

# DILLON'S CHALLENGES

## Challenge No 3:

### TRY OUT A NEW SPORT

#### HINTS & TIPS:

- Try out some different sports to see what you like best
- Make sure to wear any safety clothing you might need for your chosen sport, e.g., a gumshield to protect your teeth for karate
- Bring water and some snacks
- Start slow and build up your fitness bit by bit
- Don't forget to bring an adult along to support you on your new sporting adventure!!

*\*All Dillon's challenges should take place within current Covid 19 Government guidelines.*

#### SOME SPORTS ORGANISATIONS:

##### Karate Ireland

<http://karateireland.net/>

##### Skateboarding

<http://www.skateeire.ie>

##### Running

<https://www.athleticsireland.ie/clubs/>

##### GAA

<https://www.gaa.ie/my-gaa/getting-involved/kids-activities>

##### Soccer

<https://www.fai.ie/domestic/fai-club-map>

##### Tennis

<https://www.tennisireland.ie/>



### **Badminton**

<https://www.badmintonireland.com/>

### **Swimming**

<https://www.swimireland.ie/>

### **Cycling**

<http://www.cyclingireland.ie/>

### **Basketball**

<https://www.basketballireland.ie/>

### **Hillwalking**

<http://www.mountaineering.ie/hillwalking/>

### **Gymnastics**

<https://www.gymnasticsireland.com/>

### **Cheerleading**

<https://www.strikeforce-cheer.com/>

### **Judo**

<https://irishjudoassociation.ie/>

### **Volleyball**

<http://www.volleyballireland.com/>

### **Rounders**

<http://www.gaarounders.ie/>

### **Handball**

<https://www.gaahandball.ie/>

### **Rugby**

<https://www.irishrugby.ie/playing-the-game/age-grade/youth-rugby/>

### **Hockey**

<https://www.hockey.ie/>

### **Baseball**

<https://baseballireland.ie/>

### **Horse Riding**

<https://www.horsesportireland.ie/riding/>

### **Dancing**

<https://www.danceireland.ie/>

## Golf

<https://bettergolf.ie/kids-golf/>

## Fencing

<https://www.fencingireland.net/>

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