

## Master Class Series of Workshops for Coaches and Athletes.

### 1. Title; "Enhancing Performance through Creative Coaching in Sport."

#### **Gerry Hussey – Top Irish Performance Psychologist.**

Gerry will get down to the “nitty gritty ways of how and what” helping coaches and athletes develop psychology systems and techniques in many areas, including building self-esteem, self-belief and relaxation techniques - preparing the mind to reach its potential in competition. Gerry has been Performance Psychologist with the Irish Boxing team for the last 9 years, Munster Rugby for 4 years, David Gillick among other top class athletes, the Irish Rowing and Sailing teams and various County GAA Football teams including Sligo in 2012.

**Date; Monday 26<sup>th</sup> March 2012. Time; 7.30-9.30pm. Venue; Sligo Park Hotel. Cost €5**

### 2. Title; "The latest in Strength and Conditioning Coaching" (Theory & Practical)

#### **Des Ryan – Fitness Education Manager.**

You will come away from this workshop understanding what exercises are appropriate at each stage of development from youth to adulthood, how to screen athletes, help them move correctly and the latest in strength, mobility and to help athletes move properly thus making a huge difference to performance. Des is the Fitness Education manager for the I.R.F.U. and has presented at many conferences including the International Rugby board and the GAA's national coaching development conference. Des was head fitness advisor Connacht rugby from 2000 to 2008.

**Date; Wednesday 11<sup>th</sup> April 2012. Time; 7.30-9.30pm. Venue; Sligo Park Hotel. Cost €5**

### 3. Title; "Nutrition that makes all the difference in Sport"

#### **Sharon Madigan – Performance Nutritionist.**

Sharon will highlight the vast difference dietary habits can make on performance. What and when to eat and drink for athletes to achieve their best. Sharon lectures Sports Nutrition and Health at DCU and is responsible for the delivery of nutrition services for elite Irish Athletes across a range of sports including those preparing for the London Olympics. She has also been responsible for the provision of Nutrition to the Ulster Rugby Academy, Senior Ulster Rugby team, County GAA football teams of Down, Donegal, Derry and Dublin hurling team

**Date; Friday 27<sup>th</sup> April 2012. Time; 7.30-9.30pm. Venue; Sligo Park Hotel. Cost €5**

#### APPLICATION FORM

Name; ..... Club/Group; .....

Email; ..... Contact number; .....

Master class; 1. Enhancing performance through creative coaching in Sport

2. The latest in Strength and Conditioning (Theory & Practical)

3. Nutrition that makes all the difference in Sport

Payment €5 per workshop; Total payment € ..... enclosed. Cash  Cheque

Early booking advised as places limited. Cheques payable to Sligo Sport and Recreation Partnership

Complete application form and return to;

Esther Mooney, Sligo Sport and Recreation Partnership, VEC Offices, Riverside, Sligo.

Tel; 071-9161511 Email; [esther@sligosportandrecreation.ie](mailto:esther@sligosportandrecreation.ie) [www.sligosportandrecreation.ie](http://www.sligosportandrecreation.ie)