



Girls' Academy

- What's Happening?



For the past few seasons, Blarney United has been running an active girls academy where the emphasis has been on the three Fs...

⚽ **Football**

⚽ **Fitness**

⚽ **Fun**

During the winter, girls of all abilities have been training every Friday night in O'Shea Park, Riverview on the All Weather pitch.

Each week we have lots of fun, well - organised drills and games, designed to improve the girls' skills and to allow them to make new friends. *They keep coming back so we must be doing something right!*

We've also picked up some great **helpers** during the year and we are very grateful for their help. *They could, of course, always do with a hand so if you can tie a lace, gather up some cones or send out texts, then contact Aidan.*

With spring upon us, the days getting a bit warmer and the evenings getting a little longer, we thought that it's about time we invited some more girls to "**come out to play**". The girls train every **Friday** evening from **5:00 till 6:30** and we are always looking to encourage as many girls as possible to come along. If you are interested then why not get your Mom or Dad to fill out the **form overleaf** and come along.

"**What do you need to have**" you might ask. Good question. Well...

- you'll need some sort of cool sports top,
- some sort cool shorts and / or tracky pants.
- A warm top just in case Spring decides to wait a little longer.
- You'll definitely need **shin guards**.
- If I were you then I'd bring along **some water**. *All that running around can be thirsty work!*
- If you're getting **boots** then the most suitable are the plastic studs / blades, otherwise use your runners for now.
- You'll also need to **bring €3** to cover the training. In fairness that's not bad... *sure what would you get for €3?*
- Oh yeah... I nearly forgot, you will also need to bring a **big smile and buckets of energy**.



At the moment we are putting the finishing touches to our **Spring Collection** which will involve some coaching in the schools, some fun days and will culminate in a blitz day soon after the Easter Holidays. So if you would like to be part of the programme then why not drop in on a Friday evening or if you are a little bit shy then get your Mom or Dad to give Aidan a ring on 087-24104702.

www.blarneyunited.com