

The Leinster trainability squad will commence in the NAC in on the 29th September 2018 at 16:00 – 18:00 and the 30th September 2018 at 08:00 – 10:00am.

Information regarding the squad is outlined below:

Leinster Trainability Squad:

(1) Criteria for selection to the Trainability 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, 2018

OR

1 x 400m/800m/1500m event or 2 x 200m event QT's from Leinster Age Groups (Division 1) 2018

- Female and male athletes **aged 16 and over** must have:

2 x 200m events QTs from Irish Age Groups Division 1, 2018

OR

2 x 100m event or 1x 200m event QTs from Dave Mc Cullagh

(2) 2 x weekly sessions available – Saturday PM 16:00 – 18:00 and Sunday 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. The Trainability squad is in addition to your existing club programme, and each application **MUST** be approved by their coach.

(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.

The weekly programme 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 swimmer's 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.