

GYMNASTICS IRELAND
NATIONAL SERIES
SUPER CAMP

29TH JULY - 2ND AUGUST 2019

NATIONAL INDOOR ARENA, DUBLIN

COST

- €200 PER GYMNAST/ FULL CAMP**
- €180 PER GYMNAST/ 4 DAYS**
- €140 PER GYMNAST/ 3 DAYS**
- €100 PER GYMNAST/ 2 DAYS CAMP**

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**

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

Sign up for this camp will be available at the National Series event on 25th-26th May in the NIA



Sport Starts Here.
WWW.GYMNASTICSIRELAND.COM

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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

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

NEED ACCOMMODATION?

Special Summer Camp rate with Holiday Inn Express, Santry, @ €60 p/p per night sharing incl. breakfast & free car park.

Quote "Gymnastics Ireland Summer Camp" to book direct

Tel: 01 862 8866

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

PAUL GREAVES

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

LUKE CARSON

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

VICTORIA PATTISON

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

JAY SCOULER

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

SAM JAMES

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

NICOLE WOODER

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

WENDY COULSON

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

LUKE FOLWELL

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

MATTHEW O'CONNOR

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

