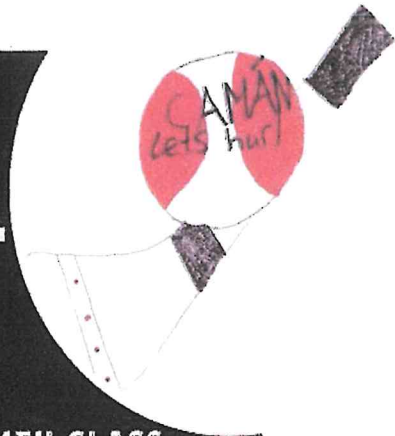


PRIMARY SCHOOL HURLING PROGRAM

BEFORE/ AFTER SCHOOL HURLING FOR 3RD & 4TH CLASS
ONCE A WEEK FOR 6 WEEKS

HURLS & HELMETS PROVIDED

ALL ABILITIES WELCOME FOR SUPERVISED FUN GAMES AND SKILLS





Camán Lets Hurl

Aim:

- Introduce before/after school hurling coaching sessions to schools throughout Kildare.
- Give the opportunity to 10/11 year olds (3rd/4th class) of all abilities to play hurling in a fun environment for 6 weeks.
- Increase the link between school and GAA club.
- Raise the profile of hurling in the school, club and throughout Kildare.

Who's involved?

- Local club GPO
- Club coaches (Rota)
- Teachers (Rota)
- Local club GDA

Equipment:

- Helmets and Hurleys to be provided by local clubs and schools.

Type of Coaching Session:

- 50 mins
- Emphasis on correct Grip and Swing.
- Emphasis on fun at all times.
- Fun warm up.
- Stationed activities involving a skill, games-based exercise, Mini match.

Profile:

- Coaches, teachers and GPO's to actively promote activities to the Camán Lets Hurl Twitter page.
- Local Club to post updates on the program as it progresses.

Rewards Scheme:

- Certs for all participating players
- After completing the program for a minimum of 6 weeks each club will receive a hurling goodie pack.
- Camán Lets Hurl Tee shirt for teachers participating in program.



The Program starts on Wednesday 5th October . Please fill in the form below if you like your child to take part.

Signed:

Childs Name:

Camán Lets Hurl Prizes

1. After every 6-week program is completed 3 children who showed a great attitude, performed all the skills to the best of their ability and who attended the full 6 weeks, will be selected to participate in a Camán Lets Hurl Skills session in the Kildare GAA COE in Newbridge.
2. A selection of children from the participating schools will also be selected to play at half time of a Kildare National Hurling League game in St Conleths Park in 2023.

For further information contact:

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