

Donegal Sports Partnership

Application Form for Short Course(s)

STRENGTH & CONDITIONING FOR YOUNG ATHLETES

Applicants Details:

Name:

Address (home):

Club/Organisation:

Position in Club/Organisation:

Tel:

Mob:

Email

Course Details:

VENUE: Optimal Fitness Gym, Unit 2-3, Enterprise Fund, Business Centre, Ballyraine, Letterkenny.

DATE: 10th March (10:0am – 4:00pm)

COST: €25:00 (includes light lunch & resources) Advanced booking essential places limited

PAYMENT DETAILS: €25:00 per person

(All cheques made payable to Donegal Sports Partnership)

Total Payment: € _____ Cheque Cash Postal Order

RETURN YOUR COMPLETED FORM AND PAYMENT TO:

**Donegal Sports Partnership, Office No 7, First Floor Unit, River
Front House, Pearse Road, Letterkenny, Co Donegal**

For further details contact: Tel: +353 (0)74 9116078/074 9116079

Email: info@activedonegal.com

STRENGTH & CONDITIONING FOR YOUNG ATHLETES

Due to popular demand, Donegal Sports Partnership are organising a 2nd Strength & Conditioning course for coaches working with young athletes. Course tutor will again be Chris Galway; Chris has 15 years experience in working in strength and conditioning at club and provincial level. Chris is also accredited by the Australian Association of Strength and Conditioning, the UK Strength and Conditioning Association and is a tutor with Coaching Ireland.

Closing date for return of completed application form (*including booking fee*) is Friday 2nd March; places are limited, so early booking is essential.

Course Outline

- Components of fitness
- Windows of Optimal Trainability
- Warm Ups and Strength, Agility and Balance
- Injury causes and prevention
- Resistance Training
- Postural correction – correcting muscle imbalance
- Plyometric training for injury prevention
- Fitness Testing

Date/Time: Saturday 10th March 2012, 10.00am – 4pm

Venue: Optimal Fitness Gym, Unit 2-3, Enterprise Fund, Business Centre, Ballyraine, Letterkenny

Cost: €25 per head – includes light lunch and resources

Please contact Donegal Sports Partnership at 074 9116078 / 16079 or email info@activedonegal.com