

# Bandon Athletic Club

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*Summer camp 2010*

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*We ask parents of the 7-8 session to accompany their children into & out of the Complex on Monday and Wednesday nights*

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## Congratulations & Good Luck

Well done to all our club members who competed at various competitions throughout the summer at national and international level.

We had 28 Athletes from this club who participated at Juvenile All Ireland level this summer. Congratulations to you all.

Results and photos on [www.bandonac.org](http://www.bandonac.org)

We would like to wish Bandon Ac Club member Mark Sugru all the very best next Sunday.

## Indoors to Bandon Grammar School

We shall be changing our training venue to Bandon Grammar School Sports Complex on Wednesday 22<sup>nd</sup> Sept. 7pm – 8pm for 7 to 12 yr olds & 8pm – 9pm for u13 & over.

Because of insurance implications we regret that we CANNOT accept any child into the hall unless they are fully paid up, registered members of the club.

For the safety of all concerned, we have a very strict policy in place whereby no child will be allowed to leave the complex unless a parent/guardian is present at the complex. Your cooperation is essential.

## Field Of Dreams Tokens

A very sincere thank you to all who helped the club to gather the 700 tokens needed to submit our application. Unfortunately we were not successful in our endeavour, but it took great community involvement to get the letters of support and tokens necessary to put forward our application.

Boxes of cornflakes are available to buy from Denise after training.....

## Annual Summer Camp

A very sincere thank you to all the children who made our second Annual Summer Camp such a successful event.

A huge thanks to all the teenagers who assisted in the setting up and running the camp for the week. The patience and commitment that was shown to the participating children and camp leaders was inspirational, given that it was voluntary.

Many thanks to all the parents who helped out also. Without you all, it could not have happened.

Photos can be viewed on the new website  
[www.bandonac.org](http://www.bandonac.org)

## Upcoming Fixtures

Fri 17<sup>th</sup> Sept - Bandon Primary Schools Cross Country

Thur 23<sup>rd</sup> Sept – West Cork Secondary School Cross Country

Sun 3<sup>rd</sup> Oct - County Juvenile Even Age Cross Country, Conna

Sun 10<sup>th</sup> Oct - Cork Juvenile Uneven Age Cross Country  
Carrignavar 1pm

Sun 17<sup>th</sup> Oct - Munster Juvenile Even Age Cross Country  
Macroom

Sun 24<sup>th</sup> Oct – Parents Association Gaelscoil Bandon  
10K Road Race/Fun Run/Walk  
Check in GAA Pavillion @ 12pm

Sun 7<sup>th</sup> Nov - Munster Uneven Age Cross Country, Limerick

## Parental Help Needed

We have experienced a huge increase in our numbers over the last year. Unfortunately our coach numbers have not increased. In order to keep our present level of training times, we are asking Parents for help, even if just to supervise the trek to and from outside training and supervision in the hall. The only other option available to us is to halve the groups and train each group one night only.

Please let any coach know if you have a night or two free.

There is a basic Assistant Coach Course being held in C.I.T in October, if anybody is interested please contact Catherine.

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*Annual  
Summer Camp  
Track Fundraiser*

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*Visit the new club website  
for all upcoming events,  
programs, photographs  
and news.*

[www.bandonac.org](http://www.bandonac.org)

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*We ask parents to ensure  
that all children entered in  
competitions make every  
effort to turn up on the  
day,  
especially those on teams.*

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