

Boys & Girls

9 - 16 years old



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Rugby Speed & Skills Camp

This camp is ideal for children who want to develop their rugby / ball skills and speed skills.

Rugby Skills ----- Evading Skills ----- Ball Skills ----- Speed Development

“ The focus is on making you a complete athlete “

Camp	Date	Age	Day	Time	Venue	Cost
1	Oct 26,27,28	4 th / 5 th & 6 th Class only	Mon, Tues Wed only	12 noon – 2pm	Deer Park, Mount Merrion	€ 100
2	Nov 2,3,4th	4th / 5th & 6th Class only	Mon, Tues Wed only	12 noon – 2pm	Deer Park, Mount Merrion	€ 100

PLEASE NOTE – This camp will be coached by Aled Hughes

- (1) Due to Covid-19 we be using the governments “Play It Safe” regulations throughout the camp. (2) All children will have their hands sanitized at the start of the camp.
- (3) Outdoors only so bring wet weather gear . (4) There are **no** toilet facilities available in Deer Park, Mount Merrion. (5) 16 spaces only

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 Rugby & Skills Camp 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 year with our speed4sports staff. These sessions take place within the Mount Merrion, Blackrock area. Please call us on 0876189053 to arrange a session