

# Fiona O'Driscoll Camogie Academy

APPLICATION FORM

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Telephone No. \_\_\_\_\_

Emergency Contact No. \_\_\_\_\_

Please indicate any medical condition or special needs we ought to be aware of: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Academy Venue \_\_\_\_\_

Please indicate team(s) you have played with at the following level(s) where applicable:

Club \_\_\_\_\_

School \_\_\_\_\_

Division \_\_\_\_\_

Inter-County \_\_\_\_\_

Preferred playing position(s)

1) \_\_\_\_\_ 2) \_\_\_\_\_

Parents/Guardians Signature \_\_\_\_\_

# Fiona O'Driscoll Camogie Academy

## FEE: €85.00

### HOW TO BOOK YOUR DAUGHTER ON THE ACADEMY

- Please complete application form
- Return completed application form and payment in full (cheques made payable to Let's Go! Summer Schools Ltd) to

Fiona O'Driscoll  
Let's Go! Summer Schools Ltd.  
Rustic House,  
Sraleigh,  
Waterfall,  
Near Cork.

- A letter of confirmation will be sent prior to the commencement of the Camogie Academy.
- Please retain letter of confirmation and present at registration.

### PARENT INFORMATION LINES

Mobile No: 087 9137320  
Office No: 1890 Letsgo (1890538746)  
Email: info@letsgo.ie  
Website: www.letsgo.ie

### Booking Conditions

- Payment is regarded as acceptance of the booking conditions
- Any participant whose conduct is deemed by the Academy manager to be detrimental to the best interest of the programme will be dismissed - no refund will be made.
- Cancellations are subject to forfeiture of the booking fee.
- The programme will operate to the highest safety standards; we shall not be responsible for any illness, death, accident or loss of property unless occasioned by the proven negligence on the part of the Academy Directors or its employees.
- Places are allocated on first come first served basis.
- Permission is granted to seek medical treatment in the event of an accident.
- Photographs may be taken at the Academy for promotional reasons



**PLACES LIMITED**

Book early to avoid disappointment

# Fiona O'Driscoll Camogie Academy



## FOUR DAY INTENSIVE COACHING ACADEMY (10 to 16 year olds)

**St. Brigid's GAA Club, Dublin 15**

29th March - 1st April

**Ballincollig Community School, Cork**

6th - 9th April

**O' Loughlin Gaels GAA Club, Kilkenny**

16th - 19th August

Contact: Fiona O'Driscoll 087 913 7320  
[www.letsgo.ie](http://www.letsgo.ie)



## Dear Parents

Welcome to my annual Fiona O' Driscoll Camogie Academy. My Academy has evolved from my years of experience as a senior inter-county player, Cork Senior Camogie coach, P.E. teacher, a tutor with Cumann Camogaiochta na nGael and as a member of the National Camogie Coaching and Development Committee.

My Academy is suitable for players with a minimum of two years playing experience and for those trying to advance their game to the highest level possible. Having been enthusiastically involved in all aspects of coaching over the past fifteen years it has become more evident to me that good quality coaching is the spring board to successful participation in camogie. At the Academy the participants will be coached by top class inter-county players and coaches.

A strong emphasis will be placed on individual feedback. My aim is for the participants of the Academy to improve their individual skills and knowledge of the game which in turn will assist them to become better camogie players.

I look forward to meeting your daughter at my 2010 Academy.

Fiona O' Driscoll B.A. Phys. Ed.

## Programme Content

Technical:	Fundamental & Specialist Skills Skills Circuit Training Hurling Wall: Individual & Group activities
Tactical:	Principles of Attack & Defence Match Practice
Physical:	Footwork Speed, Agility & Quickness
Mental:	Improving Focus & Learning to Control Distractions
Lifestyle:	Nutrition & Hydration

Question & Answer Session with Inter-county players

## Academy Structure

- The Academy will commence at 10am each morning and finish at 3pm.
- Registration will take place on the first morning at 10am.
- Participants will be divided into groups according to their age and ability.

## What you need to bring

- You should ensure that your daughter brings a packed lunch and plenty of drinks to the Academy.
- Participants will need sportswear (tracksuit, shorts and rain jacket), runners, football boots, 2 hurleys and a helmet.

## Comments from previous participants

"It was class! You learn new skills, ones that you would not learn in training. Well worth going."  
Cork

"I was visiting cousins in Cork last Easter and went to the Camogie Academy where I had great fun and know that I have improved my skills. Looking forward to going in Dublin this year."  
Dublin

"It was well worth it, brilliant for improving and learning new skills and meeting camogie players from other clubs."  
Kilkenny

