

KILMACUD CROKES

Solo Run/Toe Tap/Dummy Solo Challenge



**Win some autographed jerseys/training gear kindly donated by some of our Kilmacud Crokes/Dublin Senior Footballers including Cian O'Sullivan, Paul Mannion, Rory O'Carroll and Éabha Ruthledge.

4 COMPETITIONS

1. **NURSERY & U8** – WALK/RUN OUT 10-15M & BACK TOE TAPPING THE BALL EVERY 4 STEPS
2. **U9-U12** – NUMBER OF TOE TAPS IN 30SECS ALTERNATING BETWEEN LEFT & RIGHT FOOT.
3. **U13 TO MINOR** (SAME AS U9-U12 COMPETITION)
4. **ADULT PLAYER/UNDERAGE MENTOR** (SAME AS U13-MINOR COMPETITION)

*The highest number of Toe Taps in **30secs** in the 2nd, 3rd & 4th categories will win an autographed piece of training gear/jersey. All other video entries received will enter a draw for other pieces of autographed training gear kindly donated by our county players.*

- Submit your video of you completing the challenge, send it to Paraic McDonald at paraicmcd@outlook.com or WhatsApp 0862244265, HashTag for the competition #KCrokesToeTap

Closing date for competition is **Sunday 3rd May at 9pm
All winners will be notified and videos posted on club social media
Competition is open to male & female, Good luck everyone!