

**Athletics Development Day
for Coaches and Athletes**

Application Form

*Athletics Development Day
Templemore, Saturday September 22nd 10am to 4pm*

Name of applicant: _____

Age: _____

Club/School/Organisation: _____

Address: _____

E-mail: _____

Contact number: _____

Please Tick: Athlete

Coach

Course fee €5 per applicant (enclosed)

- Please come dressed for activity
- Running shoes essential for use on track
- Please bring a packed lunch (Tea & Coffee available)

Send applications with fees to:

Jacqui Stokes
Director of Development
Athletics Ireland
Knockbordan House
Grove
Fethard
Co. Tipperary

Enquiries to:
Martin Leyden (087) 2096356
Or
Jacqui Stokes
E-mail: jacqui@athleticsireland.ie



**Athletics Development Day for
Coaches and Athletes**



**At Templemore AC track
On Saturday September 22nd
From 10am to 4pm**

Coaching workshops will be held in the following events;

- Middle Distance
- Walks
- Sprints
- Long Jump
- Shot Putt
- Javelin

There will also be talks on

- Winter Conditioning for the Club Athlete
- Nutrition for Athletics

All are welcome:

Anyone involved in coaching athletics,
Young people, regardless of experience, of secondary school age &
above

Places are on a first come, first served basis