

2010 A.K.A.I Training camp 1

Semi-Light-Full-Forms/Weapons

Accommodation at Kilmurry Lodge 061-331133

€59 euro per night Accommodation

Training €30 – Weekend €20 - 1day

YC-Younger Cadets OC-Older Cadets

Juniors Senior

Camp Co-Ordinated by	
Semi	Dave Heffernan
Light	Ian Kingston
Full	Jimmy Upton
Forms/Weapons	Wayne Rutherford

Day	Time	Venue	Groups
Friday, 23 th July	8-10 pm	Sports Arena	ALL

Saturday, 24th July

Time	Venue	Training Session	Group
7:15am	Running Track	Running	Juniors, Seniors
Breakfast	Breakfast	Breakfast	Breakfast
10-11am	Sports Arena	General session-S-L-F-F/W	YC, OC
10-11am	Sports Arena	Fitness Test	Juniors, Seniors
11am-1pm	Sports Arena	General session-S-L-F-F/W	Juniors, Seniors
1-3pm	Lunch	Lunch	ALL
3-4pm	Sports Arena	Technical/Tactical S-L	YC, OC
4-6pm	Sports Arena	Technical/Tactical S-L-F	Juniors, Seniors
6pm onwards	Sports Arena	De-briefing & Advice	ALL fighters and Coaches

Sunday, 25th July

Time	Venue	Training Session	Group
7:15am	Running Track	Running	Juniors, Seniors
10-11am	Sports Arena	General Session & Talk S-L	YC, OC
11am-1pm	Sports Arena	General Session & Talk	Juniors, Seniors
1pm	Sports Arena	Feedback from Coaches	ALL fighters and Coaches

***ALL FIGHTERS MUST REGISTER FOR EACH SESSION*with Director of Coaching –Mick Mc Dermott**

Fighters are requested to assist with clean up and loading of mats before they travel home.

Date for second camp 4th/5th September. Venue will be circulated by National Secretary. Squad training dates will also be circulated by the National Secretary.