

# R.I.B.S.A. COACHING ACADEMY



All Affiliated R.I.B.S.A. members can arrange for training from the R.I.B.S.A. National Coach – PJ Nolan

**€10.00**  
per hour travel  
time from  
**CARLOW**

**€20 per hour**  
**coaching + Lights**  
(Minimum booking 2hrs)

Prices includes – DVD of the lesson plus Training Program

**PRICES Example :** **South Dublin** ( Spawell SC )  
**2 Hours Travel – 2 Hours Coaching – Total €60.00**  
+ Club Lights Charge

**PRICES Example :** **Galway** ( Caesars Palace SC )  
**6 Hours Travel – 2 Hours Coaching – Total €100.00**  
+ Club Lights Charge

**PRICES Example :** **Carlow** ( Ivy Rooms SC )  
**0 Hours Travel – 2 Hours Coaching – Total €60.00**  
**INCLUDING** Lights Charge

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