Round Towers Clondalkin, Good Counsel, Westmantown

&

St Pats Palmerstown GAA

Advanced Performance Coaching

U-13 – U-16 Boys & Girls

**Date**  **Venue**  **Time**

Tues 29th Oct: Round Towers Clondalkin GAA Club (Football) 11am-2.30pm

Wed 30th Oct: Good Counsel GAA Club (Hurling & Camogie) 11am-2.30pm

Thurs: 31st Oct Westmanstown GAA Club (Physical & Lifestyle) 11am-2.30pm

**Total Cost: €50**



**Special Guest Coaches Include Inter County Players**

High Performance Coaching County Stars For Coaches Fun & Enjoyment

Health & Wellbeing Session Covering All Codes Improve Your Performance

**Bring A Packed Lunch And Water Bottle**

Players Name: ………………………………………………………………………………………………………….

Age: …………………………………………………………………………………………………………………………

Date of birth: …………………………………………………………………………………………………………..

Name of Parent/Guardian: ……………………………………………………………………………………….

Parent/Guardian Contact Number: ………………………………………………………………………….

Any Medical conditions :…………………………………………………………………………………………..