



# Athletics Ireland Summer Throws Coaching Program



# Long Throws Clinics

Athletics Ireland are continuing to bring top quality coaching to Ireland's throwing community. The goal of this new summer school of throws is to bring Ireland's best coaches to various locations around Ireland.

Competition season may be coming to an end but why not fine tune your technique or learn new drills and exercises for the coming year.

To sign up for any of our coaching days, check out the dates and locations and just email your application to the National Throws Coordinator - details below.

.Discus

.Hammer

.Javelin

### To Apply....

Send an email to David Sweeney (details below) with the following information:

Name.....  
Club.....  
Age.....  
Event.....  
Personal Best.....

**Participation Fee: €10 per athlete / session**



David Sweeney  
National Throws Coordinator  
Athletics Ireland  
Phone: +353-86-2650666  
E-mail: [throws@athleticsireland.ie](mailto:throws@athleticsireland.ie)

### Dates & Details....

<u>Date</u>	<u>Times</u>	<u>Venue</u>	<u>Events</u>
15/7	10-12 + 2-4	Santry	Hammer
16/7	6.30-8.30	Santry	Hammer
16/7	10-12 + 1-3	Irishtown	Javelin
23/7	10-12 + 2-4	Finn Valley	Discus / Javelin
24/7	10-12 + 2-4	Lifford	Hammer
29/7	10-12 + 2-4	Bandon	Javelin / Discus
30/7/	10-12 + 2-4	Bandon	Javelin / Discus

**FIRST COME—FIRST SERVED !!** — Maximum of 10 athletes will be catered for at each session.

#### Coaches:

**Hammer:** Conor McCullough (USA), Sean Egan  
**Discus:** David Sweeney, Ailish O'Brien  
**Javelin:** Laura Kerr, David Sweeney