## **Athletics Ireland Endurance Coaching Network (ECN)**

## Vision

A Coaching Network providing Irish endurance coaches with cutting edge supports to improve their coaching practice and produce world class athlete performances

#### Mission

Create a sustainable coaching network that focuses on the needs of our coaches that is athlete centered, coach led and support focused

# **Philosophy**

Coach collaboration and a community of practice accelerates learning, innovation and performance

## **Values**

#### **Excellence**

- Maximise coaching potential
- Challenge and be challenged
- Seek continuous improvement
- Growth mindset

#### Community

- Coaches recognise each others achievements
- Earn mutual respect
- Be open and honest
- Close colaboration & sharing
- Committment to the network

# **Appreciation**

- Coaches are valued
- Coaches are supported in their up skilling
- Coach Network Membership introduction with benefits
- Coach mentoring

# **AAI Endurance Network (ECN) Dates 2016** 1) Jan 23rd 2016 Athlone IT Network 2) Apr 23rd 2016 (TBC) 4) Nov 20th 2016 **Dates/Venues** (TBC) 2015/2016 3) Aug 27th 2016 (TBC) **AAI Endurance Coaching Network (ECN) Content** S&C Training Biomechanics Data Dyanamic Warm Sports . Psychology Up/Running Drills Planning/Goal Blood Setting **Coaching Network** Testing Workshops/Presentation s Focus Irish Video Coaching Case Studies Analysis Physiological Testing Nutrition/Hydra tion/Life

Art of

Coaching

Balance

Female Triad

