

**Athletics Ireland Development & Coaching
Calendar January-May 2012
(Cork/Kerry/Limerick/Tipperary)**

Date	Event	Venue	Time	Contact	To apply
Wednesday 25th January	Sports Psychology Workshop for Athletes	Cork IT	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 14+
Saturday 4th February	Athletics Leader Course	Castlesland Co Kerry	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at www.athleticsireland.ie (Coaching & Development Section)
Sunday 5th February	Munster Regional Squad	Nenagh Indoor Stadium	10.00am-12.15pm & 12.45pm-4.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Morning session open to all u14 (1999)-u20 (1993) athletes & their personal coaches. Afternoon session only open to the 84 selected athletes & their personal coaches
Wednesday 8th February	Hurdles Workshop	Moyness Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 12+
Wednesday 15th February	Sprints Workshop	Moyness Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 12+
Friday 17th & Saturday 18th February	Level 1 Coaching Course- Part 1	Templemore Co Tipperary	6pm - 10pm and 9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at www.athleticsireland.ie (Coaching & Development Section)
Wednesday 29th February	Strength & Conditioning Workshop	Dundrum Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 15+
Saturday 3rd March	Athletics Leader Course	Cork City (Venue TBC)	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at www.athleticsireland.ie (Coaching & Development Section)
Wednesday 7th March	Jumps Workshop (LJ/HJ/PV)	Cork IT	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 12+
Friday 9th & Saturday 10th March	Level 1 Coaching Course- Part 2	Templemore Co Tipperary	6pm - 10pm and 9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at www.athleticsireland.ie (Coaching & Development Section)
Saturday 10th March	Munster Regional Squad	University of Limerick	10.00am-12.15pm & 12.45pm-4.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Morning session open to all u14 (1999)-u20 (1993) athletes & their personal coaches. Afternoon session only open to the 84 selected athletes & their personal coaches
Wednesday 14th March	Sprints & Hurdles Workshop	University of Limerick	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 14+
Wednesday 21st March	Strength & Conditioning Workshop	Castlesland Co Kerry	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 14+
Saturday 7th April	Munster Regional Squad	Castlesland Co Kerry	10.00am-12.15pm & 12.45pm-4.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Morning session open to all u14 (1999)-u20 (1993) athletes & their personal coaches. Afternoon session only open to the 84 selected athletes & their personal coaches
Saturday 14th April	Assistant Coach Course	University of Limerick	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at www.athleticsireland.ie (Coaching & Development Section)
Saturday 21st April	Munster Regional Squad	Cork IT	10.00am-12.15pm & 12.45pm-4.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Morning session open to all u14 (1999)-u20 (1993) athletes & their personal coaches. Afternoon session only open to the 84 selected athletes & their personal coaches
Sunday 22nd April	Shot & Javelin Workshop	Templemore Co Tipperary	10.30am-12.30pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 14+
Wednesday 25th April	Long Jump Workshop	Clonmel Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 12+

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Saturday 28th April	Assistant Coach Course	Cork IT	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at www.athleticsireland.ie (Coaching & Development Section)
Wednesday 2nd May	High Jump Workshop	Clonmel Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 12+
Wednesday 9th May	Triple Jump Workshop	Clonmel Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 14+
Wednesday 16th May	Discus Workshop	Templemore Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 14+
Wednesday 23rd May	Hammer Workshop	Templemore Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to all athletes & coaches aged 14+