

THE AIMS OF THE CAMP ARE TO

ENCOURAGE CHILDREN TO TRY  
NEW THINGS

PROMOTE AND DEVELOP SPORT

DEVELOP NEW FOUNDATIONS AND  
SKILLS IN CHILDREN

ENCOURGE NEW IDEAS

ENCOURAGE CHILDREN TO MEET  
NEW FRIENDS

AID IN MENTAL AND PHYSICAL  
DEVELOPMENT

ENCOURAGE TEAM WORK

ENCOURAGE INDIVIDUALITY AND  
BUILD CONFIDENCE

INFORMATION ON BOOKING SPORTS  
CAMP

CALL OR EMAIL BERNIE ON  
[berniewhite1965@hotmail.com](mailto:berniewhite1965@hotmail.com)

Tel: (087) 9913466

LIMITED SPACES SO HURRY AND  
BOOK

ACTIVITY WEEK IS  
1ST NOVEMBER TO 4TH NOVEMBER

9.30AM – 2PM

60 Euro

**DON'T MISS OUT !!!**

SPORTS CAMP FOR KIDS 8-12  
YEARS

JOIN IN THE FUN & GAMES



COME ON KIDS TRY TO BE THE NEXT  
OLYMPIC CHAMPION!!!

**TUESDAY, 1ST NOVEMBER 2011  
TO  
FRIDAY, 4TH NOVEMBER 2011**

Here is a brief summary of what's on offer in the camp.

Each day we will develop Skills, Strength and Mental Ability in kids by teaching them new techniques.

This will involve Exercises, Running, Jumping, Balancing, Co-ordination, Physical and Mental Tasks.

We will encourage kids to work alone and in groups

We will have the use of the running track in Sundrive Park.

Also the track is fully surrounded by a fence over 6 feet in height.

The kids are totally in a safe Environment. Toilet Facilities are available.

## HERE'S A LITTLE ABOUT ME

My name is Bernie White. I am an athletics coach with Dublin Striders A.C. in Sundrive Road.

I have achieved my coaching badge with distinctions.

I have also completed a Sports Psychology course in Kilroy College passing with distinction.

I have been competing in athletics for over 30 years and I would now like to put something back into the sport.

I have achieved many titles in my running career in junior, senior, and masters events over cross - country and track & field.

I have competed at European & World Championship level and achieved gold, silver, and bronze medals in 800m & 1500m events.