

# Girls Health and Fitness Training Camp 2017

## Camp Information

Girls from Junior and Secondary schools are invited to take part in this health & fitness camp. The camp is aimed at getting the girls fitter, healthier and mentally stronger for the up and coming season and academic year. Each day consists of various fitness components from 9am - 12.45pm each day. Each day will involve training and classroom activities like goal setting, developing self esteem and confidence.

" research has shown that there is a link between health / fitness and academic achievement in school "

## Camp Dates

Monday 14 Aug - Friday 18th Aug - **Camp One**

Monday 21st Aug - Friday 25th Aug - **Camp Two**

## Where is the camp

The camp will be based in the Scouts Hall at Mount Merion church, Mount Merrion. We will use indoor hall, Mount Merrion park and the surrounding sports facilities.

## When should I attend ?

- If you are in 3rd, 4th, 5th or 6th year you can train on Mondays, Wednesdays & Fridays
- If you are in 1st & 2nd Year you can train on Tuesdays, Thursdays and Fridays.
- If you are Junior School Class 5 or Class 6 then you can train on a Tuesday & Thursday.

## Cost

The cost of attending the camp is €65 per week per child

## Who is running this camp?

Aled Hughes will head the camps. Aled has worked with the Men's Irish hockey team on their speed programme and presently works with International hockey players, Junior International runners, Leinster U20rugby squad players and Junior & Senior Hockey and Rugby Players within Leinster. Aled is a qualified PE teacher, S & C coach and is Director of Coaching at Mount Merrion Athletics Club. We will also have guest speakers and trainers also.

## 3rd, 4th, 5th & 6 Years

Senior	Monday	Tuesday	Wednesday	Thursday	Friday
8.45am	Arrive		Arrive		Arrive
9am	Strength		Speed 2		Core Fitness
10am	Break		Break		Break
10.15am	Speed 1		Conditioning		Total Body
11.15am	Agility Games		Mobility ROM		Speed
12 noon	Nutrition		Mental		Mental Skills & Nutrition
12.45pm	Finish		Finish		Finish

## 1st & 2nd Years

Junior	Monday	Tuesday	Wednesday	Thursday	Friday
8.45am		Arrive		Arrive	Arrive
9am		Strength		Speed 2	Core Fitness
10am		Break		Break	Break
10.15am		Speed 1		Conditioning	Total Body
11.15am		Agility Games		Mobility ROM	Speed
12 noon		Nutrition		Mental	Mental Skills & Nutrition
12.45pm		Finish		Finish	Finish

## Junior School Class 5 & Class 6

	Monday	Tuesday	Wednesday	Thursday	Friday
8.45am		Arrive		Arrive	
9am		Multi Games		Core	
10am		Break		Break	
10.15am		Speed		Total Body	
11.15am		Agility		Mobility ROM	
12 noon		Nutrition		Mental	
12.45pm		Finish		Finish	

**To book a place on the camp please text , HF CAMP 2017 with your name ,age and date of camp your attending to 0876189053. You can pay Aled on the first day of the camp. WE do need 14 children confirmed on the camp before it can commence.**