

PROPOSED 3 DAY TEAM BUILDING PACKAGE

| Day 1 | | |
|---------|---|-------------------|
| 7.30pm | Arrival and check-in St Helen's Bay Golf Resort | St Helen's |
| 8.00pm | Reception for team and management | St Helen's |
| 8.30pm | Dinner, St Helen's Bay | St Helen's |
| 9.30pm | Team talk and bonding session | St Helen's |
| Day 2 | | |
| 8.00am | Beach run | St Helen's |
| 8.30am | Breakfast | St Helen's |
| 9.30am | St Mary's GAA Complex – All Weather Pitch & Gymnasium | St Mary's GAA |
| 12.00pm | Packed lunch – St Mary's | St Mary's GAA |
| 12.30pm | St Mary's GAA Complex – gymnasium – indoor skills training | St Mary's GAA |
| 4.30pm | Outdoor Pursuits – Team Building activities | St Helen's |
| 8.30pm | Dinner – St Helen's Bay restaurant | St Helen's |
| 9.30pm | Table Quiz | St Helen's |
| Day 3 | | |
| 7.30am | Beach training | St Helen's |
| 8.00am | Breakfast | St Helen's |
| 9.30am | St Mary's GAA Complex – training | St Mary's GAA |
| 12.00pm | Packed lunch – St Mary's | St Mary's GAA |
| 1.30pm | St Mary's GAA Complex – fitness – gymnasium | St Mary's GAA |
| 4.30pm | Cryotherapy Session & Indoor swimming – Whites of Wexford, Wexford Town | Whites of Wexford |
| 6.30pm | Dinner – Whites of Wexford | Whites of Wexford |
| 9.00pm | Team Building session by Sports Psychologist | St Helen's Bay |
| Day 4 | | |
| 7.30am | Beach training | St Helen's |
| 8.30am | Breakfast | St Helen's |
| 9.30am | Golf Academy & Golf Scramble | St Helen's |
| 12.30pm | Lunch | St Helen's |
| 1.30pm | Depart | |

4 day (3 nights) package (inclusive of accommodation and 3 meals each day, plus activities listed above based on group of 40 persons sharing) would be €395 per person.

Optional extras:

- Quad biking
- Greyhound racing (for packages that incorporate a Friday night)
- Additional Team Building/Outdoor Pursuits
- Organisation of an inter-county match (all weather pitch)
- Buses/transport (we have assumed in the above package that a bus will be brought by the group, however, if required, buses can be organized at additional charge).

The above package should be used as a guide only – we can tailor make a suitable package based on your individual objectives and budgets.