

APPLICATION FORM

MUST BE COMPLETED BY AN ADULT IN BLOCK TYPE:

Surname : _____
 First Name : _____
 D.O.B. : _____
 Age : _____
 Address : _____

Tel. No. : _____
 Mobile: _____

Medical Conditions
 Does your child have any medical conditions or allergies that our staff should be made aware of? Yes No

Does he/she take any medication? Yes No

Please specify: _____

I give permission to bring my child to hospital in case of emergency

Signed: _____ Date: _____
Parent/Guardian



Contact Details

Catherine: 0862399665
 Ann: 0862597961
 Denise: 0851066366
 Sharon: 0857325281



Summer Camp



5 To 12 Years Old



5th - 9th July 2010



Price
 €65.
 €60 if booked by 16th June.
 Additional children €50

Venue
 Bandon Grammar School
Indoor venue for rainy days

Dates
Mon 5th - Fri 9th July

Time
 10am - 2pm

Bandon Athletic Club was founded in 1964 and is based in the Town Park in Bandon during the Summer months and at Bandon Grammar School during the winter.

The club caters for juvenile athletes from 7 to 18 years and adults of all ages in Track and Field & Cross Country events.

The club has produced International Athletes at Juvenile and Senior level including the Olympian Brenda Dennehy, Willis who competed in Sydney in 2000. At present we have Joan Healy who will be representing Ireland in the world youths. Joan has won national and international awards.

Bandon athletes have successfully competed in indoor events at Munster and National level and more recently juvenile members have competed at the Scottish and England Indoor championships.



The camp will provide an introduction to some athletics events and how to train for them. To become a good athlete you need to become athletic first by learning many technical skills and conditioning your body. We will do fun exercises to get better coordination, flexibility, core strength, agility, and of course become fitter.

List Of Events

- Sprints
- Hurdles
- Long Jump
- High Jump
- Javelin
- Shot Putt
- Relays
- and more



What To Bring

- Packed Lunch
- Plenty of water

www.bandonathleticclub.com

