

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.



Application must be handed into Riocht Reception 2 weeks before each camp:

Enquiries:

**Co-Ordinators: Kate McSweeney
Ciaran McCabe**

Phone: (066) 714 3370



APPLICATION FORM MUST BE COMPLETED BY AN ADULT IN BLOCK TYPE:

(A Seperate Application **MUST** be completed and signed for each participating child)

Surname

First Name:

D.O.B:

Age:

Address:

Tel No:

Mobile:

Medical Consent:

Does your child have any medical condition or allergies that our staff should be made aware of? **Y** **N**

Does he/she take any medication? Please specify: **Y** **N**

I give my permission to bring my child to hospital in case of emergency

Signed: (Parent./Guardian) **Date:** / /

(I declare that the above is true and correct and that any information not disclosed may affect my child's place on the camp)

Travel Consent

In the interest of your child's safety and welfare, please indicate as follows:

I agree I do not agree to allow my child to travel independently

to and from the venue. Should I not agree, I will ensure that I make alternative arrangements.

Signed (Parent./Guardian) **Date:** / /

FUN & FITNESS



Super Summer Camps
An Ríocht **Ar beart. An bhuabh**

Junior Multi-Activity

Mon 9th - Thurs 12th July

4-8 Years

Multi-Activity

Tue 17th - Fri 20th July

9-12 Years

Athletics Academy

Mon 23rd - Thurs 26th July

13 Years Up

Little Athletics

Tue 7th - Fri 10th August

4-8 Years

Track and Field

Mon 13th - Thurs 16th August

9-14 Years

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



€ 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)

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
 - ⊙ Princess Manicures
 - ⊙ Hurling
- And lots, lots more.....



Athletics Academy:

Created for youths of all abilities between the ages of 13-18, 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



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.

