

Boys & Girls

9 - 16 years old



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### October Half Term 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 !](#)**

Camp	Date	Age	Day	Time	Venue	Cost
1	Oct 26,27, 28	9-14	Mon, Tues,Wed only	10.30am – 12 noon	Deer Park, Mount Merrion	€ 90
2	Nov 2,3,4	9 -14	Mon, Tues,Wed only	10.30am – 12 noon	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.

- (1) The camp is outdoors in Deer Park (2) There are NO toilet facilities (3) Bring a small snack
- (4) Please bring a rain jacket if weather is poor as the camp will run in all weather conditions

### Speed4Sports October Half Term 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