



**Cork Athletics**  
Cork County Board, Athletics Ireland



## **Cork Athletics - Cork County Board Announces Autumn/Winter Technical Coaching Days**

**Cork County Board will hold seven technical coaching days over the autumn & early winter, in Hurdles, High Jump, Shot, Discus, Javelin and Hammer**

The aim of the sessions is to raise the technical standard in these events among Cork athletes, and to provide access to coaching and equipment in these events. Beginners and improvers are welcome. Club coaches or parents who may wish to come along on any of the days are also welcome.

### **Dates:**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Saturday	<b>September 6th</b>	15:00 -16:00	CIT Track
Saturday	<b>September 20th</b>	15:00 -16:00	CIT Track
Saturday	<b>October 11th</b>	15:00 -16:00	CIT Track
Saturday	<b>October 18th</b>	15:00 -16:00	CIT Track
Saturday	<b>November 1st</b>	15:00 -16:00	CIT Track
Saturday	<b>November 15th</b>	15:00 -16:00	CIT Track
Saturday	<b>December 6th</b>	15:00 -16:00	CIT Track

Each of the disciplines; Hurdles, High Jump, Shot, Discus, Javelin and Hammer, will be covered on each of the training days.

Registration will be at **14:45pm each day**, in the red brick building adjacent to the track (at the south end of the stand)

**Age: Hurdles, Shot, High Jump - Born 2004, or earlier.**

**Javelin, Discus, Hammer - Born 2003, or earlier**

**Cost: €5 per day.**

These Technical Coaching Events are confined to AAI registered athletes who are registered with Cork AAI clubs. Club coaches and parents are welcome to come along and participate in the sessions.

Queries should be directed to **John Copithorne**, Cork AAI County Board Registrar, on **0861713500**