



SKILLS DEVELOPMENT

The Skills Development meets are the first essential step on the Swim Ulster swimming pathway. The program is aimed at children under the age of 12 who want to develop their core swimming skills.

Skills Development meets are not competitive, as each swimmer is individually assessed against a range of skills criteria and scored, with the sole purpose of ensuring young swimmers are developing the required skills before moving onto (competitive) Development Galas, should they choose to.

Paul Morriss and Gemma Lipscombe run the skills development sessions each Saturday at Greenvale Leisure Centre between 3.30 and 4.30, where we prepare your child, so they are confident, and able to complete the skills assessment, whilst having lots of fun along the way.

We follow a dedicated program, and assess each swimmer providing lots of teaching, feedback and encouragement to improve skills. We will assess your child using the same Swim Ulster criteria, which we will share with you and your child, so you can see the great progress they are making.

Our children have attended the Skills Development meets, and we strongly believe in the benefits of this program.

Skills Development take place twice per year, and costs £5 annually.

At the end of the skills development meet, Swim Ulster will calculate the scores and provide the club with the results and certificates. If your child gets a score of 350 or less, they will be awarded a 'skills passport', enabling them to progress to the Development Galas (should they choose to).

Don't worry if your child doesn't attain this score - the purpose is to develop the required skills for progression, which they will have the opportunity to do at another skills development meet.

For further information about Skills Development, or if you want your child to attend, or wish to find out more about your child's progress please contact:

Paul Morriss – 07731 98 598 / paulmorriss1@googlemail.com

Gemma Lipscombe – 07919 251 648

The next Skills Development meet is 23rd November 2019 in Cookstown.