

**Athletics Ireland Coaching & Development Calendar Autumn/Winter 2011  
(Cork/Kerry/Limerick/Tipperary)**

Date	Event	Venue	Time	Contact	To apply
Wednesday 24th August	Athletics Leader Course	UCC	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Course Closed
Saturday 10th September	Assistant Coach Course	Castleisland Co. Kerry	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Wednesday 14th September	Throws Workshop	UL Track	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Wednesday 21st September	Jumps Workshop	Castleisland Co. Kerry	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 24th September	Munster Regional Squad Cross-Country Day in Association with Kerry County Board	Banna Strand Co. Kerry	11am-2pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to members of Munster Regional Squad & their Coaches
Wednesday 28th September	Throws Workshop	Castleisland Co. Kerry	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Wednesday 28th September & Wednesday 5th October	Assistant Coach Course	Cork IT	6.00 - 10pm Both Nights	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Saturday 1st October	Athletics Leader Course	Doneraile North Cork	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Monday 10th October	Strength & Conditioning Workshop	Cork IT	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 15th October	Athletics Leader Course	Kenmare Co. Kerry	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Wednesday 19th October	Jumps Workshop	Cork IT	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 22nd October	Assistant Coach Course	Templemore Co. Tipperary	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Saturday 29th October	Athletics Leader Course	Moyne, Co. Tipperary	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Friday 4th November	Pole Vault Workshop	Cork IT Track	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Wednesday 9th November	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
Friday 4th & Saturday 5th November	Level 1 Coaching Course- Part 1	Cork IT	6pm - 10pm and 9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Friday 11th & Saturday 12th November	Level 1 Coaching Course- Part 2	Cork IT	6pm - 10pm and 9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Wednesday 16th November	Jumps Workshop (HJ and LJ)	Cork IT Track	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 19th November	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 19th November	Athletics Leader Course	UL Sports Arena	9.00am - 5.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)

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Wednesday 23rd November	Sports Psychology Workshop	Castleisland Co. Kerry	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie)
Wednesday 30th November	Road Running/Endurance Workshop	UL Sports Arena	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie)
Wednesday 7th December	Road Running/Endurance Workshop	Castleisland Co. Kerry	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie)
TBC	Munster Regional Squad			Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to members of Munster Regional Squad & their Coaches
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