

JUNIOR ATHLETIC DEVELOPMENT

HIGH PERFORMANCE TRAINING FOR ALL SPORTS

- 5 groups: 9+10s, 11+12s, 13 upwards by competency
- Sessions led by qualified Strength & Conditioning coaches with a background in professional sports
- **Improve:** strength, agility, stamina and speed for all sports as well as overall health
- **Learn about:** correct technique, injury prevention, high performance nutrition
- Sessions will take place on Saturdays between 10am and 3pm
- Location: SSC Sports Medicine High-Performance Gym, Unit C10, Gulliver's Retail Park, Northwood Avenue, Santry, Dublin

COST:
€150
INTRODUCTORY
RATE

To book your place please contact Sports Medicine on (01) 526 2030
or email: sportsmedicine@sportsurgeryclinic.com

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