

2017 Youth Athletic Development Camp



A huge success in 2016!

Location: Garryowen Rugby Club, Dooradoyle, Limerick

14th – 18th of August

Open to boys and girls aged 4 – 12

Time: 10am to 2pm each day Price: €35.00

Registration and Payment: summercamp@garryowenrugby.com

Children to bring own drinks and packed lunch.

Movement and Athletic Development

Setanta College has developed enjoyable movement and athletic development programmes based on the latest coaching and sports science research. These programmes are delivered by highly enthusiast and qualified (Sports Strength and Conditioning Degrees are Garda vetted, and Child protection certified) coaches who will help develop your child's movement skills, increase their physical activity and therefore contribute to their overall health and wellbeing. These camps are especially beneficial to children who play any type of sport.

Our camps will be supported by an online resource to provide parents with exercises, fun activity games, health and nutritional information.

To view why Fundamental Movement Skills are so important please view attached link. [SetantaCollegeCamps](#)

Queries email: TOM.DORNEY@SETANTACOLLEGE.COM