

Boys & Girls

9 - 16 years old



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SUMMER CAMPS 2020

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

[Video of what we do at camp !](#)

EXTRA CAMPS FOR AUGUST 2020

Camp	Date	Age	Day	Time	Venue	Cost
3	Aug 11,12,13	9-16	Tues,Wed,Thurs	10.30am – 12 noon	Deer Park, Mount Merrion	€ 90
4	Aug 18,19,20	9 -12	Tues,Wed,Thurs	10.30am – 12 noon	Deer Park, Mount Merrion	€ 90
5	Aug 18,19,20	13-16	Tues,Wed,Thurs	12 noon – 1.30pm	Deer Park, Mount Merrion	€ 90
6	Aug 25, 26, 27	9 -12	Tues,Wed,Thurs	10.30am – 12 noon	Deer Park, Mount Merrion	€ 90
7	Aug 25, 26, 27	13-16	Tues,Wed,Thurs	12 noon – 1.30pm	Deer Park, Mount Merrion	€ 90

Due to Covid-19 we be using the governments “Play It Safe” regulations throughout the camp.

All camps MUST have a minimum of 6 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 2020

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

***** **Please text us on 0876189053 to see if we have availability in these camps** *****

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