



Carrigtwohill Community Council Limited

FUNdamental Movement Skills Summer Camp 2013

17 May 2013

Dear Parent(s) / Guardian(s),

I write to you in relation to our **FUNdamental Movement Skills Summer Camp 2013** aimed at children from **Junior Infants to 3rd class**. Following on from the success of our very first camp last year, we are eager for the children to return this year along with hopefully seeing some new faces. The camp will run over two weeks in August at the All Weather Facility in Carrigtwohill at a total cost of €30.00 **for the two weeks**.

Camp Aims

The primary aim of the camp is to give your child a **safe, structured and professionally supervised** environment where he / she can learn new skills and be physically active. The programme content will include developing your child's Fundamental Movement Skills (FMS). FMS are basic movements which will allow a child to perform many sports and games at a competent level. These include movements such as running, jumping, throwing, catching, kicking and striking. A basic requirement of these skills is necessary to participate in playground games and sports including Athletics, Gymnastics, Gaelic Football, Stuck in the Mud, Dodge Ball, Camogie, Hurling, Handball, Tennis, Rounders, Basketball, Volley Ball and many others.

Programme Benefits

According to the Department of Health and Children and the Health Service Executive of Ireland (www.getirelandactive.ie) children require **at least 60 minutes of physical activity every day**. Regular physical activity benefits many aspects of your child's health including:

- Increase in **aerobic capacity** levels.
- Increase in **muscular strength and balance**.
- Simplifying **activities of daily living** including climbing stairs and carrying his/her school bag.
- Promoting the development of **psychosocial skills** including their ability to concentrate on their studies and making new friends.
- **Reducing the risk of many diseases** including obesity, osteoporosis and diabetes.

Your Involvement

In order for this initiative to be successful an **active role** by you, the parent(s) / guardian(s), is essential. The encouragement, support and enthusiasm you give your child towards being physically active can have a very positive influence on his / her experiences.

Due to the expected large numbers and taking into account the guidelines of best coaching practice I will require the assistance of **at least seven volunteers** per class to ensure the smooth running of the coaching sessions.

Volunteers will be required to be Garda Vetted. This is a legal requirement for adults working with children under 18 years of age. The process requires completion of a simple application form and at the moment it is taking **up to 13 weeks** for applications to be processed. Accordingly it would be most helpful if you would let me know as soon as you can if you would like to help and I will arrange for the Garda Vetting process to commence on your behalf. The running of the camps will be dependent on the Garda Vetting forms being returned before the commencement date of the camp.

Please turn over the page for camp **dates, timetable and registration form** which can be returned along with the **registration fee** to the office in the community centre on or before Wednesday 31 July.

Yours sincerely,

Colin Santry BSc.

Community Development and Facilities Administrator

Carrigtwohill Community Council Limited

Tel: 087 9867596

Email: allweather@carrigtwohillcommunity.ie

Facebook: www.facebook.com/carrigtwohillawf



Carrigtwohill Community Council Limited

FUNdamental Movement Skills Summer Camp 2013

Registration Fee: €30

Please complete in BLOCK CAPITALS

YOUR CHILD'S DETAILS

SURNAME: _____

FIRST NAME: _____

AGE (YEARS): _____

CURRENT CLASS IN SCHOOL: _____

ADDRESS: _____

ARE YOU AWARE OF ANY ILLNESS OR CONDITION THAT WOULD AFFECT YOUR CHILD'S PARTICIPATION IN PHYSICAL ACTIVITY?

PARENT / GUARDIAN DETAILS

NAME: _____

TELEPHONE NUMBER: _____

EMAIL ADDRESS: _____

WOULD YOU BE AVAILABLE TO HELP OUT AS A VOLUNTEER AT ANY STAGE DURING THE PROGRAMME? IF SO PLEASE CONTACT ME AS SOON AS POSSIBLE TO ARRANGE THE GARDA VETTING PROCESS.

SIGNATURE: _____ DATE: _____

----- CUT HERE AND RETURN WITH REGISTRATION FEE -----

Programme Details

Date	Time	Class
Tues 06 Aug – Fri 09 Aug	0930 - 1030	Jnr & Snr Infants
Tues 06 Aug – Fri 09 Aug	1100 - 1200	1 st , 2 nd & 3 rd Class
Mon 19 Aug – Fri 23 Aug	0930 - 1030	Jnr and Snr Infants
Mon 19 Aug – Fri 23 Aug	1100 - 1200	1 st , 2 nd & 3 rd Class

Venue:

Millennium Park, Main Street, Carrigtwohill, Co. Cork

Punctuality: Please have your child present five minutes before the scheduled time and be there to collect him / her on the scheduled finishing time.

For further details contact:

Colin Santry BSc.
Community Development and Facilities Administrator
Carrigtwohill Community Council Limited
Tel: 087 9867596
Email: allweather@carrigtwohillcommunity.ie
Facebook: www.facebook.com/carrigtwohillawf