

Foxrock-Cabinteely Ladies GAA Club



Foxrock-Cabinteely Ladies GAA Club will be hosting a High Performance GAA Coaching Clinic on Thursday 3rd and Friday 4th November from 10am to 3pm in Kilbogget Park. This Clinic will be open to Club Players of all ages initially. The Clinic will be managed by top Inter- County Ladies Footballers including:

Mairead Morrisey: Coaching Consultant to Foxrock/Cabinteely LGFC; Tipperary Senior Ladies Captain; Inter-Provincial Player;

Nadine Doherty: Captain of Donegal Senior Ladies; Captain of St. Patrick's Teacher Training College Senior Team; All Ireland Winner 2003; Inter-Provincial Player;

Louise Harte: Captain of Sligo Ladies; All Ireland Runners up 2004 and 2005; Inter-Provincial Player;

Aisling Tierney: Monaghan Senior Player; All Ireland Winner and All Star. Inter-Provincial player; Player of the Match 2005 (Ulster Final).

Players will be introduced to skills, tactical play, advice on diet and nutrition, tips on preparation for games and training, etc. This is a great opportunity for our players to benefit from the expertise and experience of some of the leading players in Ladies GAA. Skills sessions will be tailored according to age group and ability levels.

Please complete this application form and return to **Philip McAnenly** at:
4 Chestnut Park,
Westminster Park,
Foxrock
Dublin 18.

The cost is €30 for the 2 day clinic and cheques should be made payable to:
"Foxrock-Cabinteely Ladies GAA Club". **Places are limited.**

Name: _____

Age: _____

School: _____

Contact Details: _____



**For further information contact
Philip on 087 2599394**