



## Dublin Camogie Advanced Player Lifestyle & Performance Camp 2015

# Player Performance Camp



Venue:  
St Brigids GAA Club

Date:  
Mon 27th—Wed 29th July

Time: 10.30am-1.30pm

Cost: €30

**To book a place please contact:**

Eve Talbot - Regional Camogie Development Officer  
Mobile: 085-1128669  
Email: [eve@camogie.ie](mailto:eve@camogie.ie)

Camp will include:

- ◆ Expert camogie coaching by qualified coaches for girls aged 13-16yrs
- ◆ Athletic Development/running workshop for long term physical development of girls
- ◆ Health & Nutrition Advice from a sports nutritionist