

Fun and Fitness

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An Ríocht

Summer Camps 2007

Junior Multi-Activity	4-8 Years	Mon 9 th - Thurs 12 th July
Multi-Activity	9-12 Years	Tue 17 th - Fri 20 th July
Athletics Academy	13 Years Up	Mon 23 rd - Thurs 26 th July
Little Athletics	4-8 Years	Tue 7 th – Fri 10 th August
Track and Field	9-14 Years	Mon 13 th – Thurs 16 th August

All camps run from 10am-2pm with a half hour lunch break

Junior Multi-Activity: Introduction to many different types of sports with the emphasis being on fun and participation in all games. Children will get to try athletics events such as long jump and ball throw, as well as other team sports such as soccer, football, and mini-volleyball also they will get to try the fun obstacle course, water relays and bouncing castles. The children will get to participate at a level that is specifically capable for them, with equipment specifically designed for their use aimed at developing the basic running, jumping and throwing skills.

Children's Multi-Activity: Children will be taught the skills of various sports events and will experience both team and individual sports. A range of sports and activities is provided so every child will learn something new and have an opportunity to experience a new sport in a non competition environment and find something that they like.

- Soccer
- Tag Rugby
- Football
- Boxing
- Kmx bikes
- Track
- Water combat
- Water combat course
 - Karate
- Parachute games
- Obstacle Course
 - Athletics
 - Hockey
 - Volleyball
- Treasure hunt
- Orienteering
 - Hurling
- And lots, lots more.....

Athletics Academy: Created for youths of all abilities between the ages of 12-18, the camp will give an in-depth insight into the training methods, body conditioning and dietary methods required for those aspiring to become successful senior athletes.

The extensive camp programme will include a range of practical sessions for all track and field events which will be done with qualified athletics coaches. The young athletes will also receive daily tuition in all essential areas for success.

The athletics academy, however, ensure that the balanced programme also provides plenty of time for recreational activities and use of our state of the art gym and relaxation areas.

An action packed 4 days will include:

- Hill Work
- Speed Work
- Endurance Training
 - Plyometrics
 - Nutrition and Diet
- Use of Heart Rate Monitors
 - Core Stability
 - Injury Prevention
 - Mental Preparation
- Recreational Activities such as: Soccer, Football, Volleyball, Obstacle Course, Water Combat, Kmx bikes
 - Circuits
 - Gym Sessions
 - Physiological effects of training
 - Different training methods
 - Avoiding overtraining and burnout
- Use of our Romanesque style Sauna, Steam room and Jacuzzi
 - Barbeque

Little Athletics: Introduction to the core athletics skills where the children get to try out many athletics events. This camp will be packed with fun games and activities using mini-hurdles, medicine balls, hula hoops and foam javelins to help with the development of the Childs agility, co-ordination and balance. Children while learn athletics at an introductory level and experience the sport in a positive, supporting environment the help develop their physical and sporting potential.

Track & Field: In the morning session coaches will teach children the techniques used in a wide range of athletics events and help develop young athletes ability to perform in these events. While in the afternoon sessions young athletes will participate in a range of recreational activities such as a conquest water fight, obstacle courses and Many other team games.

Price List:

One Week: €45 (1st Child in Family)

€40 (2nd Child)

€35 (3rd Child)

Two Weeks: €80 (1st Child in Family)

€75 (2nd Child)

€65 (3rd Child)

To apply: Contact An Ríocht, Castleisland, Co. Kerry on 066-7143370 or e-mail riocht@eircom.net