

Regional Athletics Academy Launch – Munster

Munster regional development officers and co-ordinators are delighted to announce the launch of our rebranded Regional Athletics Academies (formerly known as the Munster Development & Performance Squads).

The Regional Athletics Academies have been designed to promote a fun and friendly atmosphere among athletes whereby the athletes can mix socially, learn athletics and try new events. Athletics is largely an individual sport, so these events are important outside the competition environment.

Each region will have a ‘**Development Squad**’ and ‘**Regional Athletics Academy**’ and will run for 2 hours each with the Development squad being the first session each day.

There will be regional overnight camps organised for those who have been attending the individual academy days. ***This only applies to those who are in the Regional Athletics Academy***, the development squad are invited to come along to squad days. Regional Co-ordinators will inform athletes closer to the time regarding dates and venues.

Club coaches are encouraged to attend and observe. The squad coaches will be available to interact and answer queries for club coaches who may wish to attend.

Cost of the squad will be €25 per athlete to be paid online only. In exceptional circumstances where athletes missed online registration then they can pay €25 by cash or €7 per session.

The Goals of the Regional Athletics Academies :

- Supplement training that athletes already receive in their clubs. The Regional Academies work alongside the workshops of the National Event Coordinators.
- Focus on the needs of our athletes/coaches with emphasis on executing the fundamentals to the highest level.
- Help to maximise the potential of each athlete with the aim of seeking continuous improvement.
- The Squads will focus mainly on the technical aspects of each event.
- Assist club coaches.

Athletes are selected from the previous season’s results (2019 age groups) from U16 – U19 age groups (top 4 in each event). All event groups will be covered. All competitions including Cross Country, Indoors, Combined Events, Schools and Track and field will be taken into consideration.

Athlete will receive a squad t-shirt at the last session. Athletes must collect t-shirt or arrange to have t-shirt collected in order to avoid further postage costs.

VENUES: **Nenagh Indoor Stadium, Borrisokane A.C. Grounds (Discus & Hammer only) & Cork I.T. (Javelin only)**

DATES:

	<i>Development Squad</i>	<i>Athletics Academy</i>
Saturday 26 th October 2019	11 am – 1pm	1pm-3pm
Saturday 23 rd November 2019	11 am – 1pm	1pm-3pm
Saturday 14 th December 2019	11 am – 1pm	1pm-3pm

The **Development Squad** takes place from 11 am – 1pm on each day and is open to all athletes aged 12 years +.

The squad will cost €5 per athlete each day.

Please check in at the venue from 10.30am.

Events covered on the Development Squad are as follows:

Day 1	11am-1pm	Sprints, Shot, Long Jump, Javelin (Cork I.T. only), Pole Vault, Middle Distance & Walks*
Day 2	11am-1pm	Short Hurdles, High Jump, Pole Vault, Middle Distance & Walks*
Day 3	11am-1pm	Sprints, Shot, Long Jump, Javelin (Cork I.T. only), Pole Vault, Middle Distance & Walks*

**Development Group for Walks will take place on each day with the Regional Academy Walks Squad from 1pm to 3pm.*

Development Javelin takes place in Cork I.T. only

Development Coaches

Kevin Cogley	Sprints
Noelle Morrissey/Dan Finnerty	Short Hurdles
Pat Power	Long Jump
Martin O'Grady	High Jump
Dave Fratarolli	Shot Putt
Brian Scanlon/Donal Moynihan	Javelin
Eamon Flanagan	Pole Vault
Sean Finn	Middle Distance

The **Munster Athletics Academy** takes place from 1pm to 3pm (except those events in red below) on each day and is by invitation only (see athletes listed below). All events will be covered.

**Athletics Academy Middle Distance Session will take place on each day with the Development Squad from 11am to 1pm.*

Javelin takes place in Cork I.T. from 2pm to 4pm and Hammer and Discus take place in Borrisokane A.C. from 1pm to 3pm.

Academy Coaches

Kevin Cogley	Sprints
Noelle Morrissey/Dan Finnerty	Short & Long Hurdles
Pat Power	Long Jump
David Murphy	Triple Jump
Eamon Flanagan	Pole Vault
Martin O'Grady	High Jump
Sean Whitney	Discus
Brian Scanlon/Donal Moynihan	Javelin
Dave Frataroll	Shot Putt
John O'Farrell	Hammer
Frank Lynch	Walks

For more information , contact your regional co-ordinator:

Aisling Hoey- aislinghoey43@gmail.com

REGISTRATION DETAILS: Please register at the link below on or before Thursday 24th October.

MUNSTER- <https://eventmaster.ie/event/JJ1UpvHRk>

Munster Athletes invited to participate in Munster Regional Athletics Academy:

Last Name	First Name	Club
Adedeji	Oyimkansola	Dooneen A.C.

Ademola	Reece	Leevale A.C.
Ademola	Alex	Leevale A.C.
Adeyemo	Tomiwa	Emerald A.C.
Aherne	Shane	Leevale A.C.
Akinkuolie	Emma	Carraig na BhFear A.C.
Alamu	Emmanuel	Carraig na BhFear A.C.
Alamu	Blessing	Carraig na BhFear A.C.
Bamidele	Joseph	Nagle CC
Barnett	Jack	Templemore A.C.
Barrett	Kerry	Youghal A.C.
Benson	Shanice	Ennis Track A.C.
Bergin	Kate	Moyne A.C.
Bergin	Liam	Templemore A.C.
Bourke	Alex	Templemore A.C.
Brennan	Grace	Nenagh Olympic A.C.
Brice	Una	Leevale A.C.
Brown	Adam	Waterford A.C.
Buckley	Harry	Carraig na BhFear A.C.
Buenaventura	Ciaran	West Waterford A.C.
Buenaventura	Eoin	West Waterford A.C.
Burke	Sean	Moyne A.C.
Cadigan	James	Mercy Mount Hawk
Callinan	Conor	Leevale A.C.
Callinan	Aaron	Carraig na BhFear A.C.
Carolan	Sean	Nenagh Olympic A.C.
Carroll	Mark	Templemore A.C.
Carroll	Ricky	Fanahan McSweeney A.C.
Cashman	Ava	Leevale A.C.
Cassidy	Aisling	Leevale A.C.
Chambers	Tristan	Bandon A.C.
Chambers	Dylan	Bandon A.C.
Clothier	Rory	Emerald A.C.
Coady	Eadaoin	Bandon A.C.

Coffey	Orla	Carraig na BhFear A.C.
Coffey	Emma	Carraig na BhFear A.C.
Coleman	Conor	St. Augustine's
Collins	Elena	Leevale A.C.
Collins	Jordan	Templemore A.C.
Collins	Andrew	Skibbereen A.C.
Commane	Conor	Tralee Harriers A.C.
Connolly	Ben	Nenagh Olympic A.C.
Connon	Georgia	Pobalscoil na Trionoide Youghal
Constant	Sarah	Carraig na BhFear A.C.
Cooper	Sarah	Belgooly A.C.
Courtney	Ruth	Killarney Valley A.C.
Courtney	Darragh	St. Brendan's A.C.
Cronin	Leanne	Tralee Harriers A.C.
Crowley	Sophie	Waterford A.C.
Crowley	Eabha	Bandon A.C.
Cullen	Jack	Bandon A.C.
Curran	Mieke	Borrisokane A.C.
Daly	Miriam	Carrick-On-Suir A.C.
Daly	Meabh	Carraig na BhFear A.C.
Davis	Alan	Carraig na BhFear A.C.
De Faoite	Eabha	Kenmare A.C.
Deasy	Ben	Ennis Track A.C.
Deasy	Louisa	Borrisokane A.C.
Dee	Helena	Dooneen A.C.
DeFaoite	Muireann	Kenmare A.C.
Dickson	Sally	Dooneen A.C.
Dillon	Ella	Dooneen A.C.
Donovan	Ben	Abbey Striders A.C.
Dooley	Kyle	Templemore A.C.
Dooley	Adam	Templemore A.C.
Doyle	Lewis	Nenagh Olympic A.C.

Doyle	Fiona	Tralee Harriers A.C.
Doyle	Colin	Leevale A.C.
Duffin	Anna	Waterford A.C.
Duggan	Ryan	Leevale A.C.
Dunford	Sean	West Waterford A.C.
Ede	Toriste	Colaiste Chiaran
Edwards	Kate	Ashton College
Egan	Joshua	Nenagh Olympic A.C.
Equaibor	Justin	Bishopstown CS
Ezeonu	James	Leevale A.C.
Falvey	Rebecca	Tralee Harriers A.C.
Falvey	Ruairi	Bandon A.C.
Farrell	Daniel	Waterford A.C.
Farrell	Cormac	Waterford A.C.
Feighan	Grace	Dooneen A.C.
Fitzgerald	Roseann	Carrick-On-Suir A.C.
Fitzgerald	Patrick	West Waterford A.C.
Fitzgerald	Abby	Leevale A.C.
Fitzgerald	Grace	Tipperary Town A.C.
Fleming	Niall	Tulla A.C.
Foley	Niamh	St. Mary's A.C. Limerick
Foley	Siofra	Farranfore Maine Valley A.C.
Frawley	Laura	St. Mary's A.C. Limerick
Frawley	Vanessa	Leevale A.C.
Frawley	Sean	North Cork A.C.
Gillman	Marian	Carrick-On-Suir A.C.
Greaney	Jack	Gneeveguilla A.C.
Greene	Laura	St. John's A.C. Clare
Greene	Daniel	St. John's A.C. Clare
Griffin	Cillian	Tralee Harriers A.C.
Griffin	Sam	Killarney Valley A.C.
Griffin	Maeve	Finisk Valley A.C.

Guerrero	Natalia	Bandon Grammer
Hallahan	Max	Bandon A.C.
Halton	Philip	Belgooly A.C.
Harrington	Ruairi	Bandon A.C.
Harty	Diarmuid	West Waterford A.C.
Hassett	Padraic	Nenagh Olympic A.C.
Hayes	Laura	Borrisokane A.C.
Healy	Leanne	Ennis Track A.C.
Heinen	Kylie	Ferrybank A.C.
Hennessy	Fiona	Templemore A.C.
Hennessy	Siobhan	Templemore A.C.
Hickey	Jack	Moyne A.C.
Hurley	Ciaran	Carraig na BhFear A.C.
Hurley	Ella	Leevale A.C.
Igwe	Paula	Ferrybank A.C.
Ivory	Joe	Liscarroll A.C.
Jacob	Sarah	Waterford A.C.
Jones	Marc	Leevale A.C.
Joy O'Regan	Geoffrey	Sunhill Harriers A.C.
Judd	Samuel	Carraig na BhFear A.C.
Kavanagh	Sean	Midleton A.C.
Kearney	Patrick	Farranfore Maine Valley A.C.
Keating	Callum	North Cork A.C.
Kehinde	Gabriel	Ennis Track A.C.
Kellegher	Alan	Col Phobail Beantraí
Kelly	Danny	Belgooly A.C.
Kelly	Alannah	West Waterford A.C.
Kelly	Julia	Waterford A.C.
Kelly	Saoirse	West Waterford A.C.
Kennedy	Caitlin	St. John's A.C. Clare
Kennelly	Ciara	Killarney Valley A.C.
Kennelly	James	Killarney Valley A.C.

Kilgannon	Natasha	Youghal A.C.
Killigrew	Kate	West Waterford A.C.
Kirkby	James	Leevale A.C.
Kissane	Jordan	Tralee Harriers A.C.
Komolafe	Stacey	Bandon A.C.
Lane	Sarah	Nenagh Olympic A.C.
Lawal	Tessy	Dooneen A.C.
Lawal	Dior	Dooneen A.C.
Lenihan	Megan	North Cork A.C.
Littlejohn	Abby	Kenmare A.C.
Looney	Molly	Emerald A.C.
Lynch	Rachel	Ballincollig A.C.
Lynch	Brian	Old Abbey A.C.
Lynch	Ciara	Bandon A.C.
Maher	David	Carraig na BhFear A.C.
Malik	Aaron	St. Brendan's A.C.
Mangold	Debbie	Presentation Thurles
McCarthy	Padraic	Lios Tuathail A.C.
McCarthy	Dean	Nagle CC
McCarthy	James	West Muskerry A.C.
McConway	Noah	St. Cronan's A.C.
McCourt	Lauren	Bandon A.C.
McCraith	Ryan	West Waterford A.C.
McCutcheon	Tom	Nenagh Olympic A.C.
McElligott	Muireann	Lios Tuathail A.C.
McEvoy	Joseph	Nenagh Olympic A.C.
McEvoy	Jack	Nenagh Olympic A.C.
McGrath	Jack	Leevale A.C.
McGrath	Jodie	Nenagh Olympic A.C.
McGrath	Nikita	Borrisokane A.C.
Meredith	Sophie	St. Mary's A.C. Limerick
Minter	Darragh	Nenagh Olympic A.C.
Mockler	Sean	Moycarkey Coolcree A.C.

Moloney	Ciaran	Thurles Crokes A.C.
Mooney	Lisa	Borrisokane A.C.
Morey	Conor	Leevale A.C.
Moroney	Emma	St. Mary's A.C. Limerick
Moroney	Olivia	Borrisokane A.C.
Morrison	Sarah	St. Nicholas A.C.
Moynihan	Katie	Leevale A.C.
Moynihan	Helen	Leevale A.C.
Mullarkey	Paul	West Waterford A.C.
Mullarkey	Sean	West Waterford A.C.
Mullen	Jimmy	Templemore A.C.
Murphy	Kate	Marian A.C.
Murphy	Colin	Leevale A.C.
Murphy	Hannah	Leevale A.C.
Murphy	Daragh	Tralee Harriers A.C.
Myers	Emily	Waterford A.C.
Naughton	Sean	Leevale A.C.
Naughton	Brian	Nenagh Olympic A.C.
Neff	Ciara	Leevale A.C.
Nevin	Harry	Leevale A.C.
Nolke	Katie	Ferrybank A.C.
O'Brien	Lia	Midleton A.C.
O'Callaghan	Padraig	Leevale A.C.
O'Carroll	Luke	Tralee Harriers A.C.
O'Connor	Maeve	Waterford A.C.
O'Connor	Grainne	Clonmel A.C.
O'Connor	Jack	Dooneen A.C.
O'Connor	Diarmuid	Bandon A.C.
O'Connor	John	An Ríocht A.C.
O'Connor	Clodagh	An Ríocht A.C.
O'Donoghue	Brendan	Leevale A.C.
O'Donovan	Niamh	Bandon A.C.
O'Dwyer	Adam	Moycarkey Coolcree A.C.

Ojlekhude	Donal	Nagle CC
O'Keefe	Natasha	Blarney Inniscara A.C.
O'Leary	Ryan	Leevale A.C.
O'Leary	Lauren	Emerald A.C.
O'Leary	Liam	Youghal A.C.
Oluyemi	Sean	Ferrybank A.C.
O'Mahony	Emily	Waterford A.C.
O'Mahony	Ciara	Leevale A.C.
O'Neill	Dara	Tramore A.C.
O'Neill	Maeve	Doheny A.C.
O'Neill	Sam	West Waterford A.C.
Onoh	Brenda	Leevale A.C.
Onoh	Orlaith	Leevale A.C.
Onwuniwe	David	St. Flannan's Ennis
Opuro	Efe	Ennis Track A.C.
O'Reilly	Orla	Tralee Harriers A.C.
O'Reilly	Aoife	Kenmare A.C.
Organ	Danielle	Marian A.C.
O'Riordan	Sean	Midleton A.C.
O'Riordan	Lily	Carraig na BhFear A.C.
O'Shea	Rachel	Carrick-On-Suir A.C.
O'Shea	Aine	Farranfore Maine Valley A.C.
O'Shea	Lorna	Carrick-On-Suir A.C.
Osobase	Jonah	Leevale A.C.
O'Sullivan	Shoige	An Ríocht A.C.
O'Sullivan	Aoife	Liscarroll A.C.
Oyebanji	Basit	Tralee Harriers A.C.
Parker	Leah	Midleton A.C.
Perrott	Sophie	Liscarroll A.C.
Pike	Ellie	Ennis Track A.C.
Prendeville	Rory	Emerald A.C.
Quain	Martha	Carraig na BhFear A.C.

Randles	Gary	Kenmare A.C.
Reid	Katelyn	An Ríocht A.C.
Reynolds	Alex	Nenagh Olympic A.C.
Rochford	Ellie	Ennis Track A.C.
Russell	Annie	Emerald A.C.
Ryan	Anna	Moycarkey Coolcree A.C.
Ryan	Shauna	Dooneen A.C.
Ryan	Kirby Anne	Tralee Harriers A.C.
Ryan	Jack	Moycarkey Coolcree A.C.
Ryan	Dillon	Moycarkey Coolcree A.C.
Ryan	Lorcan	Sunhill Harriers A.C.
Ryan	Jack	Templemore A.C.
Sage	James	Nenagh Olympic A.C.
Scanlon	Cathal	Leevale A.C.
Schoeman	Armand	Templemore A.C.
Scott	Ella	Leevale A.C.
Shalemba	Mervyn	Tralee Harriers A.C.
Sheehan	Ben	Lios Tuathail A.C.
Sheehy	Ciara	Emerald A.C.
Sivakumar	Wymin	Leevale A.C.
Sleeman	Lucy May	Leevale A.C.
Stack	Elizabeth	Killarney Valley A.C.
Sugrue	Niamh	Bandon A.C.
Sullivan	Evan	Waterford A.C.
Tony	Michael	Lios Tuathail A.C.
Tony	Amanda	Lios Tuathail A.C.
Turner	Adam	Belgooly A.C.
Tuthill	Nicola	Bandon A.C.
Tuthill	Olivia	Bandon A.C.
Tyrell	William	Carrick-On-Suir A.C.
Ugwah	Michelle	Carraig na BhFear A.C.
Ugwueru	Chisom	Ennis Track A.C.
Umeh	Holly	Leevale A.C.

Varnili	Azuolas	Templemore A.C.
Vermeer	Lynn	Carrick-On-Suir A.C.
Vermeer	Jake	Carrick-On-Suir A.C.
Villanyi	Gergio	West Waterford A.C.
Wall	Emily	Leevale A.C.
Wenegieme	Glory	Belgooly A.C.
Whelan	T	St. Augustine's
Whelan	Amy	Liscarroll A.C.
Wright	Nathan	Lios Tuathail A.C.
Zia Buckley	Sarah	Leevale A.C.