

Ballyboden St. Endas Summer Camp '05

The Summer Camp will be staffed by qualified coaches and supervised by our own full-time coaches PJ Donohue, Brian O'Regan and Paul McLoughlin.

€60

For Boys and Girls in the 5 to 12 age group.

- Ballyboden St. Endas Summer Camp Kit
- Home Practice Advice
- Full range of gaelic games skills taught by qualified coaches
- Skill Competitions
- Fun Games
- Mini-leagues
- Optional trip to Croke Park
- Optional supervised water-fight
- Bouncing Castle
- Extra goodies on Final Week
- Trip to Zoo (optional)
- Free Dublin kit for winner of 24:7 challenge

WK	DATE	COACHING CONTENT	ACTIVITIES	TRIPS
1	July 4-8 Football / Hurling GAA	FUNDamentals + Hurling and Football Skills	Football/Hurling Superstars competition for all children	Croke Park €10
2	July 11-15 Football / Hurling GAA	FUNDamentals + Hurling and Football Skills	Football/Hurling Superstars competition for all children	Zoo €10
3	July 18-22 All Sports Week	FUNDamentals through different sports e.g. Soccer, Rugby, Hurling, Gaelic, Hand Ball etc.	Gaelic Games, bouncing castles, speed trap, tennis, soccer, rugby, volley ball, obstacle courses, beach ball, aussie rules, skills races, face painting etc.	
3a	July 18-22 Football/Ladies Football School of Excellence Age 12-16	Long term player development advice	Expert coaching, skill assessment, nutritional advice, free taking coaching, strength and conditioning advice, speed and agility work. Goal setting, running and jumping technique instruction. Goal keeping	
4	July 25-29 Football / Hurling	FUNDamentals + Hurling and Football Skills	Football/Hurling Superstars competition for all children	Croke Park €10
4a	July 25-29 Hurling / Camogie School of Excellence Age 12-16	Long term player development advice	Expert coaching, skill assessment, nutritional advice, free taking coaching, strength and conditioning advice, speed and agility work. Goal setting, running and jumping technique instruction. Goal keeping	
5	August 15-19 All Sports Week	FUNDamentals through different sports e.g. Soccer, Rugby, Hurling, Gaelic, Hand Ball etc.	Gaelic Games, bouncing castles, speed trap, tennis, soccer, rugby, volley ball, obstacle courses, beach ball, aussie rules, skills races, face painting etc.	
6	August 22-26 Football / Hurling Prize giveaway week	FUNDamentals + Hurling & Football Skills	Football/Hurling Superstars competition for all children	Zoo €10

COACHING SCHOOLS OF EXCELLENCE

For the third year in a row, boys and girls between the ages of 12 and 16 will be able to undertake specialist coaching in football/ ladies football and hurling/camogie.

Coaching Officer, Brian O'Regan will co-ordinate this programme and well-known inter-county coaches/ players will assist. The Schools will run from Monday to Friday and from 11.00am to 2.00pm.

All coaches will be adhering to our policy on positive coaching which focuses on each child having a high self esteem.

24:7 challenge all children will get a chance to play the ultimate G.A.A. test. Score 7 points in 24 seconds.



€40

CONTACT:

Tel: 01 494 9604 or call
PJ: 087 662 3589
Brian: 087 699 8649

www.bodengaa.ie

Campaí Samhraidh

Beidh deis ag páistí freastal ar na Campaí trí Ghaeilge chuile seachtain má tá an éileamh. Subject to a minimum take-up of 12 children per week, it will be possible for children to participate in the Summer Camps through the medium of Irish.

- Mobile phones are not permitted at the Summer Camps
- Parents are reminded that they must collect their children no later than 2.30pm (for insurance reasons).



Application Form

The Camps will cater for boys and girls in the 5 to 12 Age Group

Date	Code	Tick Box	Tri Ghaeilge	Day Trip
July 4-8	Football/Hurling	<input type="checkbox"/>	<input type="checkbox"/>	Croke Pk Yes/No <input type="checkbox"/>
July 11-15	Football/Hurling	<input type="checkbox"/>	<input type="checkbox"/>	Zoo Yes/No <input type="checkbox"/>
July 18-22	All Sports Week	<input type="checkbox"/>	<input type="checkbox"/>	
July 25-29	Football/Hurling	<input type="checkbox"/>	<input type="checkbox"/>	Croke Pk Yes/No <input type="checkbox"/>
Aug. 15-19	All Sports Week	<input type="checkbox"/>	<input type="checkbox"/>	
Aug. 22-26	Football/Hurling Prize giveaway week	<input type="checkbox"/>	<input type="checkbox"/>	Zoo Yes/No <input type="checkbox"/>

School of Excellence

For boys and girls between the ages 12 - 16

July 18-22	Football/Ladies Football	<input type="checkbox"/>
July 25-29	Hurley/Camogie	<input type="checkbox"/>

Ainm/Name (Block Letters) _____

Aois/Age _____ Breith Lá/Date of Birth _____

Seoladh/Address _____

Fón/Tel. No: _____

Email _____

Scoil/School _____

Foireann/Club Team _____

Eolas Leighis/Any Medical Notes _____

I give permission to bring my child to hospital in case of emergency and authorise all medical/surgical procedures as advised by a treating doctor

Síniú/Signed _____
Parent/Guardian

Cheques should be made payable to: BALLYBODEN ST. ENDAS, GAA CAMOGIE & LADIES FOOTBALL CLUB.

Return Form to:
PJ Donohue, c/o Ballyboden St. Endas GAA Camogie & Ladies Football Club, Firhouse Road, Dublin 16.
The appropriate fee must accompany this application form. This is €60 per child. An additional €10 is payable for children going on the trip to Croke Park/Zoo. The fee for the School of Excellence is €40. You may assume that your place has been reserved unless otherwise informed as the club will not be issuing receipts.

ALL SPORTS WEEK

Gaelic games, rugby, basketball, handball, and beachball. Kids will develop their all round sporting ability, and most importantly kids will have fun!



INCLUDES:

Bouncing castles, personalities, clowns, games, fun, obstacle courses... + lots of other prizes including special offers from Tesco - check out local stores.

What's New?

- This year we have appointed more experienced coaches.
- All children will receive quality coaching on their FUNdamentals movement skills.
- Official coaching skills certificate in addition to home practice brochure.
- Healthy kids initiative (nutritional advice).
- FUNDamentals coaching programme each day.
- All coaches will be qualified to deliver fundamental coaching.
- New registration system to prevent delays.
- Our new sponsor - Tesco Ireland Group

Age Groups

Ballyboden St. Endas Summer Camp - 5-12 Years
Schools of Excellence - 12-16 Years

Camp Times

Monday to Friday 9.45am to 2.30pm. However on Mondays children should arrive at 9.30am.

Important

We ask parents to submit applications prior to the Monday morning of the relevant week. Applicants who arrive on the Monday morning cause disruption to the camp and delay the start for everyone. Therefore Monday morning applicants will be registered separately.



FREE FREE FREE

Ballyboden Summer Camp Kit & Agility Ball on all Hurling/Football Weeks

Free T-Shirt, Summer Camp Baseball Cap and Sliotar QR Mini-Football on all Sports Weeks

What to Bring Each Day

- A Healthy Packed Lunch - Tesco to supply drink, fruit and crisps each day
- Suitable Playing Gear - tracksuit, shorts, runners, football boots
- Change of Gear on Wet Days
- Rain Gear
- Hurley and Helmet on Hurling/Camogie Week



P.J. Donohue Co-Ordinator
Mobile: 087-6623589



Paul McLoughlin
Games Promotions Officer



Brian O'Regan Coaching Officer
Mobile: 087-6998649



Ballyboden St. Endas Summer Camp 2005



For Boys and Girls Aged - 5-12

School of Excellence - 12-16

Ballyboden St. Endas
GAA Camogie & Ladies Football Club,
Firhouse Road, Dublin 16.
www.bodengaa.ie

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Coaching Officer

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