

Please return completed form to:

Craughwell AC Summer Camps
c/o Michael Tobin
Grenage
Craughwell
Co. Galway



For more information, contact:

Email: summercamp@craughwellac.com

Web: www.craughwellac.com

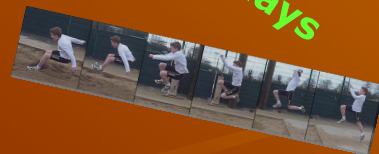
Phone: Michael @ 087 6591879

Skills development



3-legged relays

Sports Day



Skills Assessment

Trained leaders



fit 4 fun

Summer Camp
@ Craughwell AC

A summer camp with a difference!
Advanced and beginners programs



Novelty games



Egg & spoon

Team challenges



Crazy relays

Sliotar & hurl relays

Wheelbarrow races

Tag rugby

Rounders

Tug-o-war

Introduction to athletics



And many more games

When?
5th to 9th July
12th to 16th July

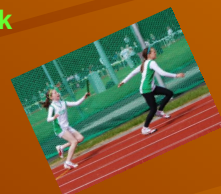
2nd to 6th August
9th to 13th August

Where?
Craughwell NS

How long?
10am to 2pm

Craughwell AC launch new athletics summer camp!!!

- Led by trained athletics coaches including European Youth Olympian Cathriona Farrell
- Aimed at primary school children from sixth class down to first class. Children subdivided into age-based groups.
- Fun games and activities
 - Novelty relays – wellingtons, t-shirts, wheels, water
 - Tug-o-war
 - Long jump
 - Novelty running games
 - Throwing
 - High jump
 - Obstacle course
 - Treasure hunts
 - Hurdles
 - And many more fun games
- Advanced coaching for athletics events
- Suitable for all levels of fitness
- Beneficial for all sports
- A chance for busy children to discover new talents
- Skills assessment and certificate at end of week
- Introduces new sports/events to children
- Progresses existing skills



What you need to bring: Packed lunch and water bottle

What you need to wear: Tracksuit; runners; shorts/tshirt; sunhat!

How much?

- €60 per week, with €10 discount if already a member of an athletic club (Athletics Ireland).
- Maximum €120 per family.

Registration Details

Name	Age	Camp ¹	Club ²
1)
2)
3)
4)

¹ Please indicate the date of the preferred camp.

² Discount available if already a member of an athletic club. If not a member, please include copy of birth cert in order to be registered as a member of Athletics Ireland/Craughwell AC.

Parent/Guardian Contact Information

Name:

Address:

Mobile:

Email:

Secondary Contact Information

Name:

Mobile:

Medical Conditions

If any of the participants have a condition of which we need to be aware, please indicate participant names and condition below.

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Confirmation

I have read and agree to the following conditions:-

- I enclose a deposit of €20 per participant.
- I agree that I and the above participants will be bound by the Irish Sports Council's Code of Ethics and Good Practice for Children's Sport.

(www.irishsportsCouncil.ie/Participation/Code_of_Ethics)

Parent/Guardian Signature:

Date: