

Athletics Development Day for Coaches and Athletes



Development

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

Anyone involved in coaching athletics is welcome.

Coaches are encouraged to come along, join in /observe/ ask questions

Young people, regardless of experience, secondary school age & above are welcome.

Places are on a first come, first served basis

Names to: Jacqui Stokes— jacqui@athleticsireland.ie

Enquiries to: Martin Leyden (087) 2096356

Fee: €5 per participant (Coach or Athlete)