

**Athletics Ireland Development &  
Coaching Calendar Jan-May 2015  
(Cork/Kerry/Limerick/Tipperary)**

<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Time</b>	<b>Contact</b>	<b>To apply</b>
Thursday 15th January	Athletics Leader Course	Limerick IT	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Course Closed
Thursday 22nd January	Athletics Leader Course	Limerick IT	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Course Closed
Wednesday 11th February	Hurdles Workshop	Moyness Co Tipperary	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 11+
Saturday 14th-Monday 16th February	Munster MD Performance Squad Camp	Banna Beach	All Day	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Open to all Munster Performance Squad Middle Distance athletes & their personal coaches.
Wednesday 18th February	Strength & Conditioning Workshop	Cork IT	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 14+
Thursday 19th February	Endurance Running Course Part 1	Clonmel Co Tipperary (At Bridge Club next Dr Pat O Callaghan Sports Complex)	6pm-10pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Course Closed (Pilot)
Thursday 26th February	Endurance Running Course Part 2	Clonmel Co Tipperary (At Bridge Club next Dr Pat O Callaghan Sports Complex)	6pm-10pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Course Closed (Pilot)
Sunday 1st March	Athletics Leader Course	Clonmel Co Tipperary (Sports Hall in Dr Pat O Callaghan Sports Complex)	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Wednesday 4th March	Sprints Workshop	Moyness Co Tipperary	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 11+
Friday 6th March	Jumps Workshop (LJ/HJ/PV)	Cork IT	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 11+
Saturday 7th March	Assistant Coach Course	University of Limerick	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Wednesday 11th March	Throws Workshop	University of Limerick	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 11+
Saturday 15th March	Athletics Leader Course	Cork IT	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
Wednesday 18th March	Javelin Workshop	Templemore Co Tipperary	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 11+

<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Time</b>	<b>Contact</b>	<b>To apply</b>
<b>Wednesday 25th March</b>	<b>Strength &amp; Conditioning Workshop</b>	Cork IT	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 14+
<b>Friday 20th/Saturday 21st March</b>	<b>Level 1 Coaching Course- Part 1</b>	Templemore Track Co Tipperary	6pm - 10pm and 9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Development Section)
<b>Friday 27th/Saturday 28th March</b>	<b>Level 1 Coaching Course- Part 2</b>	Templemore Track Co Tipperary	6pm - 10pm and 9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Development Section)
<b>Friday 10th April</b>	<b>Sprints/Hurdles Workshop</b>	Cork IT	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 11+
<b>Saturday 11th April</b>	<b>Assistant Coach Course</b>	Castleisland Co Kerry	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Application form & payment online at <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a> (Coaching & Development Section)
<b>Wednesday 22nd April</b>	<b>Sprints/Hurdles Workshop</b>	Castleisland Co Kerry	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 11+
<b>Monday 4th May</b>	<b>Throws Workshop (Shot/Javelin/Discus/Hammer)</b>	Templemore Track Co Tipperary	10.30am-12.30pm & 1pm-3pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 10+
<b>Wednesday 13th May</b>	<b>High Jump Workshop</b>	Clonmel Co Tipperary (Dr Pat O Callaghan Sports Complex)	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 10+
<b>Tuesday 19th May</b>	<b>Long Jump/Triple Jump Workshop</b>	Templemore Track Co Tipperary	7.00-9.00pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie or David Matthews (085) 8709017 davidmatthews@athleticsireland.ie	Come along on the night and bring €5 no need to book a place. Open to all athletes & coaches aged 10+