

# DCU Sport Summer Camp 2008

## Adventure Camp

This camp introduces your child to challenging adventure activities such as indoor rock climbing, zip lining, abseiling and outdoor pursuits. Your child will be introduced to the dizzying heights of climbing in a safe and encouraging environment. Your child will also participate in a range of multi-sports throughout the week including soccer, Olympic handball, basketball and many more. Also included in this camp are Co-Dex and our Rising Stars sessions. This camp is for 7 to 14 year olds.

### *A Typical Day on the Adventure Camp*

<i>Time</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>09.30-10.30</b>	Outdoor Adventures	Indoor Adventures	Outdoor Adventures	Indoor Adventures	Outdoor Adventures
<b>10.30-11.30</b>	Indoor Adventures	Outdoor Adventures	Indoor Adventures	Outdoor Adventures	Indoor Adventures
<b>11.30-12.00</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12.00-1.00</b>	Rounders	Kick Rounders	Ultimate Frisbee	Olympic Handball	Master Dodgeball
<b>1.00-2.00</b>	Soccer	Olympic Handball	Basketball	Co-Dex	Soccer
<b>2.00-2.30</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>2.30-3.30</b>	Dodgeball	Basketball	Lacrosse	Multi Sports	Rising Star
<b>3.30-4.30</b>	Uni-Hoc	Co-Dex	Uni-Hoc	Tag Rugby	Rising Star

## Swim & Gym Camp

This action packed programme provides your child with an inexhaustible range of energetic sports, which includes an introduction to basic gymnastics and trampolining, pool games and swimming\* and many other conventional fun sports. This camp also includes Co-Dex Kids and our Rising Star Seminars. A must camp for all those overflowing with energy. This camp is for children aged 7-14 years.

\* Please note that **this camp does not provide swimming lessons** but rather pool activities, skills and developmental games.

*A Typical Day on the Swim & Gym Camp*

<i>Time</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>09.30-10.30</b>	Pool	Pool	Pool	Pool	Pool
<b>10.30-11.30</b>	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
<b>11.30-12.00</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12.00-1.00</b>	Rounders	Kick Rounders	Ultimate Frisbee	Olympic Handball	Master Dodgeball
<b>1.00-2.00</b>	Soccer	Olympic Handball	Basketball	Co-Dex	Soccer
<b>2.00-2.30</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>2.30-3.30</b>	Dodgeball	Basketball	Lacrosse	Multi Sports	Rising Star
<b>3.30-4.30</b>	Uni-Hoc	Co-Dex	Uni-Hoc	Tag Rugby	Rising Star

**Bohemian FC Soccer Camp**

Bohemian FC coaches will work with the children, coaching them in basic skills and positional training. Children on this camp will also participate in a range of multi-sports including soccer, basketball, volleyball, frisbee and many more. Children on this camp will also get an opportunity to meet Bohemian FC first team players. Also included in this camp are Co-Dex Kids and our Rising Stars sessions. Please note this camp is for 7 to 14 year olds and will only run for the month of July, i.e. weeks 1-5.

*A Typical Day on the Bohemian FC Soccer Camp*

<i>Time</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>09.30-10.30</b>	Soccer	Soccer	Soccer	Soccer	Soccer
<b>10.30-11.30</b>	Soccer	Soccer	Soccer	Soccer	Soccer
<b>11.30-12.00</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>12.00-1.00</b>	Soccer	Soccer	Soccer	Soccer	Soccer
<b>1.00-2.00</b>	Basketball	Lacrosse	Kick	Co-Dex	Olympic

			Rounders		Handball
2.00-2.30	Lunch	Lunch	Lunch	Lunch	Lunch
2.30-3.30	Dodgeball	Olympic Handball	Relay Races	Multi Sports	Ultimate Frisbee
3.30-4.30	Uni-Hoc	Co-Dex	Uni-Hoc	Tag Rugby	Rounders

### Pre-School Camp

This Camp is designed for children from 4 to 6 years of age. This camp combines activities from our entire portfolio of camps allowing younger children taster sessions in a variety of sports. Co-Dex Kids plays an important role in this camp with children participating in a Co-Dex session everyday. Also included are arts & crafts sessions and movie time to give the young children a break from physical activities. This programme is designed specifically to give your child an enjoyable introduction to the world of sports.

#### *A Typical Day on the Pre-School Camp*

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
09.30-10.30	Co-Dex	Adventure	Co-Dex	Adventure	Co-Dex
10.30-11.30	Basketball Introduction	Arts & Crafts	Parachute Games	Gymnastics	Gymnastics
11.30-12.00	Lunch	Lunch	Lunch	Lunch	Lunch
12.00-1.00	Arts & Crafts	Co-Dex	Song Time	Co-Dex	Arts & Crafts
1.00-2.00	Video	Uni-Hoc	Soccer	Video	Bench Ball
2.00-2.30	Lunch	Lunch	Lunch	Lunch	Lunch
2.30-3.30	Games	Video	Bench Ball	Games	Video
3.30-4.30	Soccer	Pool	Video	Relays	Games & Presentations

### Co-Dex Kids

Co-Dex Kids classes will be a part of the programme content for children up to 11 years of age in each of our camps this year. Co-Dex Kids has proved to be an invaluable learning experience for children enhancing their ability and technique.

Co-Dex Kids develops your child's potential by teaching essential, fundamental movement skills. This in turn allows greater enjoyment and often success in sporting fields. Children aged from 4-11 years will participate in CoDex Kids modules in each programme on this year's camp. This programme will run all year round at DCU Sport after the Summer Camp ends.

### **Rising Stars Seminars**

Throughout their week on camp children aged 12-14 years will have the opportunity to meet, train with and learn from industry experts. These educational seminars will be interactive and practical and will enable your child to perform to the best of their ability. Topics will include basic nutrition & hydration, motivation and FUNdamental skills such as bi-lateral coordination, core stability and technique.