



TIPPERARY ATHLETICS

will hold a Shot Putt Workshop



Coach on the day will be Dave Sweeney

The Workshop will take place on **Thursday 2nd November** in Templemore Track from 10am to 2.30pm (registration from 9.30am onwards). The workshop will be split into two sessions – 10am to 12 noon and 12.30pm to 2.30pm with half an hour for lunch.

The Workshop is open to Parents, Coaches & Athletes from 13 years to 16 years. Cost is 10 euro per athlete/coach. A special family rate will also be available.

Please bring your own shots on the day

For further information, please see www.tipperaryathletics.com or contact Tricha Blackburn, County Development Officer at trichablackburn9@gmail.com or Aisling Hoey at aislinghoey@eircom.net