

# Cumann Pheadaír Naofa

## U/10 – Minor

### Club Athletic Development Plan

### 2019



- Running Mechanics
- Plyometrics
- Agility/evasion
- Mini resistance Bands
- Linear Acceleration and sprinting mechanics
- Core
- Olympic weight lifting Technique
- Flexibility
- R.A.M.P Model (Raise, Activate, Mobilisation, Potentiate)

**Registration: 6<sup>th</sup> January 3:30-5pm**

# Time Table of events

## **Sunday 6<sup>th</sup> January 3:30-5pm**

Registration St Peter's Clubrooms, Mary Street all age groups

## **Club Athletic Development**

### **Monday 7<sup>th</sup> January**

6-7pm U/16 Ladies, St Mark's sports hall

7-8pm U/10 Boys, St Mark's sports hall

8-9pm Minor Boys, St Mark's sports hall

### **Tuesday 8<sup>th</sup> January**

6-7pm U/16 Boys, St Mark's sports hall

6-7pm U/10 Ladies, St Mark's main gym

7-8pm U/12 Boys, St Mark's sports hall

7-8pm U/12 Ladies, St Mark's main gym

### **Wednesday 9<sup>th</sup> January**

6-7pm U/14 Boys, St Mark's sports hall

6-7pm U/14 Ladies, St Mark's main gym

- When using the Sports Hall, please park at the tennis courts and enter through the side door
- Only registered children can participate
- Parents please park in car park spaces provided and keep outside gym clear for child safety
- Parents please come in and pick your child up