform good technique

### **CAMP SCHEDULE:**

	Tue 3rd	Wed 4th	Thu 5th	Fri 6th
10.00 – 10.30	Dryland – Frontcrawl Posture	Frontcrawl – Video of Elite swimmers	Dryland – Breaststroke Posture	Breaststroke – Video of Elite swimmers
10.30 – 12.00	Fontcrawl Drills & Skills Pool Session	Fontcrawl Drills & Skills Pool Session	Breaststroke Drills & Skills Pool Session	Breaststroke Drills & Skills Pool Session

### **CAMP COST:**

Entry price for the week is 60 euro per swimmer paid by cheque made payable to Swim Ireland





### **VIDEO ANALYSIS:**

An additional service for athletes to get their strokes filmed underwater and analyzed is also available. These video sessions will take place on Tue 3<sup>rd</sup> Jan & Thu 5<sup>th</sup> Jan between 17.00 and 18.00. A DVD and feedback sheet posted out to athletes once the files have been edited, analyzed and a report completed. There is limited availability for this service, with a maximum of 10 places free on each of the days. Athletes will have to nominate which stroke they want filmed as there will only be time for one stroke per athlete.

Price for underwater video analysis (DVD + feedback sheet) is 50 euro per swimmer

### **ACCOMODATION:**

Swim Ireland recommends the Carlton Hotel Blanchardstown for accommodation. When booking, use the promotional code "SWIM" to avail of their special offers for swimming groups.



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Church Road - Tyrrelstown - Dublin 15 - Ireland.  
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