



ATHLETICS IRELAND TRANSITION YEAR LEADERSHIP PROGRAMME

In October 2024, Athletics Ireland is piloting a brand-new TY Leadership programme for 4th year students and we are currently seeking expressions of interest from DEIS Schools located in the Dublin area or surrounds.

Students will gain invaluable experience and knowledge across several different themes e.g. participation, coaching, events, officiating, media, having a career in sport.

PROGRAMME DETAILS

 Monday the 21st to Friday the 25th of October 2024

 9:30am to 3pm

 €25 per student

 40 places available

 Dublin TBC

**EXPRESSION OF
INTEREST FORM**



CONTENT

WHAT WILL STUDENTS COVER ON THE PROGRAMME:

- How to coach young athletes in key events such as Running, Jumping and Throwing.
- How to use your smart phone as an effective media and promotional tool to create Vlogs and social media content.
- How to officiate at an event and gain an understanding of the basic rules.
- How to create and run a mini competition and all the elements involved in organising an event.
- Wellbeing and guidance on following a career in sport.
- The programme will conclude with the students using their newfound knowledge and skills to organise and run a mini competition for a local primary school on the final day.

BY THE END OF THE WEEK STUDENTS WILL:

- Gain an Athletics Ireland Assistant Coaching Certificate, with the potential to work at Athletics Ireland Summer Camps later this year.
- Improve communication skills and ability to work effectively as a team.
- Gain knowledge and practical experience on how to use social media effectively, Create a mini social story and present this back to the group end of the week.
- Gain knowledge and practical experience on how to organise and run an athletics competition.
- Understand from people working in sport about how to follow a career in sport.
- And receive a FREE hoodie!



For further information please contact: Rachel Ormrod, Director of Participation, Athletics Ireland

✉ rachelormrod@athleticsireland.ie

☎ 086 1086365



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