



SKILLS MEET SERIES 2017-2018

Updated Meet Information

There will be two Skills Meets per year held in a number of areas to cover all Swim Ulster Clubs. Ideally these will be in the North, South East, South West and Belfast areas to reduce travel time for clubs as much as possible. Each sub-region will be divided into Group A, Group B and Group C and each group will be assigned a registration time.

	Belfast	North	South West	South East
Group A	Bangor Leander Alliance	Larne Ballymoney Ballymena	Enniskillen Swilly Seals Sliabh Beagh	Lisburn East Cavan Kilkeel
Group B	Ards COB Donegal	Mid Ulster Limavady COD	Armagh Marlins Riversdale Otters	Banbridge Lurgan Dungannon
Group C	Olympia Templemore	Coleraine Cookstown	Strule Dolphins Breifne	Lecale Newry & Mourne Portadown

Meet 1			
Location	Date	Time	Closing Date
Belfast - Aurora	18/11/17	Group A – 16.00hrs Group B – 17.00hrs Group C – 18.00hrs	<i>03/11/17</i>
North - Cookstown	19/11/17	Group A – 15.00hrs Group B – 16.00hrs Group C – 17.00hrs	<i>03/11/17</i>
South West - Omagh	25/11/17	Group A – 15.00hrs Group B – 16.00hrs Group C – 17.00hrs	<i>10/11/17</i>
South East - Dungannon	26/11/17	Group A – 15.00hrs Group B – 16.00hrs Group C – 17.00hrs	<i>10/11/17</i>

Eligibility: Minimum age of entry will be athletes born 2009
Athletes born 2004 or earlier can bypass the Skills Meets
Targets athletes new to the competitive pathway

Multi-Class / Disability Swimmers – tests and test scores will, as far as is practical, be appropriately adapted

Entries: Clubs will enter eligible and suitable athletes using an excel template requesting athletes name and date of birth. Entries to be emailed to admin@swimulster.net by the closing date

Price: £5 annual administration fee. Payment should be forwarded to the Swim Ulster Office by the closing date of the first meet entered.

Skills Tests: Assessment will take place in the following order with athletes divided into groups of 6.

Skill Component	Test	Measure	Scoring
Efficiency	25m each stroke min stroke count (max 5K underwater)	Time plus stroke count	Time plus stroke count in each stroke
Kick Speed	25m Freestyle using an alignment board	Time	Time x 2
Underwater Kick Speed	10m UW Fly Kick	Time (feet leave to head passed 10m)	Time x 4
Turn Speed	5m in & out (head past flags) – touch and tumble turn	Time (best time)	Time x 4
Streamline	Dive & Glide to 10m	Time (head passed 10m)	Time x 4
Body Position	Mushroom to Streamline Pencil Float Back Star Float	Score 1-3 for feedback only	
			Total Score

Scoring: The total score is the sum of all tests carried out and a lower score relates to faster times and better skills. The recommended scoring scale is based on the Swim Ulster Talent ID tests that have been used for the last three years and this may be amended during the season as we gauge how the scores fit with this age group of athletes.

Gold 270pts	Silver 300pts	Bronze 330pts
-------------	---------------	---------------

Awards: Athletes will receive a Swim Ulster Skills Meet Series Hat at each meet that we will use for marshalling into heats. Athletes will also receive a Skills Passport following assessment of the results. This will take approx. 7 days.

Additional Notes:

1. The number of entries per club will be limited to 10 athletes for Meet 1 to allow the opportunity for coach education and review of the time required to carry out the assessments.
2. Swim Ulster require six volunteer coaches from each sub-region to assist with the assessments. We would ask you to submit availability at the time of entry and we will allocate coaches to each group.
3. Swim Ulster will produce a video of the skills to be assessed and this will be circulated to clubs in advance of Meet 1
4. Dates and venues for Meet 2 will be confirmed following completion of Meet 1