Welcome to Ulster University’s Summer 2019 Conditioning Camp at the Jordanstown campus.

The Summer Conditioning Camp is a new concept in fitness training that has been developed by the Performance Services Unit. The Performance Services Unit provide strength and conditioning to many of the country’s national governing bodies including the Irish Football Association and Ulster Hockey. The expertise and facilities at the Jordanstown campus have been packaged into a summer camp that can help take your sporting performance to new heights.

Who can apply?

The camp is open to young people aged 12-18 who have previously been involved in competitive sport for at least two years. The training will be challenging and is not appropriate for any athlete that is not involved in competitive sport or returning from injury.

How much does the camp cost?

The camp costs £80 for the first participant. Additional places can be booked at a cost of £70.

What does the camp involve?

The camp will run over four weeks with three sessions per week, each lasting an hour and 15 minutes.

Participants will be fitness-tested at the start and end of the camp and will receive a summary of results highlighting what improvements have been made in their strength, flexibility, speed, power and agility.

Activities will vary from session to session and aim to develop the important qualities of fitness for all sports (speed, agility, strength and flexibility). Sessions will be delivered using state-of-the-art facilities including indoor athletics areas, indoor and outdoor 3G pitches, strength and conditioning facility, and the sports science laboratory.

Sessions will run on the following dates and times:

**July: 22, 24, 26, 29, 31**  
**August: 2, 5, 7, 9, 12, 14, 16**

**Monday:**
- 1pm - 2.15pm (ages 12-14)
- 2.30pm - 3.45pm (ages 15-18)

**Wednesday:**
- 1pm - 2.15pm (ages 12-14)
- 2.30pm - 3.45pm (ages 15-18)

**Friday:**
- 10am - 11.15am (ages 12-14)
- 11.30am - 12.45pm (ages 15-18)

(Age groups may be combined depending on numbers.)
Application form

[Text]

Camps are open to boys and girls and are filled on a first come, first served basis. (Places will be confirmed by email so please print your email address clearly.)

Parent/Guardian: ____________________________
Home Address: ____________________________ Postcode: ____________
Email: ____________________________
Tel No: ____________________________ Mob No: ____________________________
School: ____________________________
DOB: ____________________________ Age: ____________________________

Please give the names and contact numbers of two people who may be contacted in case of an emergency:

Name: ____________________________ Name: ____________________________
Tel No: ____________________________ Tel No: ____________________________
Mob No: ____________________________ Mob No: ____________________________

I give permission for ____________________________ (insert name) to take part in the Summer Conditioning Camp. I know of no reason, medical or otherwise, why s/he should not undertake the sports and activities involved. I have completed the medical details below and consent that in the event of any illness/accident, any necessary treatment can be administered to my child, which may include the use of anaesthetics. I understand that every possible effort will be made to contact me first. I also understand that while coaches and staff will take every precaution to ensure that accidents do not happen, they cannot necessarily be held responsible for any loss, damage or injury suffered by my child.
I am willing to let my child participate in any official media coverage required.

I have enclosed £ _____ to cover the cost of the Summer Conditioning Camp. (Please do not send cash. Cheques should be made payable to Ulster University.)

Signed: ______________________ (Parent/Guardian)  Date: ______________

Cancellation Procedure:
Other than in exceptional circumstances, refunds will not be issued.

Medical Details: (Please complete as appropriate)
Doctor’s Name: ___________________________  Tel No: ______________

Has your child had a tetanus injection in the last 10 years?  Yes/No

In your child’s interest it is important that we know whether s/he suffers from any illness or medical condition. Please use the following space to state, in confidence, any health or other matters concerning your child about which we should be aware e.g. allergies. Please also indicate if your child is receiving any medication, with details and dosage and any specific dietary requirements.

________________________________________________________________________
________________________________________________________________________

Camp Marketing:
Please tell us how/where you heard about the Summer Conditioning Camp.

Direct mail  ☐  University website (ulster.ac.uk)  ☐
Local press  ☐  Other (Please specify)  ☐
Friend/Family member  ☐

May we contact you about other Junior Sports activities and events by mail or email?  Yes/No

Completed application forms should be returned with the appropriate payment to:

William Moore
Performance Services Co-ordinator
Sports Centre, Ulster University
Shore Road, Newtownabbey
BT37 0QB
T: (028) 9036 6028
E: wb.moore@ulster.ac.uk