

**Athletics Ireland Coaching & Development Calendar Autumn/Winter 2012  
(Cork/Kerry/Limerick/Tipperary)**

Date	Event	Venue	Time	Contact	To apply
Saturday 8th September	Athletics Leader Course	Cork IT	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Wednesday 12th September	Throws Workshop	Cork IT	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 15th September	Assistant Coach Course	Castleisland Co. Kerry	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Wednesday 19th September	Throws Workshop	UL Track	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Wednesday 26th September	Jumps Workshop	Castleisland Co. Kerry	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 29th September	Munster Regional Squad Cross-Country Day	Banna Strand Co. Kerry	11am-2pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to members of Munster XC Squad & their Coaches
Wednesday 3rd October	Throws Workshop	Castleisland Co. Kerry	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 6th October	Assistant Coach Course	Cork IT	9.00am-5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Monday 8th October	Strength & Conditioning Workshop	Cork IT	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Wednesday 10th October	Road Running/Endurance Workshop	Cork IT	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 13th October	Athletics Leader Course	Castleisland Co. Kerry	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Friday 19th October	Jumps Workshop (LJ/HJ/PV)	Cork IT	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 20th October	Assistant Coach Course	Templemore Co. Tipperary	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Wednesday 31st October	Sports Psychology Workshop	Cork IT (Building next to Athletics Track Stand)	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Friday 2nd & Saturday 3rd November	Level 1 Coaching Course- Part 1	Cork IT	6pm - 10pm and 9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Friday 9th & Saturday 10th November	Level 1 Coaching Course- Part 2	Cork IT	6pm - 10pm and 9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Wednesday 14th November	Sprints/Hurdles Workshop	Cork IT Track	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 17th November	Munster Regional XC Squad Day	Cork IT Track	11am-1.30pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to members of Munster XC Squad & their Coaches
Wednesday 21st November	Sports Psychology Workshop	Clonmel Co Tipperary	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 24th November	Athletics Leader Course	UL Sports Arena	9.00am - 5.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Tuesday 27th November	Road Running/Endurance Workshop	UL Sports Arena	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
Saturday 1st December	Munster Regional Squad	Cork IT	TBC	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to members of Munster Regional Squad & their Coaches
Wednesday 5th December	Road Running/Endurance Workshop	Castleisland Co. Kerry	7-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin (087) 6335565 or steven@athleticsireland.ie
April 2013 TBC	Munster Regional Squad	TBC	TBC	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Open to members of Munster Regional Squad & their Coaches

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