

CYDI/winter Coaching Resumes

Cork County Athletics board's very popular CYDI/Winter coaching will resume this September in the CIT. Last year saw an expansion and development of the programme with new initiatives introduced. Two coaching sessions took place each day with selected CYDI athletes training from 1 to 2.30pm followed by an open session from 2.30 to 4pm. The aim for the CYDI group was to focus on the challenge of making qualifying standards for European Youth Olympics. The coaches and administrators would like to congratulate Aoife O'Sullivan Liscarroll AC on achieving the standard and being selected on the Irish team for Bachu where Aoife made the final in the high jump. We would also like to congratulate Adam Turner Belgooly AC who secured his first international selection for the Irish Schools in the SIAB and for the Irish team for the nation's cup. Both were regular attendees at last year's sessions. Not forgetting one of our coaches Shane Howard Bandon AC who got his first international call up to represent Ireland in the European Team League First Division. Shane has proven if you keep training and keep believing it can happen.

Following a review of last year's programme by the coaches and feedback from athletes and parents the following will be the programme for this year.

1.2.30	2.30-4pm	Coach
Advanced Javelin	Beginner/Intermediate Javelin	Tom Galvin/Eamon Kelly
Advanced Shot Put	Beginner/Intermediate Shot Put	Dave Frattolie/ Finbarr McCarthy
Advanced High Jump	Beginner/Intermediate High Jump	Martin O'Sullivan
Advanced Long Jump Girls 4.5m+ Boys 5.0m+		Shane Howard
Hurdles All Grades	Beginner/Intermediate Long Jump	Colette Kelly
Hammer/Discus	Beginner/Intermediate Hammer/Discus	Finbarr McCarthy
Sprints 60/100/200/400m	Sprints 60/100/200/400m	Scott Gibbs/Ger Moynihan

Venue CIT

Fee €5 per Day

Dates September 14th and 28th

October 5th and 19th

November 2^{ed} and 16th

December 7th and 14th

All athletes registered with a Cork Club are welcome to come along on the above dates. We would like to extend this invitation to seniors and master athletes who would like some coaching sessions it is open to all not just juveniles.