



Roy Evans



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SPORTTRACKER MULTI-SPORTS COACHING CONFERENCE

Saturday June 12th 2010 Citywest Hotel, Dublin



33% Off Ticket Prices! - Every Little Helps!

Its 2 weeks before the International Multi-Sports Conference being held in Citywest and Ticket Prices have been reduced by 33% from €75 to €50

(in partnership with TESCO)

Unique Opportunity to Learn from Sporting Icons and World Renowned Experts.

This sports conference will cater for Coaches, Players, Fitness Instructors, Team Managers, Athletes, Physios, Psychologists.....anybody who wants to improve their coaching and management skills and enhance their understanding of how to achieve peak athletic performance.

Participants from all sports codes will benefit, as they hear from renowned names from the world of Rugby, Gaelic Games, Soccer, and Athletics.... and get insights from experts in the fields of psychology, conditioning and nutrition.

World Cup Winners, All-Ireland Winners, League Cup Winners and many more all under the same roof!

This is a unique opportunity to listen to the insights and advice from sporting legends who have quite literally "Been there, done that". Rugby World Cup Winners, All-Ireland Winners, League Cup Winners.....Psychologists, Directors of Fitness to the IRFU and the German FA, fitness advisor to Pdraig Harrington... the achievements and the recognition of this collection of individuals is quite special.

Topics at the conference will cover.

- Coaching
- Speed & Agility
- Management
- Nutrition/Diet
- Understanding Sports Psychology
- Monitoring, Benefits & Use of Analysis
- Skill development
- Developing Power and Strength
- Underage development

For More Information

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