

Organising Your Own Summer Camp



There are various summer camps taking place all over the country and girls and boys are being kept occupied for the summer months. Ladies Gaelic Football is flourishing throughout Ireland and clubs may now want the option of running girls only camps during the summer. There are key factors that you need to take into account when deciding on whether to run a girls only summer camp in your club.

The main factors are:

1. Dates:

- When is your club hoping to run the summer camp?
- Are there other camps taking place in the area?
- How many days will the camp take place for?
- What time will the camp run from and to each day?



2. Venue:

- Have you got facilities to cater for girls in the camp? (ie. Pitch, changing rooms etc)
- How will your camp be covered by insurance?

Remember some of the girls may not be registered with your club so therefore will not be covered through the injury fund

3. Equipment:

- Where will you source equipment (footballs, cones, bibs etc) to use in the camp?
- Will you have enough equipment (at least 1 ball to 3 players)?

4. Co-ordinator/ Coaches:

- Who will co-ordinate your camp?
- Have your coaches completed the FUNdamentals coaching course?
- Are your coaches 16 years or over?
- Will you have enough coaches (at least 1 coach to every 10 kids)?

5. Package:

- What will the girls get for participating in this camp?
- Will this camp be an opportunity to distribute club gear (eg. Club jerseys etc)
- Can you get a county player to visit the girls?

6. Cost:

- How much will the club charge for the camp?



Ensure that costs are covered

- What costs will you incur? (ie. Coach fees, gear, prizes etc)
- How much are other camps in area charging?

7. Rules:

- What guidelines do you need to set out for your camp?

- Ensure all participants are aware of what behaviour is expected?

8. Promotion:

- How will you promote the camp? (ie. Flyers, newspapers etc)
- Can you secure a sponsor to assist the promotion?

Day to Day Activities

It is important that you meet with your coaches prior the start date to discuss the type of activities you want organised throughout the week. The focus should be on fun activities that also allow all girls to develop. Remember that these activities should cater for all skill levels. On the last day we would recommend that activities vary to allow fun activities provided to all and finals of mini leagues can take place. It can also be an option to invite parents of the kids into the finals to observe the skills obtained throughout the week. Mini Leagues should be small sided conditioned games with participation from all.

Sample Day

- 9.30 a.m. - Coordinator and Coaches Preparation
- 10.00 a.m. - *Assembly, Group Organisation*
- 10.15 a.m. - Warm-Up
- 10.30 a.m. - Coaching Classes (Drills and Fun Games)
- 12.00 p.m. - *Lunch*
- 12.30 p.m. - Fun Game
- 1.00 p.m. - Fun Blitz through Modified Games (Mini Leagues)
- 2.15 p.m. - Cool Down
- 2.20 p.m. - *Clean Up and Assembly*

Final Fun Day Structure

9.30a.m.	- Coordinator and Coaches Preparation
10.00a.m.	- <i>Assembly, Group Organisation</i>
10.15a.m.	- Warm-Up
10.30a.m.	- Fun Game
11.00a.m.	- Skill Challenges
12.00p.m.	- <i>Lunch</i>
12.30p.m.	- Fun Game
1.30p.m.	- Mini League Finals
2.15p.m.	- Presentations
2.25p.m.	- <i>Clean Up</i>

Key Points to Note

All activities must:

- Be Fun
- Be appropriate to the players level of skill development
- Be supported with feedback to the players to encourage development

Your goal should be to have campers leave with good memories of the week and increased skills and motivation to continue being active in your club.