

Monaghan Co Board promote Specific Coaching Evening

Monaghan Co Athletics Board invites athletes and club coaches to Beechill College, on Wednesday evening next for a series of Coaching Workshops.

Paul Fitzpatrick will lead a Race Walking workshop. The Dundalk I.T. student recently won the Universities walk title and has represented Ireland in both the World Cup and World Junior Championships. Coaches/athletes wishing to develop their skills in the Hammer will be lead by Hugh Fitzpatrick while Athletics Ireland RDO will lead a workshop on sprinting and block starting.

Timetable

6.45 p.m. Registration/introduction

7.00pm – 8.30pm Coaches/athletes select one workshop

8.30 pm - 9pm Q&A and Conclusion

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