

Kilmacud Crokes Football & Ladies Football School of Excellence 2019

The Kilmacud Crokes School of Excellence is a development programme for young Gaelic Footballers in Kilmacud Crokes who are interested in developing themselves into better Footballers in areas such as the Skills of the Game, the Tactical Awareness of the Game and the Physical and Athletic Skills needed to play the game.

Cost €60

- 6 days Coaching with Top Class Coaches
 - Kilmacud Crokes Training Top
- Will include players initials if booked by **30th June**

Who is the programme aimed at? Young players (boys & girls) in Kilmacud Crokes between the ages of 11 and 15

Boys range Under 12 (2007) to Under 15 (2004)

Girls range Under 13 (2006) & Under 14 (2005)

When does the programme take place?

Week 1 – Tuesday 23rd to Thursday 25th JULY

Week 2 – Tuesday 13th to Thursday 15th AUGUST

Venue – Silverpark

Time – 11am to 1.30pm daily

Players will be asked to sign up and ideally attend both weeks

Camp numbers will be limited to a **maximum of 65 boys & 30 girls**, places allocated on first come first served basis

Booking details www.kilmacudcrokes.com

Paraic McDonald

Kilmacud Crokes GAA Club

0862244265



Lifestyle Awareness

Mental Fitness

Athletic Development

Tactical Awareness

Technical Skills