

Munster Development and Performance Squads 2016/17

Detail for the 2016/17 Munster Development and Performance Squads are as follows:

		Development Squad	Performance squad
October 8 th 2016	Cork Institute of Technology	11am – 1pm	1pm-3pm
December 3 rd 2016	Templemore Track	11am – 1pm	1pm-4pm
December 29 th 2016	Nenagh Olympic Stadium	11am – 1pm	1pm-4pm
April 8 th 2017	Waterford RSC	11am – 1pm	1pm-4pm

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 venue from 10.30am. Events covered on the Development Squad are as follows:

Day 1	11am-1pm	Sprints, Middle Distance, Shot, Long Jump
Day 2	11am-1pm	Hurdles, Middle Distance, Pole Vault and High Jump
Day 3	11am-1pm	Sprints, Middle Distance, Shot, Long Jump
Day 4	11am-1pm	Hurdles, Middle Distance, Javelin and High Jump

Development Coaches

Brid Golden	Sprints
Alan Golden	Sprints
Noelle Morrissey	Short Hurdles
Jacqui Freyne	Long Jump
Martin O'Grady	High Jump
Dave Fratarolli	Shot Putt
Brian Hayes	Javelin
Eamon Flanagan	Pole Vault
David Matthews	Endurance

The **Performance Squad** is for selected athletes only from the U16 to U19 age groups. Athletes are selected from the Munster 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 4 athletes in the Walks, Pole Vault, Shot, Discus, Javelin and Hammer. Also 3rd, 4th and 5th for MD events have been selected.

The Performance Squad will run on the same dates as above but will cover all events. The Performance squad will run from 1pm-4pm.

Performance Coaches

Brid Golden	Long Hurdles
Alan Golden	Sprints
Noelle Morrissey	Short Hurdles
Jacqui Freyne	Long Jump
Jacqui Freyne	Triple Jump
Eamon Flanagan	Pole Vault
Martin O'Grady	High Jump
Sean Whitney	Discus
Brian Hayes	Javelin
Dave Fratarolli	Shot Putt
John O'Farrell	Hammer
David Matthews	Endurance
Frank Lynch	Walks

The cost of the Performance Squad is €25. For any athletes who have not paid online, the fee can be paid on the day when registering.

Event coaches on the Performance Squad will submit a plan to AAI in advance of the Squad. This will be available for club coaches to view if they wish. To get a copy of event plan please contact Colin Byrne – colinbyrne@athleticsireland.ie or Aisling Hoey - aislinghoey43@gmail.com

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

For further information please contact - Colin Byrne – colinbyrne@athleticsireland.ie or Aisling Hoey - aislinghoey43@gmail.com