

ANTRIM U13 HURLING

TALENTID

SUMMER CAMP



TALENTID camp is open to all U13 Hurlers throughout Antrim. It is designed to identify and nurture stars of the future.

Session Themes: Striking, Catching, Tackling.
Performance Workshops: Nutrition, Strength & Conditioning and use of Modern Technology for Hurling.
Players selected from the camps will go on to represent Antrim in the 2016 U14 Development Squad.

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Talent Identification and Development are critical to the development of Hurling across all levels in Antrim. Players identified at this summer's TalentID U13 camps will be selected for the 2016 Antrim U14 Development Squad.

Sessions will focus on the core themes of striking, catching and tackling. Each session will be complimented a workshop based upon key areas that shape the modern hurler, such as: Nutrition, Strength & Conditioning and the use of Modern Technological tools including coaching eye software and heart rate monitors. The camps will culminate with a blitz day when final assessments will take place.

Camp Dates

Belfast: Session 1: 09/07/15, Session 2: 16/07/15, Session 3: 23/07/15, Blitz Day: 06/08/15

South West and North Antrim: Session 1: 10/07/15, Session 2: 17/10/15, Session 3: 24/07/15, Blitz Day: 07/08/15

The camp is free and applications are now open.

How to apply-

email simon.mccrory.gpo.antrim@gaa.ie
with your child's Name, Club, Parent contact
mobile and email address.