

AAI Regional Performance Squad u16-u20

Overall Structure: For top u16 (1996)-u20 (1992) athletes in Munster

Dates:

- Saturday December 3rd Cork IT
- Sunday February 5th Nenagh
- Saturday March 10th UL
- Saturday April 7th Castleisland
- Saturday April 21st Cork IT

Daily Timetable Day 1

- Strength & Conditioning Day (On December 3rd Mark McManus Strength & Conditioning expert will be in attendance)

Daily Timetable Day 2:

- TBC by head event coach at 1st squad day

Daily Timetable Day 3:

- TBC by head event coach at 2nd squad day

Daily Timetable Day 4:

- TBC by head event coach at 3rd squad day

Daily Timetable Day 5:

- TBC by head event coach at 4th squad day

Coaching:

- Head coach for each event with assistance from personal coaches. All personal coaches will be expected to attend with the athlete to further their development and help head event coach in planning etc.

Entry Guidelines:

- Each head coach given a number of athletes to select from u16-u20

EVENT	NUMBER ATHLETES
SPRINTS	8
HURDLES	6
MIDDLE DISTANCE	14
WALKS	6
HIGH JUMP	6
LONG/TRIPLE JUMP	8
POLE VAULT	6
DISCUS THROW	6
HAMMER THROW	6
SHOT PUTT	6
JAVELIN THROW	8
Total	80

The main criteria for picking this elite group are:

- 1) The athlete has represented Ireland in club or school competition in 2010 or 2011 but especially 2011
- 2) The athlete has finished in the top 3 in a National Outdoor T&F Championships school or club in 2010 or 2011 but especially 2011.
- 3) The athlete should be close to or capable of getting very close to a European Youth or European Junior qualifying time as set out in attached document.

Application Process:

- Athletes selected by head event coach and regional development officer and invited to confirm place and register online. Full details of athletes selected will be sent to all clubs and to athlete's parents.
- Athletes to pay a total fee of €25 online that covers all sessions and fill in online sheet giving contact details for parents and personal coach

The Package:

- Expert Coaching in conjunction with personal coach
- AAI Performance Squad Gear
- Access to services such as Strength & Conditioning/Functional Screening, Nutrition, Sports Medicine, Sports Psychology, Physiotherapy/Sports Injuries
- International Athlete Guest Speakers
- Personal Coach has access to continual professional development opportunity liaising with head event coach
- Option of more training sessions with event coach in between organised squad days
- Handouts on various aspects specific event
- Discounts at local sports shops

