

Athletics Ireland Development & Coaching Calendar Spring 2010

Date	Event	Venue	Time	Contact	To apply
Saturday January 23rd	<i>Assistant Coach Course</i>	Donegal venue	9.00am - 5pm	Eamon harvey [087] 2797548 eamon@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Eamon Harvey
Sunday January 24th TBC	<i>Connacht Regional Squad</i>	Venue TBC	12pm - 3pm	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Open to members of Connacht Regional Squad and their coaches
Fri 22nd Sat 23rd Jan & Fri 12th & Sat 13th Feb	Level 1 Coaching Course	Ringsend, IrishTown Stadium, Dublin	Fridays 6.30 - 9:30pm Saturdays 9.30am - 5:30pm	Ryan Montgomery (087) 263 1441, ryan@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Ryan Montgomery
Wednesday January 20th	<i>Athletics Leader Course</i>	Mary I, Limerick	9.30am - 4.30pm	Course closed	
Friday January 22nd	<i>Athletics Leader Course</i>	Mary I, Limerick	9.30am - 4.30pm	Course closed	
Wednesday January 27th and Thursday February 4th	<i>Athletics Leader Course</i>	Longford Venue	6pm-10pm both evenings	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Application form on www.athleticsireland.ie Return to Paul McNamara
Wednesday January 27th and Thursday February 4th	Assistant Coach Course	Kildare	6pm-10pm both evenings	Pat Ryan (087)262 1310, Pat@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Pat Ryan
Sat 30th Sun 31st Jan & Sat 6th & Sun 7th Feb	<i>Level 1 Coaching Course</i>	Galway / Mayo venue	9.30am - 4.30pm each day	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Application form on www.athleticsireland.ie Return to Paul McNamara
Saturday January 16th	Assistant Coach Course	Dundrum, Co. Tipperary	9.00am - 5pm	Jacqui Freyne (087) 2629950 jacqui@athleticsireland.ie	Application form on www.athleticsireland.ie Return to Jacqui Freyne
Wednesday 3rd & Wednesday 10th February	Assistant Coach Course	Tallaght AC, Tallaght, Dublin	6:30pm-10pm both evenings	Pat Ryan (087)262 1310, Pat@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Pat Ryan
TBC	AthleticsLeader Course	Sligo venue	TBC	Eamon harvey [087] 2797548 eamon@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Eamon Harvey
Wednesday 3rd & Wednesday 10th February	Athletics Leader Course	Waterford/Clonmel - TBC	6.00pm - 10pm Both Nights	Jacqui Freyne (087) 2629950 jacqui@athleticsireland.ie	Application form on www.athleticsireland.ie Return to Jacqui Freyne
Wednesday February 10th & Wednesday February 17th	<i>Assistant Coach Course</i>	Athlone IT	6pm - 10pm both evenings	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Application form on www.athleticsireland.ie Return to Paul McNamara

Thursday 11th & Thursday 18th February	Athletics Leader Course	Blessington Community College, Blessington, Co Wicklow	6:30pm-10pm both evenings	Ryan Montgomery (087) 263 1441, ryan@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Ryan Montgomery
Fri 12th & Sat 13th Feb and Fri 26th & Sat 27th Feb	Level 2 Coaching Course	Carlow, SLOT	Fridays 6pm - 10pm Saturdays 9.30am - 5:30pm	Pat Ryan (087)262 1310, Pat@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Pat Ryan
Friday 12th February	Assistant Coach Course	Charlesland Sport and Rec Centre Wicklow	9am to 5pm	Ryan Montgomery (087) 263 1441, ryan@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Ryan Montgomery
Friday 12th February	Road Running/Endurance Workshop	Castleisland	7pm-9.30pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin
Saturday 13th February	Athletics Leader Course	Castleisland	9.00am - 5pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form on www.athleticsireland.ie Return to Steven Macklin
Wednesday 17th & Wednesday 24th February	Athletics Leader Course	Monorhouse School, Raheny, Dublin	6pm-10pm both evenings	Bart Rogers, (087) 269 6577, Bart@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Bart Rogers
TBC	AthleticsLeader Course	Leitrim venue	TBC	Eamon harvey [087] 2797548 eamon@athletics ireland.ie	Application form on www.athleticsireland.ie , Return to Eamon Harvey
Saturday February 20th	Leinster & Dublin Regional Squad	Tullamore Harriers Track	Registration 10.30am	Ryan Montgomery (087) 263 1441, ryan@athleticsireland.ie	Open to members of Leinster & Dublin Regional Squad & their Coaches
Saturday February 20th	Munster Regional Squad	Nenagh Indoor Arena	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 20th	Athletics Leader Course TBC	Claremont Stadium	9am to 5pm	Bart Rogers 0872696577 bart@athleticsireland.ie	Application form on www.athleticsireland.ie Return to Bart Rogers
Saturday February 20th	Assistant Coach Course	Shercock, Co Cavan	9.30am - 4.30pm	Eamon harvey [087] 2797548 eamon@athletics ireland.ie	Application form on www.athleticsireland.ie , Return to Eamon Harvey
Sunday February 28th TBC	<i>Connacht Regional Squad</i>	Venue TBC	12pm - 3pm	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Open to members of Connacht Regional Squad and their coaches
Wednesday March 3rd and Wednesday March 10th	Assistant Coach Course	Carlow	6pm-10pm both evenings	Pat Ryan (087)262 1310, Pat@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Pat Ryan
Wednesday March 10th	Throws Workshop	Cork IT	7pm-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin

Friday March 12th	Road Running/Endurance Workshop	Cork IT	7-9.30pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin
Friday March 19th	Jumps Workshop	UL	7pm-9pm	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Contact Steven Macklin
Friday 19th & Saturday 20th March, Friday 2nd & Saturday 3rd April	Level 1 Coaching Course	Rosslare Community Centre, Rosslare, Wexford	Fridays 6pm - 10pm Saturdays 9.30am - 5:30pm	Ryan Montgomery (087) 263 1441, ryan@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Ryan Montgomery
Saturday March 20th	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 20th	Leinster & Dublin Regional Squad	Morton Stadium, Santry	Registration 10.30am	Ryan Montgomery (087) 263 1441, ryan@athleticsireland.ie	Open to members of Leinster & Dublin Regional Squad & their Coaches
Wednesday 24th & Wednesday 31st March	Assistant Coach Course	Cork IT	6.00pm - 10pm Both Nights	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form on www.athleticsireland.ie , Return to Steven Macklin
Saturday April 17th	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 April 17th	Leinster & Dublin Regional Squad	Tullamore Harriers Track	Registration 10.30am	Ryan Montgomery (087) 263 1441, ryan@athleticsireland.ie	Open to members of Leinster & Dublin Regional Squad & their Coaches
Saturday April 17th	Assistant Coach Course TBC	Claremont Stadium	9pm to 5pm	Bart Rogers 0872696577 bart@ athleticsireland.ie	Application form on www.athleticsireland.ie Return to Bart Rogers
Sat 17th Sun 18th April & Sat 1st Sun 2nd May	<i>Level 2 Coaching Course</i>	Monaghan or Shercock	9.30am -4.30pm	Eamon harvey [087] 2797548 eamon@athletics ireland.ie	Application form on www.athleticsireland.ie , Return to Eamon Harvey
Wednesday 28th April & Wednesday 5th May	Athletics Leader Course	Cork IT	6.00pm - 10pm Both Nights	Steven Macklin (087) 6335565 steven@athleticsireland.ie	Application form on www.athleticsireland.ie Return to Steven Macklin
Sat 1st Sun 2nd May & Sat 29th Sun 30th May Dates TBC	<i>Level 1 Weekend Coaching Course</i>	Lees Rd., Ennis	9.30am - 4.30pm each day	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Application form on www.athleticsireland.ie Return to Paul McNamara
Sunday May 23rd TBC	<i>Connacht Regional Squad</i>	Venue TBC	12pm - 3pm	Paul McNamara (087) 2693675 paul@athleticsireland.ie	Open to members of Connacht Regional Squad and their coaches