

An Ríocht Athletic Club

Athletics Academy 2007

Inspiration for Athletes

Monday 23rd-Thursday 26th July

10am-2pm

13 years upwards.....

Coaches will include:

- **Trevell Quinley, US indoor long jump champion 2007**



- **Gillian O'Sullivan, Race Walker, Silver Medallist at 2003 world championship, 10th in Athens Olympic Games will give a talk on preparing for competition**



- **Gerry Horgan, Munster Throws Coach, coach to ten all Ireland juvenile medallists in 2007**
- **Joe O'Connor, Regional Development Officer with Athletics Ireland, BSC Health Fitness and Leisure**
 - **Ciaran Mc Cabe, Instructor Bsc Health, Fitness and Leisure**
 - **Eileen Du Plooy, South African Thrower, Personal Fitness Trainer**
 - **Denis Mc Sweeney, County Middle Distance Coach**

The extensive camp programme will include a range of practical sessions for all track and field events, which will be done with qualified athletics coaches. The athletes will also receive daily tuition in all areas essential for success.

All athletes will get the chance to undergo a series of fitness and strength tests in our state of the art gym.

The athletics academy, however, ensure that the balanced programme also provides plenty of time for recreation activities and use of our roman themed relaxation area incorporating sauna, a steam room and Jacuzzi.

! Barbeque on Final Day!

Places are limited Phone Now to Book your place

Co-Ordinators: Kate Mc Sweeney 087-9228834 and Ciaran Mc Cabe 087-2152218