

**Athletics Ireland Development Calendar Autumn 2013**

Date	Event	Venue	Time	Contact	To apply
Saturday 31st August	Assistant Coach Course	Lee's Rd., Ennis	9.30am-5.30pm	Paul McNamara 0872693675 paul@athleticsireland.ie	Apply online at www.athleticsireland.ie
Monday 2nd September	Fit4Life Leader Workshop	Westside Library, Galway	7-10pm	Paul McNamara 0872693675 paul@athleticsireland.ie	Contact Paul McNamara
Saturday 7th September	Athletics Leader	Faughs GAA Club, Templeogue	9am-5pm	Bart Rogers 0872696577 bart@athleticsireland.ie	Apply online at www.athleticsireland.ie
Sat 7th, Sun 8th, Sat 14th, Sun 15th September	Level 1 Coaching Course	Claremorris, Co. Mayo	9:30am-4:30pm	Paul McNamara 0872693675 paul@athleticsireland.ie	Apply online at www.athleticsireland.ie
Sat 7th, Sun 8th, Sat 14th, Sun 15th September	Level 1 Coaching Course	Buncrana & Donegal town	9:30am-4:30pm	Eamon Harvey 0872797548 eamon@athleticsireland.ie	Apply online at www.athleticsireland.ie
Saturday 14th September	Athletics Leader	Dunleer, Co. Louth	9am-5pm	Bart Rogers 0872696577 bart@athleticsireland.ie	Apply online at www.athleticsireland.ie
Wednesday 18th September	Throws Workshop	UL	7-9pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Contact Steven Macklin
Wednesday 18th September	Athletics Leader Course	Mervue FC	9.30am-5.30pm	Paul McNamara 0872693675 paul@athleticsireland.ie	Course closed to GTI students
Saturday 21st September	Athletics Leader	Balbriggan, Co. Dublin	10am-6pm	Bart Rogers 0872696577 bart@athleticsireland.ie	Apply online at www.athleticsireland.ie
Saturday 21st September	Athletics Leader Course	Cork IT	9.00am-5pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Apply online at www.athleticsireland.ie
Wednesday 25th September	High Jump Workshop for Coaches only.	Rosbercon Parish Sports Grounds, Co. Kilkenny	6.30pm	Colin Byrne 0870632326 colin@athleticsireland.ie	On the day. Open to coaches ONLY
Thursday 26th September	Hurdles Workshop	Shoreline Sports Complex (Track), Greystones, Co. Wicklow	6.30pm	Colin Byrne 0870632326 colin@athleticsireland.ie	On the day. Open to athletes 12 + and coaches
Thursday 26th September	Triple Jump Workshop	Scanlon Park/ The Watershed Sports Complex, Kilkenny City	6.30pm	Colin Byrne 0870632326 colin@athleticsireland.ie	On the day. Open to athletes 12 + and coaches
Friday 27th September	Jumps Workshop (LJ/HJ/PV)	Cork IT	7-9pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Contact Steven Macklin
Saturday 28th September	Athletics Leader	Cushinstown, Co. Meath	9am-5pm	Bart Rogers 0872696577 bart@athleticsireland.ie	Apply online at www.athleticsireland.ie
Saturday 28th September	Assistant Coach Course	Cork IT	9.00am-5pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Apply online at www.athleticsireland.ie
Monday 30th September	Relay Workshop	Rosbercon Parish Sports Grounds, Rosbercon, Co. Kilkenny (Near New Ross)	6.30pm	Colin Byrne 0870632326 colin@athleticsireland.ie	On the day. Open to athletes 12 + and coaches
Tuesday 1st October	Athletics Leader Course	Tralee Co Kerry	9.00am-5pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Course Closed
Wednesday 2nd October	Sprints/Hurdles Workshop	Castleisland Co Kerry	7-9pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Contact Steven Macklin
Thursday 3rd October	Walks Workshop	Scanlon Park/ The Watershed Sports Complex, Kilkenny City	7.00pm	Colin Byrne 0870632326 colin@athleticsireland.ie	On the day. Open to athletes 12 + and coaches
Thursday 3rd October	Hurdles Workshop	Scanlon Park/ The Watershed Sports Complex, Kilkenny City	7.00pm	Colin Byrne 0870632326 colin@athleticsireland.ie	On the day. Open to athletes 12 + and coaches
Fri 4th, Sat 5th, Fri 11th, Sat 12th October	Level 1 Course	Donore Harriers Chapelzod Dublin 20	6pm - 9pm and 9am - 5pm	Bart Rogers 0872696577 bart@athleticsireland.ie	Apply online at www.athleticsireland.ie
Saturday 5th October	Cross Country Running Forum	Kilmacow Community Centre, Kilmacow, Co. Kilkenny	6.30pm	Colin Byrne 0870632326 colin@athleticsireland.ie	On the day. Coaches and Senior athletes only
Saturday 5th October	Athletics Leader Course	The Kingfisher Club, Cork Road, Waterford	10am	Colin Byrne 0870632326 colin@athleticsireland.ie	Apply online at www.athleticsireland.ie
Tuesday 8th October	Strength & Conditioning Workshop	Cork IT	7-9pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Contact Steven Macklin
Wednesday 9th October	Road Running/Endurance Workshop	UL	7-9pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Contact Steven Macklin
Fri 11th, Sat 12th, Fri 18th & Sat 19th October	Level 1 Coaching Course	Cork IT & Castleisland, Co. Kerry	6pm - 10pm and 9.00am - 5pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Apply online at www.athleticsireland.ie
Saturday 12th October	Athletics Leader Course	Coolgreany National School, Coolgreany, Co. Wexford	10am	Colin Byrne 0870632326 colin@athleticsireland.ie	Apply online at www.athleticsireland.ie
Fri 18th, Sat 19th Oct & Fri 8th, Sat 9th November	Level 1 Course	Lourdes Stadium, Drogheda	6pm - 9pm and 9am - 5pm	Bart Rogers 0872696577 bart@athleticsireland.ie	Apply online at www.athleticsireland.ie
Saturday 19th October	Assistant Coach Course	Shoreline Sports Complex (Track), Greystones, Co. Wicklow	10am	Colin Byrne 0870632326 colin@athleticsireland.ie	Apply online at www.athleticsireland.ie

Date	Event	Venue	Time	Contact	To apply
Saturday 26th October	Assistant Coach Course	Craanford GAA Field, Craanford, Co. Wexford	10am	Colin Byrne 0870632326 colin@athleticsireland.ie	Apply online at www.athleticsireland.ie
November 1st, 2nd, 22nd, 23rd	Level 1 Coaching Course	The Regional Sports Centre Track, Cork Road, Waterford	6pm on Fridays and 9.30am on Sat's	Colin Byrne 0870632326 colin@athleticsireland.ie	Apply online at www.athleticsireland.ie
Saturday 2nd November	Sprints/Hurdles Workshop	UL Track	10am-12pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Contact Steven Macklin
Saturday 9th November TBC	Munster Regional XC Squad Day	Cork IT Track	11am-1.30pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Open to members of Munster XC Squad & their Coaches
Saturday 9th November	Athletics Leader Course	UL	9am-5pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Apply online at www.athleticsireland.ie
Saturday 9th November	Athletics Leader Course	Shoreline Leisure Centre (Gym), Greystones, Co. Wicklow	10am	Colin Byrne 0870632326 colin@athleticsireland.ie	Apply online at www.athleticsireland.ie
Wednesday 13th November	Sports Psychology Workshop	Clonmel Co Tipperary	7-9pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Contact Steven Macklin
Fri 15th, Sat 16th, Fri 22nd, Sat 23rd November	Level 1 Course	Donore Harriers Chapelizod Dublin 20	6pm - 9pm and 9am - 5pm	Bart Rogers 0872696577 bart@athleticsireland.ie	Apply online at www.athleticsireland.ie
Saturday 16th November	Assistant Coach Course	Templemore Co Tipperary	9am-5pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Apply online at www.athleticsireland.ie
Saturday 23rd November TBC	Munster Performance Squad Day	Cork IT	TBC	Steven Macklin 0876335565 steven@athleticsireland.ie	Open to members of Munster Performance Squad & their Coaches
Wednesday 27th November	Road Running/Endurance Workshop	Thurles Co Tipperary	7-9pm	Steven Macklin 0876335565 steven@athleticsireland.ie	Contact Steven Macklin