

Bandon Athletic Club

Summer Camp

Monday 13th – Thursday 16th July 2014 10am – 3pm
6 – 12 yr olds (Primary School)

Venue: Bandon Grammar School – Indoor facility in the event of inclement weather

Price €60 (€65 if paid on Monday 13th) €50 per sibling thereafter
€10 deposit secures place

Introduction to Athletics

Musical Games

Hurdles

Arts & Crafts & Teddy Bear Picnic(tots)

Sprint Training

Rounders

Long Jump

Soccer

High Jump

Ball Games

Hammer, Shot Putt

Orienteering

Discus, Javelin

Clothes Relay

Tug O War

Washing Line Challenge

Skipping

Basketball

Tag Rugby

Obstacle Course

Bean Bag Challenge

Mini Olympics

Details and Application Forms:

You can text Childs name & year of birth to Club Phone 087 1135500 to reserve a place, or give details to any of these coaches

Catherine Duggan	086 239 9665
Denise Harrington	085 106 6366
Sharon Nevin	085 732 5281
Susan McCourt	086 827 5085

Application Form can be downloaded from www.bandonac.org and sent to

Ann Gayson, Boulteen, Enniskeane, Co Cork