

Hi all,

The 1st session of the Munster Performance Squad takes place on Saturday 24<sup>th</sup> October In CIT at 10am-1pm

All head event coaches have now selected their squads with the final list attached above sorted by club. Some athletes have been selected in more than one event but this will be finalised on the day.

The main criteria for selecting this elite group in order are:

- 1) Represented Ireland at Schools/Clubs competition in 2015
- 2) Who have finished top 3 in All Ireland Outdoor T&F Championships Schools or Clubs in 2015
- 3) Who have finished top 3 in All Ireland Indoor T&F Championships Clubs in 2015 or Who have finished top 5 in All Ireland Outdoor T&F Championships Schools or Clubs in 2015
- 4) An athlete new to the sport or had a long term injury during 2015 and displaying great potential & motivation, who is training seriously and focusing on athletics.

The age group for this year's squad is from u15 (Born 2001)-u20 (Born 1996) in 2015 ages.

Please can all clubs inform those athletes selected on the list to register their place on the squad at the following link:

<https://events.athleticsireland.ie/ps/event/MunsterJuniorPerformanceSquad2016>

by Thursday 22nd October.

Any athlete that does not register their place at this link will not be able to participate at the first squad day.

Athletes are to fill in all details correctly with their personal coaches name, e mail address and contact number very important. Only athletes selected can register.

The Munster Performance Squad Head Coaches for 2015/2016 Season are as follows:

Endurance- Steven Macklin [steven@athleticsireland.ie](mailto:steven@athleticsireland.ie) & Pat Hogan [pathogan27@hotmail.com](mailto:pathogan27@hotmail.com)  
Walks- Frank Lynch [frangillynch@eircom.net](mailto:frangillynch@eircom.net)  
100m/200m- Alan Golden [alangolden68@gmail.com](mailto:alangolden68@gmail.com)  
400m/400m H- Brid Golden [bridgolden1@gmail.com](mailto:bridgolden1@gmail.com)  
Sprint Hurdles- Noelle Morrissey [nmorrisey2@gmail.com](mailto:nmorrisey2@gmail.com)  
Long/Triple Jump- Jacqui Freyne [jacqui@athleticsireland.ie](mailto:jacqui@athleticsireland.ie)  
High Jump- Chris Regan [chrisregan@eircom.net](mailto:chrisregan@eircom.net)  
Pole Vault- Eamon Flanagan [eflanpolevault@gmail.com](mailto:eflanpolevault@gmail.com)  
Discus- Jerry Horgan- [jmahorg1@hotmail.com](mailto:jmahorg1@hotmail.com)  
Shot- Dave Frattaroli [alanaf@eircom.net](mailto:alanaf@eircom.net)  
Hammer- Brian/Rachel Akers [rachelakers@hotmail.com](mailto:rachelakers@hotmail.com)  
Javelin- John Sheehan [jsheehan58@eircom.net](mailto:jsheehan58@eircom.net)  
Multi Events- Pat Power [jumps@athleticsireland.ie](mailto:jumps@athleticsireland.ie)

Many thanks to John Sheehan for helping to Co-ordinating this Event.

David Matthews

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