

## TIMETABLE

### "DEVELOPING ATHLETIC TALENT"

Registration: Open from 10.00am.

Conference Fee: € 20 to include Lunch

11.00 - 12.30 Keynote Address – Developing Talent

- Brian Kerr, The Coaches Perspective
- Sonia O’Sullivan, The Athlete’s Perspective

12.30 - 13.30 Lunch

13.45 - 15.45 Practical Workshops

1. Terence Mc Williams  
Developing Athleticism in 5 – 9 years olds
2. Stuart Hogg  
Developing Speed in Juveniles
3. Max Jones  
Developing Throwing Events
4. Sonia O’Sullivan  
Developing Runners to Full Potential



### Conference Booking

Places need to be booked in advance as there will be limited places. The cost of the conference is €20.00 which includes light lunch.

To book your place call (01) 8869933 or email [admin2@athleticsireland.ie](mailto:admin2@athleticsireland.ie). Fees can be paid by credit card. Please indicate your choice of workshop when booking. The workshops will be allocated on a first come first served basis.



**ATHLETICS  
IRELAND**

## NATIONAL COACHING CONFERENCE

### "DEVELOPING ATHLETIC TALENT"

**18TH NOVEMBER 2007**

**CROWNE PLAZA HOTEL, SANTRY**

The theme for the National Coaching Conference is "Developing Talent". The conference is aimed at coaches and mentors of young athletes and consists of two inspirational speakers and four top class practical workshops.

The Keynote Speakers are Sonia O'Sullivan and Brian Kerr; Sonia will speak about the journey from young athlete to international star from the athlete's perspective. Sonia's career has spanned over twenty years and she will share her experience as an athlete who has seen it all and done it all.

Sonia came to national prominence as a precocious seventeen year old when she won the National Senior Cross Country title. From there she went through the US collegiate system and finished 4th at the Barcelona Olympics in 1992. She went on to win multiple European and World titles and an unforgettable silver medal at the Sydney Olympics.



Brian Kerr is one of the most successful coaches in Irish sport. He will share his experience of developing talented young players from the coach's perspective. Brian began coaching underage soccer players at club level and he has worked with people of all ages and ability all the way up to international level. He has enjoyed success at national and international level with mostly local talent and his journey has been fascinating and insightful. Brian is a member of the Athletics Ireland coaching committee and brings a wealth of experience to this role.

The Keynotes will take place in the Crowne Plaza Hotel in Santry. These will be followed by lunch and the workshops will take place in Morton Stadium after lunch.

## WORKSHOP PROGRAMME

The workshops are designed to give coaches a practical opportunity to see top class coaches in action. The workshops will be interactive and coaches can participate in the sessions. They will run concurrently so it is important to indicate your choice when booking.

### *Developing Athleticism – Terry McWilliams*

The key to developing talent is developing athleticism in children in the formative years.

This workshop is aimed at Athletics Leaders who are involved in the Little Athletics Programme. There will be activities, games and drills suitable for 5 – 9 year olds, showcased in a fun way by one of Ireland's leading coaches in this area. Terry McWilliams is one of the pioneering coaching of fundamentals. He has worked with Ballymena and Antrim AC and has written one of the best practical books on Fundamentals for Children. The Little Athletics Programme which caters for 5-9 year olds is proving to be extremely popular since its introduction and there are over 1000 Athletic Leaders currently qualified.

### *Developing Speed – Stuart Hogg*

Stuart is coach to Ireland's fastest athlete (Paul Hession) so who better to take a workshop on developing speed. He has been coaching for over forty years and this is a unique opportunity for coaches working with young athletes to benefit from his knowledge and experience. The workshop will focus on the general development of speed. It will feature foundation drills, speed drills and strength and conditioning for speed. It is also worth noting that Stuart has advised many middle distance athletes so the workshop will not be solely focused on sprinting. Indeed developing speed is important for middle distance athletes

### *Developing Endurance – Sonia O'Sullivan*

Sonia will lead this workshop focusing on endurance. She will demonstrate warm-up drills, stretches and strength and conditioning work essential for developing endurance. She will share her experience of training and examine the progression of endurance training through the underage years. This is a rare chance to work with Ireland's most successful ever athlete.

### *Preparation of Field Event Athletes – Max Jones*

Max is the Director of Athletics, in Athletics Ireland. He has been coaching field athletes for nearly forty years and his wealth of experience is a tremendous asset to Irish Athletics. Max will focus on two key areas, skill development and strength and conditioning. The field events require technical expertise and good coaching is essential to developing talent in these events.