

Athletics Ireland Development & Coaching Calendar Spring 2009

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 January	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	Paul McNamara (087) 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@fingalocoo.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@fingalocoo.ie	Pauline Gilsenan (01)8906256
Sunday February 3rd	Shot & High Jump Workshop	St Michael's Enniskillen	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 Wexford	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	Athletic Leader Course	Co. Clare Venue TBC	6.15 - 10pm Both Nights	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Application form on www.athleticsireland.ie . Return to Paul McNamara.
Wednesday 11th February & Wednesday 18th February	Assistant Coaching Course	Charlesland Sport and Recreation Park	6.15 - 10pm Both Nights	Athletics Ireland, Ryan Montgomery Ryan@athleticsireland.ie, 0872631441	Application form on www.athleticsireland.ie . Return to Ryan Montgomery

Friday 13th February & Friday 20th February	Athletics Leader	Greystones Swimming Pool, Charlesland	6.15 - 10pm Both Nights	Athletics Ireland, Ryan Montgomery ryan@athleticsireland.ie, 0872631441	Application form on www.athleticsireland.ie . Return to Ryan Montgomery
Sat 14th February	Coaching W/Shops in conjunction with Monaghan Co Board	Carrickmacross	10.30 -4pm	Eamon Harvey eamon@athleticsireland.ie 0872797548	Contact Eamon Harvey
Saturday 14 th Feb	Code of Ethics Course	West Cork Hotel Skibbereen	10.00am – 2.00pm	Co. Cork Local Sports Partnership (021) 4665083	Co. Cork Local Sports Partnership (021) 4665083
Mid-term February (tbc)	Coaching Day in conjunction with Tipp Co. Board	Nenagh Track	TBC	Emby Walsh embywalsh@eircom.net or Jacqui Freyne jacqui@athleticsireland.ie	Emby Walsh embywalsh@eircom.net or Jacqui Freyne jacqui@athleticsireland.ie
Tuesday February 17 th	Disability Awareness Coaching Course	VEC Offices, Dungarvan	6.30pm – 9pm	Waterford Sports Partnership (058) 21194	Contact Waterford Sports Partnership
Friday February 20th	Road Running/Endurance Workshop	Cork		Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin
Saturday February 21st	Assistant Coach Course	Blackrock Community Centre, Blackrock, Co. Louth	9.30am - 4.30pm	Bart Rogers @athleticsireland.ie	Application form on www.athleticsireland.ie . Return to Bart Rogers
Saturday February 21st	Assistant Coach Course	Kildare	9.30am - 4.30pm	Pat Ryan (087) 2621310 pat@athleticsireland.ie	Application form on www.athleticsireland.ie . Return to Pat Ryan
Saturday February 21st	Code of Ethics Course	Balbriggan Town Hall	10am to 2pm	pauline.gilsenan@fingalcoo o.ie	Pauline Gilsenan (01)8906256
Saturday February 21st	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
Saturday February 21st	Athletic Leader Course	Antrim Forum	9.30am - 4.30pm	Eamon Harvey eamon@athleticsireland.ie 0872797548	Application form on www.athleticsireland.ie . Return to Eamon Harvey
Monday February 23rd	Code of Ethics Course	City Hall, Waterford	6pm – 10pm	Waterford Sports Partnership (051) 849855	Contact Waterford Sports Partnership
Monday 23 rd & Thursday 26 th February	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 24 th & Wednesday 25 th February	Code of Ethics Course	Coláiste Choilm Ballincollig	7.15pm – 9.15pm both nights	Co. Cork Local Sports Partnership (021) 4665083	Co. Cork Local Sports Partnership (021) 4665083
Wednesday February 25 th & Thursday February 26 th	Code of Ethics Course	Pastoral Centre, Denmark Street, Limerick	7.30-9.30pm	Tel: 061-468542 - Email: info@limerickcitysports.ie - Web: www.limerickcitysports.ie	Tel: 061-468542 - Email: info@limerickcitysports.ie - Web: www.limerickcitysports.ie
Friday February 27th	Throws Workshop	UL	7pm-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin
Saturday February 28th	Munster Regional Squad	Cork IT	11am - 2pm	Jacqui Freyne (087) 2629950 jacqui@athleticsireland.ie or John Sheehan jsheehan58@eircom.net	Open to members of Munster Regional Squad & their Coaches
Saturday February 28th	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 February 28th	Ulster Regional Squad East	Antrim Forum	10.30 -1pm	Eamon Harvey eamon@athleticsireland.ie 0872797548	open to members of the Ulster Reg Squad
Saturday February 28th	Code of Ethics Course	Listowel Celtic Club	10.00 - 14.00	Kerry LSP. Cora.carrigg@kerrycoco.ie 066 7184776	Contact Kerry LSP
Sun Feb 29th	Ulster Regional Squad West	Finn Valley orTemplemore	10.30 -1pm	Eamon Harvey eamon@athleticsireland.ie 0872797548	open to members of the Ulster Reg Squad
Wednesday March 4th & Wednesday March 11th	Assistant Coach Course	Ciarenorris TBC	6.15 - 10pm Both Nights	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Application form on www.athleticsireland.ie . Return to Paul McNamara .
Saturday March 7th	Code of Ethics Course	Sportslink Centre Santry	10am to 2pm	pauline.gilsenan@fingalcoo o.ie	Pauline Gilsenan (01)8906256
6/7th March	Level 1 Coaching Course w/e 1	Monaghan	9.30am - 4.30pm	Eamon Harvey eamon@athleticsireland.ie 0872797548	Application form on www.athleticsireland.ie . Return to Eamon Harvey

Wednesday Mar 10th & Thursday Mar 11th	Code of Ethics Course	Castlebar	7:30pm - 9:30pm both nights	Mayo SP msp@mayococo.ie 0949047025	Contact Mayo SP
Saturday March 14th	Munster Regional Squad	UL	11am - 2pm	Jacqui Freyne (087) 2629950 jacqui@athleticsireland.ie or John Sheehan jsheehan58@eircom.net	Open to members of Munster Regional Squad & their Coaches
Saturday March 14th 2009	Assistant Coach Course	UL	9.30am - 4.30pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Steven Macklin
Saturday March 14th 2009	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
Saturday March 14th	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
Sat March 14th & Sun Mar 15th	Occupational Sports First Aid	Castlebar		Mayo SP msp@mayococo.ie 0949047025	Contact Mayo SP
Sunday March 15th TBC	Coaching Day in conjunction with Tipp Co. Board	Nenagh Track	TBC	Emby Walsh embywalsh@eircom.net or Jacqui Freyne jacqui@athleticsireland.ie	Emby Walsh embywalsh@eircom.net or Jacqui Freyne jacqui@athleticsireland.ie
Friday March 20th	Jumps Workshop	Cork	7pm - 9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin
Saturday March 21st	Assistant Coach Course	Cork IT	9.30am - 4.30pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Steven Macklin
Saturday March 21st	Assistant Coach Course	Carlow	9.30am - 4.30pm	Pat Ryan (087) 2621310 pat@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Pat Ryan
Saturday March 21st	Ulster Regional Squad East	Antrim or Shercock	10.30 - 1pm	Eamon Harvey eamon@athleticsireland.ie 0872797548	open to members of the Ulster Reg Squad
Saturday March 21st	Code of Ethics Course	Cahersiveen venue TDC	10.00 - 14.00	Kerry LSP. Cora.carrigg@kerrycoco.ie 066 7184776	Contact Kerry LSP
Sunday March 22nd	Ulster Regional Squad West	Finn Valley/Templemore	10.30 - 1pm	Eamon Harvey eamon@athleticsireland.ie 0872797548	open to members of the Ulster Reg Squad
Sunday March 22nd	Connacht Regional Squad	Athlone IT	11am - 2pm	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Open to members of Connacht Regional Squad and their coaches
Monday March 23rd	Code of Ethics Course	VEC Offices, Dungarvan	6pm - 10pm	Waterford Sports Partnership (058) 21194	Contact Waterford Sports Partnership
Monday 23 rd & Thursday 26 th March	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
Wednesday March 25th & Wednesday April 1st	Athletic Leader Course	Athlone IT	6.15 - 10pm Both Nights	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Application form on www.athleticsireland.ie . Return to Paul McNamara.
Friday 3rd April	Road Running/Endurance Workshop	UL	7pm-10pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin
Saturday 4th April	Athletics Leader Course	UL	9.30am - 4.30pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Steven Macklin
Saturday 4th April	Children's Officer in Sport Course	Castlebar	10.00 - 16:30	Mayo SP msp@mayococo.ie 0949047025	Contact Mayo SP
Saturday 18th April & Sunday 19th April	Level 1 Coaching Course w/e 2	Monaghan	9.30am - 4.30pm	Eamon Harvey eamon@athleticsireland.ie 0872797548	Application form on www.athleticsireland.ie . Return to Eamon Harvey
Tuesday April 21st & Tuesday April 28th	Assistant Coach Course	Co. Clare (Venue TBC)	6.15 - 10pm Both Nights	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Application form on www.athleticsireland.ie . Return to Paul McNamara.
Tues 21st April & Wed 22nd April	Code of Ethics Course	Ballinrobe	7:30pm - 9:30pm both nights	Mayo SP msp@mayococo.ie 0949047025	Contact Mayo SP
Sunday April 26th	Connacht Regional Squad	IT Sligo	11am - 2pm	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Open to members of Connacht Regional Squad and their coaches
Wednesday May 13th & Wednesday May 20th	Athletic Leader Course	Claremorris (venue TBC)	6.15 - 10pm Both Nights	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Application form on www.athleticsireland.ie . Return to Paul McNamara.