



Summer Camp 2012

Fri 20th – Sun 22nd July

Breaffy House Resort, Castlebar



GAA Handball's Annual Summer Camp for 2012 will take place in Breaffy Woods, Mayo. Combining the use of the state of art facilities in Breaffy Woods with the Handball Courts in Castlebar, coaching will be on offer for 40x20, 60x30 and One-Wall Handball. A variety of additional activities and sports talks will also be on offer throughout the weekend.

Strictly for Ages 11-16



The GAA Handball Residential Summer Camp has become a major attraction on our Handball Calendar, one that has went from strength to strength each year. Now in its fifth year, the camp will take place in Breaffy Woods, in Castlebar, Co Mayo for the first time. The camp enables young stars of the future the chance to develop their handball skills whilst making new friends from across the country. The key feature of the camp is the opportunity to receive top class coaching, and this year is no exception with many of the country's top players and coaches on hand to part with their vast knowledge of the game. As well as receiving tips on the various Handball codes, participants will receive tips and ideas of various training regimes for fitness and stamina to help them enhance their playing performance.



The rate of this years camp has been maintained from last year, with the 2012 entry fee costing €160, which includes all accomodation, food and use of the hotels leisure facilities. In addition to the Handball facilities, the Breaffy Resort has an onsite swimming pool, gym, multipurpose sports hall, tennis courts, multipurpose astro-turf pitches, and playing fields. The camp will surely be an unforgettable experience to learn, make friends, and most importantly, have fun! Access to the Swimming Pool will be only in groups, which will be timetabled into the camp schedule and fully supervised by qualified pool attends and camp staff

The camp will cater for a **Maximum of 80 Players**. Groups are split depending on age profile, therefore spaces are also limited across the various age groups so anyone who is interested in attending is advised to apply at their earliest convenience.

