

GYMNASTICS IRELAND
NATIONAL SERIES
SUPER CAMP

29TH JULY - 2ND AUGUST 2019

NATIONAL INDOOR ARENA, DUBLIN
€200 PER GYMNAST/COACHES GO FREE

WHO IS IT FOR?

THE NATIONAL SERIES SUPER CAMP IS A GYMNASTICS CAMP FOR COACH LEARNING & GYMNAST DEVELOPMENT TARGETED AT ALL COMPETITIVE MEMBERS FROM ALL DISCIPLINES

FULL USE OF THE WORLD CLASS GYMNASTICS FACILITIES; THE NATIONAL GYMNASTICS TRAINING CENTRE & THE NATIONAL INDOOR ATHLETICS TRAINING CENTRE FULLY EQUIPPED WITH ALL GYMNASTICS APPARATUS

Please note that all participants must look after their own accommodation and meals for the duration of the camp.

Gymnasts must book a place for this camp through their personal coach/club.



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CONTENTS

NATIONAL SERIES COMPETITIVE PATHWAY
LIFESTYLE & NUTRITION FOR GYMNAST & COACH
PHYSIOTHERAPY (REHAB & PREHAB)
STRENGTH & CONDITIONING
CHOREOGRAPHY
LONG TERM PATHWAY PROGRAMME
PROMOTIONAL SKILLS FOR SOCIAL MEDIA



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SPECIAL GUESTS

OLYMPIC CHAMPION DANIELA SILIVAS

- Romanian former artistic gymnast & six time Olympic Medalist (three gold, two silver, and one bronze) at the 1988 Summer Olympics in Seoul

LUKE CARSON

- Gymnastics Ireland National Centralised Programme Coach and coach to Ireland's first Senior European Champion Rhys McClenaghan

JAY SCOULER

- Former Great Britain National Trampoline coach & owner of Liverpool Trampoline Gymnastics Academy

NICOLE WOODER

- Great Britain Choreographer who has choreographed for various international dance groups, including Britain's Got Talent 2009 winner 'Diversity'.

LUKE FOLWELL

- Great Britain Men's Artistic Gymnastics Coach & support coach to the Irish National Olympic Start Squad.

PAUL GREAVES

- Coached the Trampoline Silver Olympic Medalist Bryany Page and is currently the Irish National Performance Coach

VICTORIA PATTISON

- World & European Medalist in Acrobatics & the Irish National Performance Coach.

SAM JAMES

- Coach to 1st Irish Female Olympian Ellis O'Reilly.

WENDY COULSON

- Performed for London Westend shows including Cats & Joseph and the Amazing Technicolor Dreamcoat.

MATTHEW O'CONNOR

- The Irish National Development Squad Coach for Men's Artistic Gymnastics

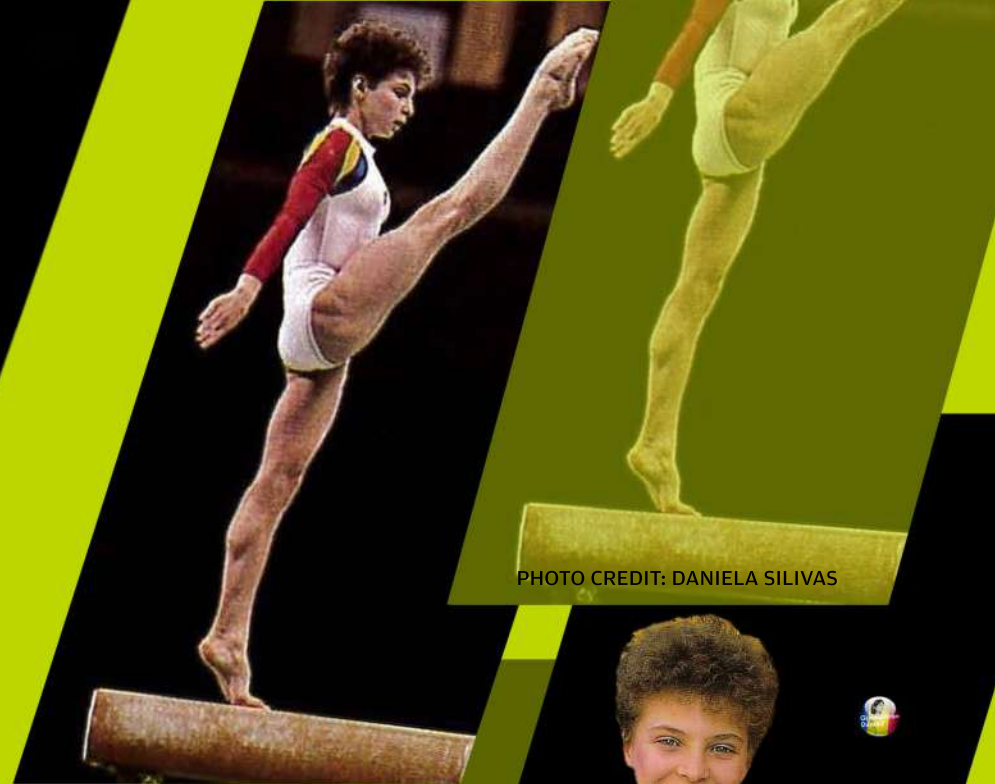


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