

Boys & Girls

10-16 years old



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SUMMER CAMPS 2019

These camps are ideal for children who want to develop correct running mechanics, running at SPEED, multi-directional speed for sports, and covering all aspects of Running, Jumping and Throwing.

“ The focus is on making you run correctly and faster

Camp	Date	Age	Day	Time	Venue	Cost
1	June 17,18,19	10-16	Mon, Tues, Wed	3.00pm – 4.30pm	Deer Park, Mount Merrion	€75
2	July 1,2,3	10-16	Mon, Tues, Wed	2.30pm - 4.00pm	Mount Anville National School	€75
3	July 8,9,10	10-16	Mon, Tues, Wed	3.00pm – 4.30pm	Deer Park, Mount Merrion	€75
4	Aug 12,13,14	10-16	Mon, Tues, Wed	3.00pm – 4.30pm	Deer Park, Mount Merrion	€75
5	Aug 19,20,21	10-16	Mon, Tues, Wed	3.00pm – 4.30pm	Deer Park, Mount Merrion	€75

PLEASE NOTE – Speed4Sports staff will coach some of the summer camp sessions.

All camps MUST have a minimum of 8 children booked in, prior to the camp starting for it to commence.

Please return the application form and payment to the address below to confirm your place.

Speed4Sports Summer 2019

Name of Child : Address.....

Age of Child Boy/Girl Email Address

Telephone : Home Work

Camp No Date & Time :Total Cost :

Cheques should be made payable to : Aled Hughes . Application forms and cheques should be returned to: Aled Hughes,
14 Redesdale Road, Mount Merrion, Co.Dublin

Private session or 1-2-1 sessions are available through the summer months with our speed4sports staff. These sessions take place within the Mount Merrion, Blackrock area. Please call us on 0876189053 to arrange a session