

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

Hurdles
Sprint Training
Long Jump
High Jump
Hammer, Shot Putt
Discus, Javelin
Tug O War
Skipping
Tag Rugby
Bean Bag Challenge

Musical Games

Arts & Crafts & Teddy Bear Picnic(tots)
Rounders
Soccer
Ball Games
Orienteering
Clothes Relay
Washing Line Challenge
Basketball
Obstacle Course
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