



# ELITE SPORTS TRAINING FACILITY

AT RADISSON BLU HOTEL & SPA, LIMERICK

“WE NEVER SAID IT WOULD BE EASY  
WE SAID IT WOULD BE WORTH IT”

# WELCOME

You are almost there... it's within touching distance. Now let the Radisson Blu Limerick E.L.I.T.E. Team Training Camps give you the all important 'edge' with the best coaching personnel available. The hotel itself features luxury accommodation, set on 20 acres of landscaped parkland with gym, pool, team and sports facilities. We also have additional world class training facilities on our doorstep including Cratloe Woods Assault Course, Killaloe Activity Centre and UL Sports Centre, providing the perfect recipe for your teams success. We offer packages to suit all budgets so call us today to discuss.

## FACILITIES

- Team meeting room & video analysis
- Gym, Pool, Thermal Suite
- Outdoor hot tub for recovery
- Video analysis
- Motivational/guest speaker
- Specially catered meals
- Complimentary private dining
- Teambuilding/training at Cratloe Woods Assault Course
- Training pitches available
- Adventure Sports Killaloe Activity Centre
- Onsite teambuilding/training facilities
- Challenge games arranged
- Nutritional advice

## TESTIMONIALS

*"We have used the facilities at the Radisson Blu Limerick hotel extensively this year as a part of the training programme for our Camogie team. The on-site facilities are of the highest quality and the food choice is excellent. The atmosphere and hospitality that the Radisson Blu creates is ideal for our players and this shows in the teams performances. We look forward to building this relationship into the future."*

*John Van Veen - Patrickswell Camogie Club*

*"The decision to have a team bonding / training weekend at the Radisson Blu and Cratloe Woods resulted in a noticeable uplift in team spirit across the entire squad. In short it turned our season around. The team meeting facilities, accommodation, tailored food requirements and above all friendly staff make it a must for our future team building exercises. The value we recieved from this programme has been immeasurable."*

*John Murphy - St. Michaels Gaelic Football Club, Cork*

*"We have always been impressed with the professionalism and service of all the staff to ensure that our E.L.I.T.E training programmes were so successful. No issue is ever too big or too small.. Overall, I feel that we have developed a good partnership with the Radisson Blu Hotel & Spa, Limerick and I know we will be using their hotel again in the future."*

*Garrett Coyle, Monaghan GAA*

PRICES  
FROM  
**€60**  
PER PERSON



# OUR PROGRAMMES

We have included a number of sample programmes to give you an idea of what we do. Some teams choose a 2 day schedule involving training sessions at University of Limerick or Limerick Institute of Technology. Others prefer to play a challenge match locally and focus their available time on the team building activities at the hotel or at nearby Cratloe Woods. It's all about what suits your particular team and our Team Training Co Coordinator will take the time to discuss your needs and to tailor a programme to suit them. Contact our team to see what we can do for your team!

## PROGRAMME 1

### SATURDAY

- 9.00 Assembly at Radisson Blu Hotel & Spa, Limerick
- 9.30 Transfer to University of Limerick Sports Campus. Tailored training session until 1pm including sprint session, pitch session, pool session
- 13.00 Lunch in Sports Arena
- 14.00 Return to Radisson Blu Hotel & Spa, Limerick
- 15.00 Team meeting room - "The Way Ahead" facilitated by sporting experts in conjunction with team management
- 17.00 Leisure Time
- 19.00 Dinner in Porters Award Winning Restaurant

### SUNDAY

- 7.00 Packed breakfast snack
- 7.15 Transfer to Cratloe Woods Assault Course
- 7.30 Team building sessions at Cratloe Woods Assault Course
- 9.30 Return to Radisson Blu Hotel & Spa, Limerick
- 9.45 Breakfast options in Porters Restaurant
- 10.45 Team meeting room. training camp review

## PROGRAMME 2

### FRIDAY

- 7.00 Arrival to Radisson Blu Hotel & Spa Limerick
- 7.30 Training Camp Briefing
- 8.30 Dinner in Porters Award Winning Restaurant

### SATURDAY

- 7.00 Breakfast options in Porters Restaurant
- 9.00 Transfer to University of Limerick Sports Campus Tailored training session until 1pm including sprint session, pitch session, pool session
- 13.00 Lunch in Sports Arena
- 14.00 Return to Radisson Blu Hotel & Spa
- 15.00 Team meeting room - "The Way Ahead" facilitated by sporting experts in conjunction with team management
- 17.00 Leisure Time
- 19.00 Dinner in Porters Award Winning Restaurant

### SUNDAY

- 7.00 Packed Breakfast Snack
- 7.15 Transfer to Cratloe Assault Course
- 7.30 Team Building Sessions at Cratloe Assault Course
- 9.30 Return to Radisson Blu Hotel & Spa
- 9.45 Breakfast options in Porters Restaurant
- 10.45 Team Meeting Room. Training Camp Review

## PROGRAMME 3 - STUDENT SPECIAL

### WEDNESDAY

- 7.00 Arrival to Radisson Blu Hotel & Spa Limerick
- 7.30 Training Camp Briefing
- 8.30 Dinner In Porters Award Winning Restaurant
- 9.30 Team Building Activities

### THURSDAY

- 7.00 Breakfast options in Porters Restaurant
- 9.00 Transfer to University of Limerick Sports Campus Tailored training session until 1pm including sprint session, pitch session, pool session
- 13.00 Lunch in Sports Arena 2pm Return to Radisson Blu Hotel & Spa
- 15.00 Team meeting room - "The Way Ahead" facilitated by sporting experts in conjunction with team management
- 17.00 Leisure Time
- 19.00 Dinner in Porters Award Winning Restaurant

# INTRODUCING OUR ELITE TEAM



**LIAM  
KEARNS**

In a playing a career spanning 20 years he won every honour available at all grades with his club Austin Stacks and Co. Kerry. He entered into management 20 years ago at college level, leading the Garda College to two Trench Cup titles as well as a Sigerson Cup Final, right up to this year when he was involved with the Roscommon senior team who won the Division two and F.B.D league titles. He has managed at club level in different counties leading clubs to titles at every grade from minor level upwards. He has also had considerable success in 10 years at inter-county level with Limerick, Laois and Roscommon leading those teams to league, Munster, Leinster and All-Ireland finals in different grades. His qualifications include:

- B.A in Physical Conditioning & Fitness
- National Certificate in Fitness Education
- National Certificate in Education Teacher/ Training St Patricks College



**JOHN  
RYAN**

John played Gaelic games from under age up to senior level. He has managed clubs to county honours in various grades and also managed under 21 and intermediate football teams. He was part of the Limerick Senior football management from 1999-2005. His qualifications/ experience include:

- National Certificate in Exercise & Fitness
- SAG Team Building Course
- Experience in the hospitality industry



**SIMON  
TREZISE**

With nearly 20 years experience and facilitation of outdoor education he has worked to develop personal and group learning outdoors. Simon can tailor your experience at the Radisson Blu Hotel & Spa, Limerick to suit your needs for the best outcome. Simon holds multi national governing awards from sailing, caving, mountaineering, surfing and canoeing and if he is not found here he can be found sailing and exploring islands off the west coast on his yacht.

- BA Outdoor Education
- National Diploma in Adventure sports
- 15+ National Governing Awards



CALL SUZANNE ON +353 61 456 200  
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