

BALLINASLOE

SPORTS HUB



TOGETHER WE'RE BETTER

Ballinasloe Sports Hub invites you to consider our town as a destination for your team building breaks in 2016/17. We are presenting an extensive range of activities to meet your specific needs.

We will arrange everything from accommodation & matches to down time. Contact our co-ordinator on +353 (0)90 9646516 for full details.



- Active Game Time
- Team Building Exercises
- Strength And Conditioning
- Outdoor Bootcamps
- Motivational Speakers
- Go-Karting
- Golfing
- Horse Riding



BALLINASLOE ACCOMMODATION



*We can arrange individual packages to suit team's budget,
training and dietary requirements.*



SHEARWATER HOTEL
CONFERENCE LEISURE WELLNESS

SHEARWATER HOTEL

Located 500m from the town centre with conference, gym and leisure facilities.

Marina Point,
Ballinasloe,
Co. Galway

www.shearwaterhotel.com



GULLANES HOTEL

Located in the town centre with conference facilities.

Main Street,
Ballinasloe,
Co. Galway

www.gullaneshotel.com



Gullane's Hotel
& CONFERENCE CENTRE



Moycarn
—lodge & marina—

MOYCARN LODGE & MARINA

Located 3km from the town centre and sits along the River Suck.

Shannonbridge Rd,
Ballinasloe,
Co. Galway

www.moycarnlodge.ie



HAYDEN'S HOTEL

Located in the town centre with conference facilities.

Dunlo Street,
Ballinasloe,
Co. Galway.

www.haydens.ie



HAYDENS
HOUSE HOTEL
BALLINASLOE

Ballinasloe, Your Sports Hub

GAA CLUBS WITHIN BALLINASLOE AREA



“Looking forward to seeing you in Ballinasloe sometime - A great destination for activities and team building”.

Conor Hayes

All Ireland Club and County Winning Captain,
Ex Inter County Manager.

With local & visiting teams always looking for challenges, we will arrange challenge games for all grades and codes. Official referees and physios can be arranged and give feedback afterwards.



Ballinasloe GAA Club

Facilities:

- Flood lit pitches

Groups:

Football-Intermediate,
Hurling-Junior
Ladies Football - Junior
Camogie - Junior

Brackernagh,
Ballinasloe, Co. Galway.



Kiltormer GAA Club

Facilities:

- Two pitches
- Wallball

Groups:

Hurling - Intermediate
Camogie - Junior

Kiltormer,
Ballinasloe, Co. Galway.



More to follow...

Ballinasloe, Your Sports Hub

GAA CLUBS WITHIN BALLINASLOE AREA



Meelick Eyrecourt GAA Club

Facilities:

- Two pitches
- Wallball

Groups:

Hurling - Intermediate
Camogie - Senior & Junior

Clonfert,
Ballinasloe, Co. Galway



Mullagh GAA Club

Facilities:

- Flood lit pitch

Groups:

Hurling - Senior & Junior
Camogie - Senior & Junior

Mullagh Road,
Loughrea, Co. Galway



Ahascragh/Fohenagh GAA Club

Facilities

- 2 pitches
- Astro turf pitch

Groups:

Hurling - Intermediate
Camogie - Intermediate

Ahascragh, Co. Galway



Padraig Pearses GAA Club

Facilities:

- Flood light pitch
- Walking track
- Squash court

Groups:

Hurling - Senior
Camogie - Intermediate
Football - Senior
Ladies Football - Intermediate

Clooneen, Co. Roscommon.



GAA CLUBS WITHIN BALLINASLOE AREA



Caltra GAA Club

Facilities:

- Pitch

Groups:

Football -Senior

Ladies Football - Senior

Caltra,
Ballinasloe, Co. Galway.



St. Gabriels GAA Club

Facilities:

- Pitch

Groups:

Football - Junior

Ladies Football - Junior

Kilconnell, Ballinasloe,
Co. Galway.



Cappataggle GAA

Facilities:

- Astro turf pitch
- Two pitches

Groups:

Hurling - Senior

Camogie - Intermediate

Cappataggle,
Co. Galway.



**“TO GET THE MOST FROM YOUR
TEAM BUILDING WEEKEND,
SEE YOU IN BALLINASLOE”.**

(Declan Meehan, Caltra and Galway).

SOCCER CLUBS IN BALLINASLOE

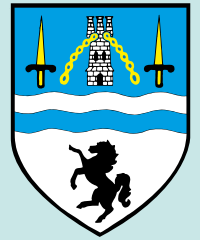


BALLINASLOE A.F.C. SOCCER CLUB

Ballinasloe Town A.F.C. are one of the most progressive and successful clubs in the west of Ireland.

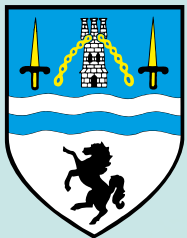
Facilities:

- Two astro turf
- Two natural grass playing pitches
- Flood Lit
- Club House



Brackernagh,
Ballinasloe, Co. Galway

RUGBY CLUB IN BALLINASLOE



Ballinasloe RFC is one of the oldest clubs formed in 1874. Based at Moher Road, Ballinasloe. The club currently has two senior teams, youth teams from ages 12-18, minis age 6-12 and ladies u-15 & u-18.

Facilities include:

- Two full pitches with one training area,
- Astro pitch training area, (all flood lit),
- Four full adult dressing rooms,
- Two referees rooms and a medical room.
- Full bar facilities with ballroom area and kitchen also on site.

Graigueawoneen,
Ballinasloe, Co. Galway.



Ballinasloe has a long and proud sporting tradition. In recent years this has been equaled by the clubs and organisations development of facilities in the town. What a wonderful way to showcase these facilities and our town. *Noel Mannion*

Ballinasloe, Your Sports Hub

ADDITIONAL ACTIVITIES AVAILABLE

- Specialist coaches
- Motivational talks
- Rule talks with referees
- Selection of clubs to play
- Running track
- 20m Pool in Shearwater
- 25m Pool in Coral Facility
- Physios available
- Strength and conditioning sessions available
- Recovery sessions
- Gym sessions
- Studio classes
- Cuckoohill – team bonding session
- Up river kayaking
- Ballinasloe Golf Club
- Tennis Club Etc.

Up-River Kayaking

Eoin Croffy and his team of fully trained kayaking instructors offer a full range of team building courses ranging from kayaking, canoeing & eco tours. All abilities catered for.

Ballinasloe, Co. Galway

www.upriver.ie



Creagh Equestrian Centre



Creagh Equestrian Centre is located 4 miles from Ballinasloe. It was established in 1994 by brother and sister Damien and Fiona Carey.

Facilities:

- Stables for livery
- Sand arena- 25m wide by 38m long.
- Indoor arena - 30m wide by 60m long.
- Heated viewing area
- PA system
- Commentary/judging area
- Showers
- Kitchen facilities
- All-weather arena - 45m wide by 85m long.
- Large carpark suitable for lorries and horseboxes
- Power hose for washing horses/ponies
- Cater for groups.

Newtown, Ballinasloe, Co. Galway.

www.creaghequestriancentre.com

Karate Boot Camp

Experienced National Coaches and Instructors in Traditional and Sport Karate with over 30 years experience in preparing athletes for success in National and International Competitions such as British Open titles as well as European and World Championship success.

Classes include: Martial arts boot camp / Self Defence

Fit2Fite Classes – combinations of fighting techniques stances, kicks, punches, blocks and more to music.



Ballinasloe, Your Sports Hub

OUTDOOR



BOOTCAMP

CUCKOOHILL

At Cuckoohill Bootcamp we cater for everyone who wants to get up and get active - your level of fitness doesn't matter as long as you are willing to come along and make an effort.

We offer a fun filled time of outdoor activities and exercise. We have put huge time and effort into making Cuckoohill Bootcamp something different with hill runs, rope climbs and some excellent bog runs..... come and have a look - you can't but be impressed.



Teams

We are currently working with teams from GAA, soccer, rugby and tug of war - we tailor our exercise plans and use of our facilities to suit that sports particular needs. For example soccer players might want to work on speed and agility, while tug of war teams want strength and stamina.

Team Building

If you want to bring your work colleagues or sports team to us for some energetic and fun team building, we have the facilities and expertise to get you working together.

We also do special kids team building sessions too.

Clubs, Societies and Groups

We have clubs, societies and just large groups of friends who come from all over for a fun day out.

Schools

We are involved with a host of local schools, some come weekly for a term as part of their PE curriculum, while others come as a special once off class day out.

Who is Cuckoohill for?

- Groups
- Teams
- Clubs
- Schools
- Parties

Parties

We can basically cater for any type of party from Children's Birthday to Stags and Hens. Give us a call and we can discuss what we can offer you.

Improve your?

- Fitness
- Speed
- Agility
- Stamina
- Endurance
- Strength
- Flexibility

Cuckoo Hill Bootcamp was established in early 2013. It was set up by Tommie Costello who is a qualified Strength and Conditioning Coach and Personal Trainer.

Website: cuckoohillbootcamp.com

BALLINASLOE GOLF COURSE

Ballinasloe Golf Club is situated less than 2 miles from Ballinasloe town centre in County Galway.

The course is an 18 hole, Par 72, championship parkland course renowned for its excellent greens and with water features on four holes.

- **Group discounts Available**

Rosgloss, Ballinasloe, Ireland

Website: www.ballinasloegolfclub.ie (visual tour)



Driving Range

BALLINASLOE DRIVING RANGE

Ballinasloe golf driving range is a new state of the art facility with 10 indoor bays and 8 outdoor grass tees. It is open to members and the public. Group discounts available for all group bookings. Golf lessons for both groups and individuals are also available.

Opening hours:

7 days per week from 8.30am – 10pm
with flood lighting at night.

Athlone Road,
Ballinasloe,
Co. Galway.



DARTFIELD HORSE MUSEUM AND HERITAGE CENTRE



Dartfield is set in 350 acres of Co. Galway parkland and visitors are welcome to explore our walking trails, see the farm animals and take part in the many activities available, including horse riding, 4x4 off road driving, carriage rides, sheep dog demonstrations, archery, clay pigeon shooting, the only museum in the world dedicated to Irish horses, Connemara ponies and Irish dogs and a whole lot more. Their historic museum also features all aspects of Irish country life from 1800 – 1900.

Kilrickle, Loughrea, Co. Galway.
www.dartfield.com



PALLAS KARTING 30mins from Ballinasloe



Karting Track



Paintball Track

Pallas Karting - Europe's Largest Karting Centre, with a 500m beginners track, a 1,500m advanced track, and a 2,200m Rally track which are all suitable for groups & team building.

Pallas Paintball and Splatball- Galways only Paintball and Splatball centre, with 4 specially designed Game Zones. Designed with both the beginner and the experienced campaigner in mind. A great day is guaranteed at Pallas Paintball.

Tynagh, Loughrea, Co. Galway.

www.pallaskarting.com

MotorSport Ireland and NKA Approved

FLOWER HILL EQUESTRIAN CENTRE 30mins from Ballinasloe

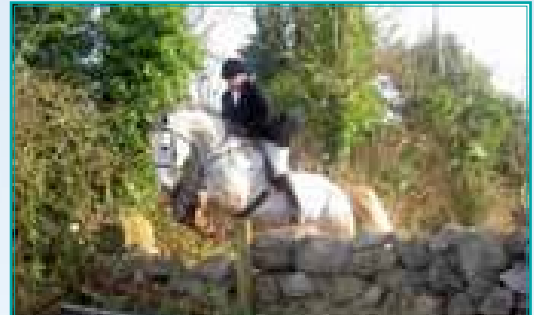
Flowerhill is based in 250 acres of beautiful east Galway country side. They are surrounded by the best possible cross country horse riding land - green fields, woods, the Kilcrow river, and wonderful wildlife. You can gallop across open fields, swim through the lake and splash in the Kilcrow river, scaring away the fish as you go.

Ride with them by the hour, a full day of 2 or 3 rides per day. Rides usually go out daily at 10.00am and 1.30pm, and they can change the rides to suit their customers needs.

Horse riding variations include show jumping and dressage tuition, cross country workshops, exercising the hounds and hacking down to the local pub, where there are stabling facilities while you can enjoy a pint and toasted sandwich. Private cross country or show jumping clinics for an individual rider can also be arranged.

Flowerhill House
Killimor, Ballinasloe, Co. Galway.

Website: www.flowerhill.net



BALLINASLOE AND DISTRICT RUNNING TRACK

Track is to IAAF standard in structure, comprising of 6 lane red (synthetic) athletic track surface, 400m oval (inside lane), 8 No. 110m straight and run off area for sprint lanes. Lanes are 1.2m wide.

Located in Brackenagh, Ballinasloe open to the public and available for group bookings



Local Gyms



SHEARWATER HOTEL

CONFERENCE LEISURE WELLNESS

Facilities:

- 8 Meeting Rooms
- Complimentary Wi-Fi
- Fully Equipped Fitness Gym
- Heather & Earth Spa
- Fitness Centre, 20m Swimming Pool
- Sauna and Steam room

Marina Point
Ballinasloe
Co. Galway

www.shearwaterhotel.com



Coral Leisure Ballinasloe is dedicated to providing a greatly improved quality of life for those who believe in investing in their health and well being.

Facilities include :

- 25 metre, 6 lane pool
- Sauna and Steam room
- Fully equipped cardio gym
- Extensive strength equipment
- Strength, Conditioning and Cardio Classes - Land or Water based.
- Town Centre Location

Coral Leisure,
Sarsfield Road,
Ballinasloe,
Co. Galway.

www.ballinasloe.coralleisure.ie



Ballinasloe, Your Sports Hub

Specialist Services

We have a range of motivational speakers listed who we contact by appointment based on request. These include International and Inter County Managers and more -

Contact the coordinator for details:

Tel: +353 (0)90 9646516



Tom French Sports performance

sportsperforms@gmail.com - www.sportsperformance.ie (under reconstruction)

- Head of strength and conditioning Galway Senior Hurling Team since 2013
- Strength and conditioning Galway United and assistant manager / Mervue United many years
- Level 2 Athletic coach and qualified as a Tutor Trainer in Athletics with coaching Ireland. Regional strength and conditioning trainer for athletics Irelands carded athletes. Trained world record holders in power lifting.
- Soccer UEFA A Licence coach and Soccer Scout Newcastle United
- Fitness Instructor NTC train trainers 6 years.
- Health and Fitness Studio 12,000 sq ft and direct provision 20 years.
- Currently studying for a MSC in Strength and Conditioning.



John David Kearney Specialist Coach

B.A Exercise and Health - Waterford Institute of Technology
B.E.D. Physical Education - University of Limerick PGCE Physical Education -
University of East London M.A. Educational Leadership - National University
of Ireland Maynooth UKSCA Strength and Conditioning Coach.



Emmett Goode Sports Injury, Massage and Remedial Therapy.

Emmett Goode, has been involved as player and coach within the GAA for over 20 years. Since Qualifying as a sports and remedial massage therapist, has specialised in working with teams & individuals in injury management. Having worked with inter-county GAA & Rugby teams has excellent knowledge & understanding of the needs of both players and management in aiding a fast, healthy recovery while educating them on key factors towards staying injury free. He has also worked on a one to one basis with numerous competitive athletes ranging from athletics to swimming.

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Niamh Flynn MBA MMEDSCI BA CI DHP Sport Psychology

Suite 29, The Galway Clinic. www.bodywatch.ie

Individual sessions or group talks available

Sport Psychology assists athletes in reaching their full potential. When physical ability and skills are evenly matched it is often mindset which separates winning from losing. Whether you are a recreational or professional athlete a sport psychologist can help you with focus and concentration, motivation and goal setting. Other areas which a sport psychologist will specialize in include burnout, providing help post-injury and teaching coping skills to ensure that you perform well on a consistent basis.

As a Sport Psychologist with 18 years of experience I have a particular interest in helping athletes to reach their goals quickly and safely.



Marion Ruane *Nutritionist*

Marion has created Bia Natural, a healthy food blog, which provides a holistic approach to food, inspiring people to reflect on their food choices and the impact on personal health and environment in particular. Marian is available to do talks and seminars to groups and teams in relation to their nutrition and diet and to demonstrate how simple it can be to prepare super healthy meals and reflect on how food can impact on one's overall lifestyle and performance.

www.bianatural.net



Sports Gear / Transport Providers

*If its cheaper for you to leave your buses at home,
we will organise transport for you.*



Cooper
**The No. 1
Helmet in Hurling**

**Hurleys, Sliotars, Grips, Footballs
Leisurewear and much more.**

1 Poolboy Industrial Estate, Ballinasloe, Co. Galway.
Tel. 087 2369665 sales@cooper.ie www.cooper.ie

NOEL MANNION SPORTS SHOP

Noel Mannion

3 Marina Point
Ballinasloe,
Co. Galway
Tel: 090 9646763



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REGATTA - For All your Outdoor Activities

Custom made blinds and shutters at the most competitive prices
Call in to see our new showroom or visit utahblinds.ie
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WEBSITE: UTAHBLINDS.IE

COLLERAN'S BUS & CAB HIRE

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Portnick, Ballinasloe, Co. Galway

P: 090 9642236

M: 087 8750577

E: colleranbuses@gmail.com



Declan Fahy Buses

Moate, Aughrim, Ballinasloe, Co. Galway

Coaches for private hire,
school transport, sport &
social events
24 hours/7days
Tel: 086 2640707 or
086 4107166



Email: fahybuses@gmail.com



MIGHTY CABS
Dunlo Street
Ballinasloe



TAXI AND BUS HIRE

T: 0909644222 M: 0879230000
www.mightycabs.ie



Ballinasloe, Your Sports Hub

HOW IT WORKS...



Contact us on +353 (0)90 9646516 to discuss your options.

Get your management team and player representatives together for discussion.

Decide on your key objectives for travelling for the weekend

1. _____
2. _____
3. _____

Review the brochure and what is available. Prioritise activities for your benefit

Game time - preferred club level type _____

Specialists _____

Down time _____

Specialist accommodation needs, facilities (eg. video analysis) _____

Do you need transport, physio, any other requirements _____

List numbers travelling

Contact Details:

Name: _____

Tel: _____

Email: _____

Submit these details to the coordinator. Email info@ballinasloesportshub.com

Contact the co-ordinator telephone number +353 (0)90 9646516 who will work with you to co-ordinate and price.

We value feedback.

Please email any suggested additions to the package on offer, to info@ballinasloesportshub.com

Thank You



An initiative of Ballinasloe Area Community Development Ltd.

www.ballinasloe.ie

Tel: +353 (0)90 9646516

Email: info@ballinasloesportshub.com

Ballinasloe - Gateway To The West www.ballinasloe.ie



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