


# Ballyboden St. Endas Summer Camp '07

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.

€70

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 thought by qualified and accredited coaches
- Skill Competitions
- Fun Games
- Mini-leagues
- Optional trip to Croke Park
- Optional supervised water-fight
- Extra goodies on Final Week
- Trip to Zoo (optional)
- Free Dublin kit for winner of 24:7 challenge
- Personality of the camp awards
- Use of Astro turf pitch
- Water games

WK	DATE	COACHING CONTENT	ACTIVITIES	TRIPS
1	July 9-13 Football / Hurling GAA VHI Cul Camp	FUNDamentals + Hurling and Football Skills	Football/Hurling Mini Leagues and superstars competition for all children	
2	July 16-20 All Sports	FUNDamentals through different sports e.g. Soccer, Rugby, Hurling, Gaelic, Hand Ball etc.	Gaelic Games, tennis, soccer, rugby, volley ball, obstacle courses, beach ball, aussie rules, Athletics, Basketball, skills races, face painting and lots lots more.	Zoo €12
2a	July 16-20 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	
3	July 23-27 Football / Hurling	FUNDamentals + Hurling and Football Skills	Football/Hurling Mini Leagues and superstars competition for all children	Croke Park €12
3a	July 23 - 27 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	August 13-17 All Sports & Water games Week.	FUNDamentals through different sports e.g. Soccer, Rugby, Hurling, Gaelic, Hand Ball etc.	Gaelic Games, tennis, soccer, rugby, volley ball, obstacle courses, beach ball, aussie rules, Athletics, Basketball, skills races, face painting and lots lots more.	Zoo €12
5	August 20-24 All Sports & Water games Week.	FUNDamentals through different sports e.g. Soccer, Rugby, Hurling, Gaelic, Hand Ball etc.	Gaelic Games, tennis, soccer, rugby, volley ball, obstacle courses, beach ball, aussie rules, Athletics, Basketball, skills races, face painting and lots lots more.	

## COACHING SCHOOLS OF EXCELLENCE

For the fifth 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 officers, Brian O' Regan and Paul McLoughlin 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.

€45

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

## 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	Trí Ghaeilge	Day Trip
July 9-13	Football/Hurling	<input type="checkbox"/>	<input type="checkbox"/>	
July 16-20	All Sports week	<input type="checkbox"/>	<input type="checkbox"/>	Zoo Yes/No <input type="checkbox"/>
July 16-20	Hurling School of Excellence	<input type="checkbox"/>	<input type="checkbox"/>	
July 23-27	Football/Hurling	<input type="checkbox"/>	<input type="checkbox"/>	Croke pk Yes/No <input type="checkbox"/>
July 23-27	Football School of Excellence	<input type="checkbox"/>	<input type="checkbox"/>	
Aug. 13-17	All Sports & Water Sports Week	<input type="checkbox"/>	<input type="checkbox"/>	
Aug. 20-24	All Sports & Water sports Week	<input type="checkbox"/>	<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

Siniú/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 of €70 must accompany this application form. An additional fee of Croke Park (€12) or Zoo (€12) for children going on these trips. The fee for the School of Excellence is €45. Refunds are not given, except in exceptional circumstances, left to the Discretion of the Camp Co-ordinator.

# ALL SPORTS WEEK

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



**INCLUDES:**  
personalities,  
Face Painting,  
games,  
fun,  
obstacle courses,  
water games ....

## What's New?

- New style Summer Camp Kit
- This year all coaches will be Croke Park Accredited.
- All children will receive quality coaching on their FUNDamentals movement skills.
- Official coaching skills certificate in addition to home practice advice.
- Healthy kids initiative (nutritional advice).
- FUNDamentals coaching programme each day.
- All coaches will be qualified to deliver fundamental coaching.
- New registration system.



## FREE FREE FREE

Free VHI Kit & Bag on week 1

New Ballyboden Summer Camp Kit & Agility Ball on all other Weeks

## What to Bring Each Day

- A Healthy Packed Lunch
- Suitable Playing Gear – tracksuit, shorts, runners, football boots
- Change of Gear on Wet Days
- Rain Gear
- Hurley and Helmet on Hurling/ Camogie Week



PJ Donohue Co-Ordinator  
Mobile: 087-6623589



Paul McLoughlin  
Games Promotions Officer  
Mobile: 086-3350136



Brian O'Regan Coaching Officer  
Mobile: 087-6998649

## Age Groups

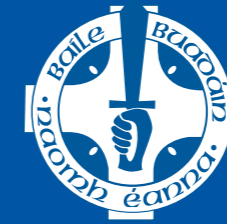
Ballyboden St. Endas Summer Camp -  
5-12 Years  
Schools of Excellence - 12-16 Years

## 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.



# Ballyboden St. Endas Summer Camp '07



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](http://www.bodengaa.ie)

**Brian O'Regan**  
Coaching Officer  
087-6998649

**P.J. Donohue**  
Co-Ordinator  
087-6623589

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