

Welcome to our WINTER COACHING SERIES.

Following a recent quick survey of athletes, coaches & parents, we have found that many of us do not know where to go for event specific technical advice or have a structured training plan during the Winter months when we have time to work on our weaker areas & improve our strength & conditioning.

Our aim is to provide technical coaching & recorded meetings in the areas of sprints, hurdles, walks, jumps & throws. Athletes will be encouraged to rotate between events. Experienced top class Lead Coaches have been appointed to each specific area & they will be assisted at each session by a coaching team. Athletes will be graded on their technical abilities as per grading scales formulated by the Lead Coaches. Every second meeting will be used as a platform for competition with all events timed/measured so that an athlete can get used to competing in a competitive environment & hopefully see an improvement in their chosen events over the 4 coaching meets. A win, win situation for all.

First session will commence on Saturday 21st September in Cork I.T., Bishopstown, Co. Cork from 10.30am to 1.30pm. Sessions are for athletes aged 12 to 99 years & athletes, coaches & parents from all corners of Ireland are welcome. Athletes aged Under 9 to Under 12 will not be eligible for this series but it is hoped that they could be accommodated separately in a less technical environment at a later stage. There will be registration at 10am on the day but we would rather if On-Line Registration was used so that the Lead Coaches can see how many will be in their groups & organise their sessions accordingly.

It is intended to run 4 sessions in this series, the 2nd & 3rd dates are Saturday October 5th & 19th with a 4th date to be added as we go along.

Cost for the 4 sessions is 30 euro per athlete with concessions for family groups.

So come on, sign up NOW. Registrations are currently being taken at the link below. Applicants just need to fill in the boxes & show preferences which are automatically listed. Click "Done" at the foot of the form & we have all your information.

<https://www.surveymonkey.com/s/WinterCoachingSeries>