

The Leinster trainability squad will commence in the NAC in on September 30th, 2017 at 16:00.
Information regarding the squad is outlined below:

Leinster Trainability Squad:

(1) **Criteria** for joining the trainability squad is as follows:

- Female and Male athletes **aged 15 and under** must have
2 x 200m event QT's from Irish Age Groups Division 1, 2017
OR
1 x 400m/800m/1500m event and 2 x 200m event QT's from Leinster Age Groups (Division 1) 2017
- Female and male athletes aged **16 and over** must have
2 x 200m events QTs from Irish Age Groups Division 1, 2017
OR
2 x 100m event **OR** 1x 200m event QTs from Dave Mc Cullagh

(2) 2 x weekly sessions available (Sat PM 16.00 – 18.00, Sun AM 08.00 – 10.00)

(3) The goal of the training squad is to offer a way for athletes and their coaches to supplement their clubs training plans to assist in enhancing their development.

(4) The cost of the training squad is €200 for the season if attending both sessions. Swimmers/coaches can decide to commit to 1 or 2 sessions depending on their club training timetable, stage of development and recommended overall hours needed to reach their individual goals. If attending only 1 session the cost is €100 for the season. An attendance of 90% is required. Test sets and attendance will be taken throughout the season.

The weekly program from the swimmer's home club must be submitted prior to acceptance onto the trainability squad.

(5) To apply for this training squad, please fill in the form [here](#) and submit on line. Once the application has been accepted, the swimmers coach will be contacted to confirm qualifying times and agreement for their swimmer to participate.

(6) There will be maximum of 40 swimmers between the two age groups in the squad.

(7) Swimmers must be poolside 15 minutes before the start of every session with a complete kit bag including snorkel and water bottle.

Sunday evening training session 16.00 – 18.00

The Sunday evening lanes are available for clubs to train squads of their swimmers. Clubs can hire either one or two lanes per session. There should be a maximum of 10 swimmers per lane and 20 swimmers per club. The cost is €50 per lane for a 2-hour session.

Applications for lanes should be sent to leinstersecretary@swimireland.ie and a rota will be drawn up in two stages over the year – from now until December and January until June.

Once the lanes have been allocated and confirmed by the club, payment will be required in advance. Clubs will be invoiced by the Leinster treasurer for the bookings in each session.