

GIRLS HEALTH & FITNESS TRAINING CAMP

We are delighted to run this camp again for girls for 5th & 6th, 1st, 2nd, 3rd 4th Years.

The camp is aimed at improving overall fitness levels by helping girls to become healthier, mentally stronger, and to attain an advanced level of fitness ahead of the up and coming sports season. Research has shown that girls who attain a good level of physical fitness also perform extremely well in the classroom. Each day consists of various fitness components from 9am - 12.45pm.

The topic of fitness levels for young girls has been widely reported upon in the media. This Health & Fitness programme is an opportunity for all students to improve their overall fitness level but in a fun environment. It will give students an advantage, especially girls who partake in school sports such as Basketball, Hockey, Athletics, Sailing, Tennis etc.

Areas covered by the programme will be:

- Testing & Evaluation
- How to develop Self Confidence.
- Speed Development & Speed Stamina
- Acceleration and Deceleration
- Strength Development and its importance
- Nutrition
- Mental Skills - positive thinking, goal setting for personal development
- Mobility & ROM
- Agility Games & Skills Acquisition
- Core Fitness & Nutrition
- Skills Acquisition

Camp Details

Monday 20th to Wednesday 22nd August 2018 – 3 days only.

9.00am – 12.45pm each day

5th Class / 6th Class girls will be in one group and 1st -4th years will be in another group

Venue

Scouts Hall in Mount Merrion church car park

Cost

€85 for 3 days or €35 per day.

Registration

It's easy, just text Aled Hughes on 0876189053. We need 10 girls booked in for the camp to run.

Who is running this camp?

Aled Hughes will head the camps. Aled has worked with the Ireland Men's Hockey Team on their speed programme & presently works with International Hockey players, Junior International runners, Leinster U20 Rugby Squad Players & 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. Aled is also a Professional Tennis coach, previous Director of Sport at Riverview Club and has played Veterans Tennis for Wales.

[Video of previous Health & Fitness Camp](#)