Athletics Ireland Development & Coaching Calendar Spring 2009

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Date	Event	Venue	Time	Contact	To apply
Saturday January 10th	Level 2 weekend 2	Sligo I.T.	9am - 5pm	Eamon Harvey or Paul McNamara	First Half of course already completed
Saturday January 10th	Assistant Coach Course	Kilkenny College, Kilkenny	9.30am - 4.30pm	Jacqui Freyne jacqui@athleticsireland.ie (087) 2629950	Application form on www.athleticsireland.ie . Return to Jacqui Freyne
Saturday January 10th	Assistant Coach Course	Castletownbere, Co. Cork	9.30am - 4.30pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Steven Macklin
Saturday January 10th	Strength & Conditioning Workshop	Kilcock,Kildare	10.30am - 12.30pm	Pat Ryan (087) 2621310 pat@athleticsireland.ie	Contact Pat Ryan
Monday 12th Januray	Fit4Life Leader Workshop	Douglas Community School, Cork	6.30pm - 10pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin
Tuesday 13th January	Athletics Leader Course	Mary I College, Limerick	9am - 4pm	Jacqui Freyne jacqui@athleticsireland.ie (087) 2629950	Course closed
Saturday January 17th	Coaching Workshops in conjunction with Tipp Co. Board	Nenagh		Jacqui Freyne jacqui@athleticsireland.ie (087) 2629950	Contact Jacqui Freyne (087) 2629950
Wednesday January 21st & Wednesday January 28th	Assistant Coach Course	Athlone IT	6.15 - 10pm Both Nights	2693675 paul@athleticsireland.ie	Application form on www.athleticsireland.ie . Return to Paul McNamara.
Thursday January 22nd	Athletics Leader Course	Mary I College, Limerick	9am - 4pm	Jacqui Freyne jacqui@athleticsireland.ie (087) 2629950	Course closed
Saturday January 24th	Code of Ethics Course	Skerries Sailing Club	10am to 2pm	pauline.gilsenan@fingalcoc o.ie	Pauline Gilsenan (01)8906256
Saturday January 24th	Leinster and Dublin Regional Squads	Tullamore Harriers Stadium	11am - 2pm	Ryan Montgomery ryan@athleticsireland.ie (087) 2631441	Open to members of Leinster & Dublin Regional Squad and their coaches
Sun Jan 25th	Ulster Regional Squad East	Shercock	11am - 2pm	Eamon Harvey eamon@athleticsireland.ie 0872797548	open to members of the Ulster Reg Squad
Monday 26 th & Wednesday 28 th January	Code of Ethics Course	Woodlands Hotel, Adare	7pm to 9pm both nights	County Limerick Local Sports Partnership 061 496463	County Limerick Local Sports Partnership 061 496463
Tuesday Jan 27th & Wednesday Jan 28th	Code of Ethics Course	Wyatt Hotel Westport	7:30pm - 9:30pm both nights	Mayo SP msp@mayococo.ie 0949047025	Contact Mayo SP
Saturday January 31st	Leinster and Dublin Regional Squads	Morton Stadium, Santry	11am - 2pm	Bart Rogers, bart@athleticsireland.ie (087) 2696577	Open to members of Leinster & Dublin Regional Squad and their coaches
Saturday January 31st	Munster Regional Squad	Castleisland	11am - 2pm	Jacqui Freyne (087) 2629950 jacqui@athleticsireland.ie or John Sheehan jsheehan58@eircom.net	Open to members of Munster Regional Squad & their Coaches
Sat January 31st & Sun February 1st	Occupational Sports First Aid	Castlebar		Mayo SP msp@mayococo.ie 0949047025	Contact Mayo SP
Monday/Tuesday February 2nd / 3rd	Children's Officer Course over 2nights	Blanchardstown Library Dublin 15	7pm to 10pm	pauline.gilsenan@fingalcoc o.ie	Pauline Gilsenan (01)8906256
Sunday February 3rd	Shot & High Jump Workshop	St Michael's Enniskillen St Annes GAA	10am to 1pm	Eamon Harvey eamon@athleticsireland.ie 0872797548	Contact Eamon Harvey
7th- 8th Feb & 14th- 15th Feb	Level 1	St Annes GAA Complex St Annes Co Wexfod	9am - 5pm Each day	Ryan Montgomery ryan@athleticsireland.ie (087) 2631441	Application form on www.athleticsireland.ie . Return to Ryan Montgomery
Sunday February 8th	Connacht Regional Squad	Galway RSC	11am - 2pm	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Open to members of Connacht Regional Squad and their coaches
TBC Feb x 2nights	Assistant Coaching Course	Donegal venue	6.15 - 10pm Both Nights	Eamon Harvey eamon@athleticsireland.ie 0872797548	Application form on www.athleticsireland.ie . Return to Eamon Harvey
Tuesday February 10 th	Disability Awareness Coaching Course	City Hall, Waterford	6.30pm – 9pm	Waterford Sports Partnership (051) 849855	Contact Waterford Sports Partnership
Wednesday February 11th & Wednesday February 25th Wednesday 11th	Athletic Leader Course	Co. Clare Venue TBC	6.15 - 10pm Both Nights	Paul McNamara (087) 2693675 paul@athleticsireland.ie Athletics Ireland, Ryan	Application form on www.athleticsireland.ie . Return to Paul McNamara. Application form on
February & Wednesday 18th February	Assistant Coaching Course	Charlesland Sport and Recreation Park	6.15 - 10pm Both Nights	Montgomery Ryan@athleticsireland.ie, 0872631441	www.athleticsireland.ie . Return to Ryan Montgomery

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F-14 4011		Ct-	0.45 40	Athletics Ireland, Ryan	Application form on
Friday 13th		Greystones	6.15 - 10pm	Montgomery	www.athleticsireland.ie .
February & Friday 20th February	Athletics Leader	Swimming Pool, Charlesland	Both Nights	Ryan@athleticsireland.ie, 0872631441	Return to Ryan Montgomery
Zutii rebruary	Atmetics Leader	Chanesianu		0072031441	wortgomery
	Coaching W/Shops in			Eamon Harvey	
	conjunction with			eamon@athleticsireland.ie	
Sat 14th February	Monagahan Co Board	Carrickmacross	10.30 -4pm	0872797548	Contact Eamon Harvey
,			,		Co. Cork Local Sports
				Co. Cork Local Sports	Partnership (021)
		West Cork Hotel		Partnership (021) 4665083	4665083
Saturday 14th Feb	Code of Ethics Course	Skibbereen	10.00am - 2.00pm	,	
				Emby Walsh	Emby Walsh
	Coaching Day in			embywalsh@eircom.net or	embywalsh@eircom.net
Mid-term February	conjunction with Tipp	Nenagh		Jacqui Freyne	or Jacqui Freyne
(tbc)	Co. Board	Track	TBC	jacqui@athleticsireland.ie	jacqui@athleticsireland.ie
				Waterford Sports	
Tuesday February	Disability Awareness	VEC Offices,		Partnership (058) 21194	Contact Waterford Sports
17 th	Coaching Course	Dungarvan	6.30pm – 9pm		Partnership
				0. 14 1.1. (007)	
Falder Falances	Road			Steven Macklin (087) 6335565	
Friday February	Running/Endurance	0-4			On the of Otomore Manadalia
20th	Workshop	Cork		steven@athleticsireland.ie	Contact Steven Macklin
		Blackrock Community Centre,			Application form on
Saturday Enhance		Blackrock, Co.		Bart Rogers	Application form on www.athleticsireland.ie ,
Saturday February 21st	Assistant Coach Course		9.30am - 4.30pm	@athleticsireland.ie	Return to Bart Rogers
£131	nooistant ooden oodise	Loui	5.50am - 4.50pm	wati iictioii diaHu.ic	Application form on
Saturday February				Pat Ryan (087) 2621310	www.athleticsireland.ie,
21st	Assistant Coach Course	Kildare	9.30am - 4.30pm	pat@athleticsireland.ie	Return to Pat Ryan
Saturday February	Out	Balbriggan Town		pauline.gilsenan@fingalcoc	
21st	Code of Ethics Course	Hall	10am to 2pm	o.ie	(01)8906256
					,
Saturday February		1	44 0	Ryan Montgomery	Open to members of
21st	Leinster and Dublin	Tullamore Harriers	11am - 2pm	ryan@athleticsireland.ie	Leinster & Dublin Regiona
	Regional Squads	Stadium		(087) 2631441	Squad and their coaches
Saturday February				Eamon Harvey	Application form on
21st				eamon@athleticsireland.ie	www.athleticsireland.ie .
	Athletic Leader Course	Antrim Forum	9.30am - 4.30pm	0872797548	Return to Eamon Harvey
				Waterford Sports	
Monday February		City Hall,		Partnership (051) 849855	Contact Waterford Sports
23rd	Code of Ethics Course	Waterford	6pm – 10pm		Partnership
					Oncombat University Land
Monday 23 rd &				County Limerick Local	County Limerick Local
Thursday 26 th		Woodlands Hotel,	7pm to 9pm both	Sports Partnership 061	Sports Partnership 061
	Code of Ethics Course	Woodlands Hotel, Adare	7pm to 9pm both nights		Sports Partnership 061 496463
Thursday 26 th February	Code of Ethics Course			Sports Partnership 061 496463	Sports Partnership 061 496463 Co. Cork Local Sports
Thursday 26 th February Tuesday 24 th &	Code of Ethics Course	Adare	nights	Sports Partnership 061 496463 Co. Cork Local Sports	Sports Partnership 061 496463 Co. Cork Local Sports Partnership (021)
Thursday 26 th February Tuesday 24 th & Wednesday 25 th		Adare Coláiste Choilm	nights 7.15pm – 9.15pm	Sports Partnership 061 496463	Sports Partnership 061 496463 Co. Cork Local Sports
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Thursday 26 th February Tuesday 24 th & Wednesday 25 th February Wednesday		Adare Coláiste Choilm Ballincollig	nights 7.15pm – 9.15pm	Sports Partnership 061 496463 Co. Cork Local Sports Partnership (021) 4665083 Tel: 061-468542 - Email:	Sports Partnership 061 496463 Co. Cork Local Sports Partnership (021) 4665083 Tel: 061-468542 - Email:
Thursday 26 th February Tuesday 24 th & Wednesday 25 th February		Adare Coláiste Choilm Ballincollig Pastoral Centre,	nights 7.15pm – 9.15pm	Sports Partnership 061 496463 Co. Cork Local Sports Partnership (021) 4665083 Tel: 061-468542 - Email: info@limerickcitysports.ie -	Sports Partnership 061 496463 Co. Cork Local Sports Partnership (021) 4665083 Tel: 061-468542 - Email: info@limerickcitysports.ie
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Thursday 26 th February Tuesday 24 th & Wednesday 25 th February Wednesday February 25 th & Thursday February February	Code of Ethics Course	Adare Coláiste Choilm Ballincollig Pastoral Centre, Denmark Street,	nights 7.15pm – 9.15pm	Sports Partnership 061 496463 Co. Cork Local Sports Partnership (021) 4665083 Tel: 061-468542 - Email: info@limerickcitysports.ie -	Sports Partnership 061 496463 Co. Cork Local Sports Partnership (021) 4665083 Tel: 061-468542 - Email: info@limerickcitysports.ie
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Thursday 26 th February Tuesday 24 th & Wednesday 25 th February Wednesday February 25 th & Thursday February 26 th	Code of Ethics Course	Adare Coláiste Choilm Ballincollig Pastoral Centre, Denmark Street, Limerick UL	7.15pm – 9.15pm both nights 7.30-9.30pm	Sports Partnership 061 496463 Co. Cork Local Sports Partnership (021) 4665083 Tel: 061-468542 - Email: info@limerickcitysports.ie- Web: www.limerickcitysports.ie Steven Macklin (087)	Sports Partnership 061 498463 Co. Cork Local Sports Partnership (021) 4665083 Tel: 061-468542 - Email: info@limerickcitysports.ie Web:
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Thursday 26 th February Tuesday 24 th & Wednesday 25 th February Wednesday February 25 th & Thursday February 26 th Friday February 27th Saturday February 28th Saturday February	Code of Ethics Course Code of Ethics Course Throws Workshop Munster Regional Squad Leinster and Dublin Regional Squads Ulster Regional Squad	Adare Coláiste Choilm Ballincollig Pastoral Centre, Denmark Street, Limerick UL Cork IT Morton Stadium,	7.15pm – 9.15pm both nights 7.30-9.30pm 7pm-9pm 11am - 2pm	Sports Partnership 061 496463 Co. Cork Local Sports Partnership (021) 4665083 Tel: 061-468542 - Email: info@limerickcitysports.ie Web: Steven Macklin (087) 6335565 steven@athleticsireland.ie Jacqui Freyne (087) 2629950 jacqui@athleticsireland.ie or John Sheehan jsheehan58@eircom.net Bart Rogers, bart@athleticsireland.ie (087) 2696577 Eamon Harvey eamon@athleticsireland.ie	Sports Partnership 061 496463 Co. Cork Local Sports Partnership (021) 4665083 Tel: 061-468542 - Email: info@limerickcitysports.ie Web: www.limerickcitysports.ie Contact Steven Macklin Open to members of Munster Regional Squad & their Coaches Open to members of Leinster & Dublin Regiona Squad and their coaches open to members of the
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Wednesday Mar 10th & Thursday			7:30pm - 9:30pm both nights	Mayo SP msp@mayococo.ie	
Mar 11th	Code of Ethics Course	Castlebar	nignis	0949047025	Contact Mayo SP
				Jacqui Freyne (087)	
				2629950 jacqui@athleticsireland.ie	Open to members of
Saturday March	Munster Regional			or John Sheehan	Munster Regional Squad
14th	Squad	UL	11am - 2pm	jsheehan58@eircom.net	& their Coaches
Saturday March 14th 2009				Steven Macklin (087) 6335565	Application form on www.athleticsireland.ie ,
1401 2003	Assistant Coach Course	UL	9.30am - 4.30pm	steven@athleticsireland.ie	Return to Steven Macklin
				_	
Saturday March	Leinster and Dublin	-	11am - 2pm	Ryan Montgomery	Open to members of
14th 2009	Regional Squads	Tullamore Harriers Stadium	·	ryan@athleticsireland.ie (087) 2631441	Leinster & Dublin Regional Squad and their coaches
	negional oquado	Otadiani		(007) 200 1441	equad and their codenes
Saturday March			11am - 2pm	Bart Rogers,	Open to members of
14th	Leinster and Dublin	Morton Stadium,	rrain-zpin	bart@athleticsireland.ie	Leinster & Dublin Regional
	Regional Squads	Santry		(087) 2696577 Mayo SP	Squad and their coaches
Sat March 14th &	Occupational Sports			msp@mayococo.ie	
Sun Mar 15th	First Aid	Castlebar		0949047025	Contact Mayo SP
	Coaching Day in			Emby Walsh embywalsh@eircom.net or	Emby Walsh embywalsh@eircom.net
Sunday March 15th	conjunction with Tipp	Nenagh		Jacqui Freyne	or Jacqui Freyne
TBC	Co. Board	Track	TBC	jacqui@athleticsireland.ie	jacqui@athleticsireland.ie
				Steven Macklin (087) 6335565	
Friday March 20th	Jumps Workshop	Cork	7pm - 9pm	6335565 steven@athleticsireland.ie	Contact Steven Macklin
Triday march 20th	oumpo Workshop	OOIK	гріп оріп	Steven@atmetresiretaria.ie	Contact Cleven Wackin
				Steven Macklin (087)	Application form on
Saturday March	Acciptant Coast Com	Cork IT	0.20am 4.20	6335565 steven@athleticsireland.ie	www.athleticsireland.ie , Return to Steven Macklin
21st	Assistant Coach Course	Cork II	9.30am - 4.30pm	steven@atnleticsireland.ie	Application form on
Saturday March				Pat Rvan (087) 2621310	www.athleticsireland.ie ,
21st	Assistant Coach Course	Carlow	9.30am - 4.30pm	pat@athleticsireland.ie	Return to Pat Ryan
				Eamon Harvey	
Saturday March	Ulster Regional Squad	A - t-i Ob I-	10.30 -1pm	eamon@athleticsireland.ie	open to members of the
21st	East	Antrim or Shercock		0872797548 Kerry LSP.	Ulster Reg Squad
Saturday March		Cahersiveen venue	10.00 - 14.00	Cora.carrigg@kerrycoco.ie	
21st	Code of Ethics Course	TDC		066 7184776	Contact Kerry LSP
		=:		Eamon Harvey	
Sunday March 22nd	Ulster Regional Squad	Finn Valley/Templemore	10.30 -1pm	eamon@athleticsireland.ie 0872797548	open to members of the Ulster Reg Squad
Sunday March 2210	West	valley/TellipleIllore		0012131340	Olster Neg Squau
			11am 2am	Paul McNamara (087)	Open to members of
	Connacht Regional		11am - 2pm	2693675	Connacht Regional Squad
Sunday March 22nd	Squad	Athlone IT		paul@athleticsireland.ie Waterford Sports	and their coaches
Monday March		VEC Offices,		Partnership (058) 21194	Contact Waterford Sports
23rd	Code of Ethics Course	Dungarvan	6pm – 10pm	(coo,	Partnership
Monday 23 rd &				County Limerick Local	County Limerick Local
Thursday 26 th		Woodlands Hotel,	7pm to 9pm both	Sports Partnership 061	Sports Partnership 061
March	Code of Ethics Course	Adare	nights	496463	496463
Wednesday March			6.15 - 10pm	Paul McNamara (087)	Application form on
25th & Wednesday			Both Nights	2693675	www.athleticsireland.ie .
April 1st	Athletic Leader Course	Athlone IT	-	paul@athleticsireland.ie	Return to Paul McNamara.
	Dead			Otavia Mark' (227)	
	Road Running/Endurance			Steven Macklin (087) 6335565	
Friday 3rd April	Workshop	UL	7pm-10pm	steven@athleticsireland.ie	Contact Steven Macklin
			·		
					Application form on
Saturday 4th April	Athletics Leader Course	UL	9.30am - 4.30pm	6335565 steven@athleticsireland.ie	www.athleticsireland.ie , Return to Steven Macklin
Saturday Ful April			5.50am - 4.00pm	Mayo SP	. Cotom to Otovori Mackilli
	Children's Officer in		10.00 - 16:30	msp@mayococo.ie	
Saturday 4th April	Sport Course	Castlebar		0949047025	Contact Mayo SP
				Eamon Harvey	Application form on
Saturday 18th April	Level 1 Coaching			eamon@athleticsireland.ie	www.athleticsireland.ie .
& Sunday 19th April		Monaghan	9.30am - 4.30pm	0872797548	Return to Eamon Harvey
				D 1M N	A 11 11 1
Tuesday April 21st		Co. Clara (Manus	6.15 - 10pm	Paul McNamara (087) 2693675	Application form on www.athleticsireland.ie .
& Tuesday April 28th	Assistant Coach Course	Co. Clare (Venue TBC)	Both Nights	2693675 paul@athleticsireland.ie	www.atnieticsireiand.ie . Return to Paul McNamara.
	- Salaria - Salari Godino	-,	7:20nm 0:20 L !!	Mayo SP	
Tues 21st April &	L	L	7:30pm - 9:30pm both nights	msp@mayococo.ie	L
Wed 22nd April	Code of Ethics Course	Ballinrobe	g	0949047025	Contact Mayo SP
				Paul McNamara (087)	Open to members of
	Connacht Regional		11am - 2pm	2693675	Connacht Regional Squad
Sunday April 26th	Squad	IT Sligo		paul@athleticsireland.ie	and their coaches
			0.45 40	Doul McNome (007)	Application fr
Wednesday May 13th & Wednesday		Claremorris (venue	6.15 - 10pm Both Nights	Paul McNamara (087) 2693675	Application form on www.athleticsireland.ie .
May 20th	Athletic Leader Course	TBC)	DOGI NIGITIS	paul@athleticsireland.ie	Return to Paul McNamara.
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