

**Athletics Ireland Coaching & Development Calendar Autumn/Winter 2013
(Cork/Kerry/Limerick/Tipperary)**

Date	Event	Venue	Time	Contact	To apply
Wednesday 23rd October	Sports Psychology Workshop	Cork IT (Building next to Athletics Track Stand)	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087 6335565 or steven@athleticsireland.ie)
Thursday 24th October	Road Running/Endurance Workshop	Hibernian Hotel, Mallow, Co Cork	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087 6335565 or steven@athleticsireland.ie)
Saturday 2nd November	Sprints/Hurdles Workshop	UL Track	10am-12pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087 6335565 or steven@athleticsireland.ie)
Saturday 9th November POSTPONED	Munster Regional XC Squad Day	Cork IT Track	11am-1.30pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to members of Munster XC Squad & their Coaches
Saturday 9th November	Athletics Leader Course	Hazelwood College, Dromcollogher, Co Limerick	9am-5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at www.athleticsireland.ie (Coaching & Development Section)
Thursday 14th November	Sports Psychology Workshop	Clonmel Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087 6335565 or steven@athleticsireland.ie)
Saturday 16th November	Assistant Coach Course	Templemore Co Tipperary	9am-5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at www.athleticsireland.ie (Coaching & Development Section)
Saturday 23rd November TBC	Munster Performance Squad Day	Cork IT	TBC	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to members of Munster Performance Squad & their Coaches
Thursday 28th November	Road Running/Endurance Workshop	Thurles Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087 6335565 or steven@athleticsireland.ie)

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