

Hi All,

Two Glohealth Fit4Life Leaders Workshops will take place over the coming weeks. These workshop are open to all new and existing Fit4Life leaders.

The Fit4Life workshops will assist leaders to - Identify the role of a Fit4Life Leader, Plan and structure a session, Describe the factors that influence fitness, Introduce the principles of training, Develop leadership and organisational skills.

- **Glohealth Fit4Life Leaders Workshops – Tallaght**

- 25th November 2015
- Tallaght AC, Bancroft Park, Greenhills Road, D24.
- 7pm - 9pm
- Cost of workshop : €5.00

- **Glohealth Fit4Life Leaders Workshop – Navan**

- 09th December 2015
- Claremont Stadium , Commons Road, Navan, Co. Meath.
- 7pm - 9pm
- Cost of workshop : €5.00

Please note all registrations and payment for these workshops must be made through the following link - <https://events.athleticsireland.ie/ps/event/listings?view=OTHER>

Kind regards,
Daniel.
Daniel Kilgallon
RDO East Coast
Athletics Ireland

Day 1 of the Leinster **Development** and **Performance** Squads will take place on November 28th in Morton Stadium, Santry.

The **Development Squad** takes place from 11am - 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 stand in Morton Stadium from 10.30am. Dates for the Development and events covered are listed below:

November 28th 2015	11am-1pm	Sprints, Middle Distance, Shot, Long Jump
December 12 th 2015	11am-1pm	Hurdles, Middle Distance, Javelin and High Jump
January 30 th 2016	11am-1pm	Sprints, Middle Distance, Shot, Long Jump
April 2 nd 2016	11am-1pm	Hurdles, Middle Distance, Javelin and High Jump
TBC	11am-1pm	Sprints, Middle Distance, Shot, Long Jump

The **Performance Squad** is for selected athletes only from the U16 to U19 age groups. Athletes are selected from the combined results of the Leinster/Dublin Indoors, Outdoors and schools track and field. The top 3 athletes in the Sprints, Hurdles, Long Jump, High Jump and Triple jump, and the top 5 athletes in the Walks, Pole Vault, Shot, Discus, Javelin and Hammer..

The Performance Squad will run on the same dates as above but will cover all events. The Performance squad will run from 1pm-3pm.

The list of the Performance Squad selected athletes is attached. The athletes selected will also have their names sent to their Club Secretary or in some cases to the athlete's school.

Those selected are asked to register and pay for the Performance squad online where the athlete will also select the event they wish to take part in. The cost of the Performance Squad is €25 and athletes must pay online. Cash payment will only be accepted in exceptional cases where an online payment cannot be made.

Selected athletes are asked to register by November 25th through the following link - <https://events.athleticsireland.ie/ps/event/listings?view=OTHER>

Please note that the 2016 dates for the Development and Performance squads may be subject to change depending on Leinster/Dublin Indoor competition dates.

Please direct any queries to Pat Power 087-9586138 or email Pat at jumps@athleticsireland.ie

Kind regards,
Daniel.
Daniel Kilgallon
RDO East Coast
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