

Registration Fee: €175

Early Booking Price: **€160**, by 23th June - Week 1
By 21st July - Week 2

€20 off additional sibling signed-up

Register Online for lowest Fee of €150 per child

(Cheques made payable to 'Ciarán Deely') Forms plus cash/cheque can be posted to:

Ciarán Deely
204c Grange Hall
Rathfarnham
Dublin 16

Camp Activities include:

- Gaelic Football skills & drills
- Specialised coaching:
Attack/Defence/Goalkeeping
- Tactics & Decision-making
- Social Skills & Personal development
- Performance Testing
- Sport Science topics: Diet, Hydration, Stretching, Weights, & FUN!



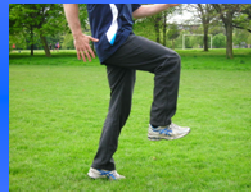
FREE

**DSS Performance Camp Kit
& Sport Science program**

Mob: 086-2034463 info@deelysports-science.com

Tick box if you would **NOT** like to receive info by text/email about future services

DSS Performance Camp



'Train like an Elite Gaelic Footballer; Learn to be the BEST!'

Week One: 27th – 31st July

Week Two: 17th – 21st August

Boys & Girls (Aged 13 to 18)

Horeswood GAA Complex, Wexford

www.deelysports-science.com

Summer 2009

DSS Gaelic Football Performance Camp 2009


Coordinated by:

Ciarán Deely
B.Sc. M.A.
**Sport Scientist &
full-time Coach**



In association with:





Adventure Flow Centre
Edina Sütő M.Sc.
**Health Development
Therapist Outdoor Trainer**

Coached & Instructed by current & former
Wexford Snr Inter-County Football Stars!

Camp times: 10am– 3:00pm
Registration: 9:30am Monday

- Please bring each day:

 - A healthy packed lunch
 - Water bottle, sun-block
 - Playing Gear: Football boots, runners, jersey, Tracksuit, shorts.
 - Towel, Rain Jacket, change of gear on wet days

Visit www.deelysports-science.com for all Camp details,
option to register Online, & our range of services.

Registration Form

Name(s): 1. _____
2. _____

Date of Birth: 1. _____
2. _____

Week One: **Week Two:**

Parent/Guardians' Name: _____

Mobile No.: _____

Email: _____

Address: _____

Club Team: _____

School & Class: _____

Medical Notes: _____

Signature of Parent/Guardian: _____

Deadline Week 1: Tues 21st July
Week 2: Tues 11th August

(Late registration charge fee applies. Please book early!)