

Athletics Ireland and Limerick Athletics are delighted to host a  
**'Strength and Conditioning Workshop for the Young Athlete'**  
This workshop will take place on Thursday the 19<sup>th</sup> of April from 6.30pm-9.30pm in The Absolute Hotel, Sir Harry's Mall, Limerick.

This workshop will be hosted by Fergal O'Callaghan, Head of the Age Grade Department in Munster Rugby. Fergal's experience as an international rower and athlete, has led to 20 years of coaching at the highest level. Fergal was previously the Senior Strength and Conditioning Coach for Munster Rugby, the Tipperary Hurlers and in recent years has been involved in Rowing Ireland.

Fergal in most recent years has competed in a number of Ironman's and has completed the Marathon Des Sables (only a 251 km race, in the Sahara Desert, whilst carrying his own food and clothes), a race which most certainly requires both physical and mental strength!

This workshop is aimed at coaches involved with juvenile athletes who wish to further their overall athletic development. The workshop will discuss key elements of preparing an athlete for training and competition. Strength and conditioning has become an integral aspect of an athlete's development in an attempt to optimise an athlete's potential and performance. Long term athlete development, planning and preparation of a strength and conditioning programme and fundamental exercises will all be discussed on the night.

This workshop is open to all clubs and sports over the age of 16 years. Registration can be done here <https://events.athleticsireland.ie/ps/event/StrengthandConditioningWorkshopLimerick>

**Please feel free to share this email with those who may be of interest..**

The cost of this workshop is €20.